

MULTI-TASKING MEANS MEALS ON THE MOVE

Easy Ways To Eat Right...Even When You're On The Run

(NAPSA)—Everyone from nutrition experts to working moms share the knowledge that it's deadlines, errands or can't-miss meetings that too often dominate the day, leaving one important part of the priority list left unchecked—eating.

According to National Eating Trends, 59 percent of meals are rushed, 44 percent of women carry lunch to work or school and 34 percent of lunches are eaten on the run. These statistics suggest that while busy Americans strive to fulfill their need to eat, the inability to find the time to prepare a wholesome meal creates a significant roadblock.

A recent survey by Campbell Soup Company revealed that the number one barrier to eating a satisfying meal, including soup, outside of the home is convenience. In response, many traditional foods are being updated to help ever-busier Americans balance their diets while managing their time. Food companies have designed products from yogurt to soup to fit today's on-the-run lifestyles.

Campbell's new Soup at Hand™ is a line of sippable soups that features a microwavable sipping container designed specifically to fit into one hand so it can be eaten anytime, anywhere. The soups are specially designed to be easily sipped while offering the full flavor of soups traditionally eaten at home.

Try these easy tips to ensure that you're eating right on the run:

• Utilize Office Tools

Many employers provide kitchen conveniences such as refrigerators and pantry shelves. In fact, nine out of 10 American office buildings contain microwave ovens. Take advantage of the options at hand.

• Simplify Your Meals

Americans are looking for ways to streamline mealtime management by seeking food items that are easy to prepare and microwav-



able. Work and errands will always be part of daily life, so finding grab-and-go, wholesome food options is as important as ever. Keep sensible, easy-to-prepare snacks available in your purse, desk drawer or glove compartment. In 90 seconds, you can heat up Campbell's Soup at Hand soup in the microwave. The convenient sipping lid allows you to take it with you anytime—anywhere.

• Plan Meal Options Ahead of Time

While food should be a pleasure, remember that eating is also a necessity. While it is commonly professed that children learn better on a full stomach, it is often overlooked that adults are also affected by hunger. Planning meal or snack options ahead of time can help performance at work and improve alertness, decision making and overall health and wellness.

• Take Your Soup to Work and Win the "Bonus of a Lifetime"

A "junk drawer" at work can easily be converted to a bin for healthy snacks or shelf-stable options like soup. With four flavors of Campbell's Soup at Hand soups, it's easy to build variety into the work week.

Visit www.soupathand.com for more information on Soup at Hand soups and enter to win the "Take Your Soup to Work Day" Bonus of a Lifetime sweepstakes. One lucky soup lover will receive \$50,000.