



Stock Up On Healthful Food

(NAPS)—During these challenging times, people are avoiding the supermarket and, instead, stocking up on shelf-stable and frozen foods. Unfortunately, these can often be loaded with preservatives and lack nutrition. Many families also resort to take-out foods that can be high in sodium, hydrogenated fats and refined sugars.

“The best solution is to find healthy, prepared products that can be purchased in bulk at the supermarket, online and delivered to your doorstep,” advises consumer trends expert Merilee Kern.



Here’s a cool idea for troubled times: Stock up on healthful, veggie-ful frozen foods.

One of Kern’s personal favorites is Veggies Made Great, which offers easy, family-friendly and delicious veggie-rich meals and snacks such as muffins, frittatas and veggie cakes. They can fill freezers and keep families healthy—even during stressful times.

Vegetables including carrots, zucchini and kale are the first and primary ingredients in any Veggies Made Great item, and all are free of gluten, soy, peanuts and dairy. Available in the freezer section, each is individually wrapped and can be quickly and easily heated in the oven or microwave. It’s an easy and tasty way to have veggie-driven nutrition on the menu every day.

You can find them at www.TheHealthfoodStore.com and locate retailers at www.VeggiesMadeGreat.com.