

FAMILY ADVENTURES WITH STAINLESS STEEL FOOD JARS

VERSION 1.0



GINGER HILL CREATIONS

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Mr Peekatmee

by



Adjustable Baby Safety Mirror





Thergee
Ginger Hill Creations

Insulated Stainless Steel Food Jar



**Keep Your Food Pleasantly Warm, or
Exhilaratingly Cold While Traveling
Keeps Food Fresh For All Occasions
Vacuum Sealed So It Will Not Leak While Travelling
Wide Easy Open Lid for Quick & Easy Access**



THERMEE by



Digital Baby Thermometer

**Fast, Safe, and Easy
Non-Contact Forehead Thermometer**



***Can be used to
measure the
temperature of
milk as well.**

Car Travel Food and Snacks

Traveling with kids can be frustrating. After a few hours in the car, the continual grumbling wears on a parent's nerves. *Are we there yet? He's crowding me! She hit me with her elbow!* Parents often try to break up the mood with a fast food lunch break. But the fussing continues: *I'm not hungry! Eww, this has pickles on it!*

We can't control the distance we travel. We can't change the size of the back seat. But we can control what we eat, and when we do it. With car sickness, boredom, and the change in routine, everyone's off schedule. That makes stopping for food a problem.



Using insulated food jars like Thergee, you can provide hot or cold food, in the car, without mess. You also have more flexibility in the timing. If one child isn't hungry, the others can still eat. The holdout can eat when he's ready. You can label the food jars with the child's name. That way, special diets can be dealt with more easily. Pre-cool the food jars in the refrigerator, or warm them with boiling water. Then fill them with the food of your choice.

These are some favorite car foods, stored in stainless steel food jars.

- Yogurt with granola or fruit on top.
- Smoothies, made with yogurt and frozen fruit chunks, run through a blender.
- Hardboiled eggs, peeled, stacked in the food jar.
- Oranges, peeled and sectioned, stacked in the food jar.
- Coffee or Hot chocolate.
- Grapes, removed from their stems.
- Veggies as finger food – sweet pepper slices, carrot sticks, olives, celery, cherry tomatoes. Fill the food jar as full as you can. This helps the food stay cool.
- Cheese chunks, cubed.

- Cold fruit juice.
- Hot mac-n-cheese.
- Trail mix.
- Chicken salad, pasta salad, or three-bean salad (homemade or from a grocery store deli.)
- Don't forget the family dog! Use one stainless food jar for kibble, and another for water. Your dog can't raid the food supply, either. Bouncing, biting, and pawing won't open a stainless steel food jar.

As the jars empty, they can be put to other uses. Kids are always picking up strange objects to save. Sea shells, pretty stones, a dead butterfly. Why use a food jar for those things? First, the insulated food jar is dish washable, so there are no worries about germs getting into food. Second, many childish treasures are breakable, especially when they bounce around in the car. Third, well, you've got an empty food jar, so why not use it?



The truth is, traveling is fun when you get there. Until then, parents are busy preventing riots in the back seat. Perhaps your kids behave better than mine. For you, it's easy. No bruises, no tears, no earphones yanked into pieces! But maybe, just maybe, my story sounds a bit familiar.

And oh yes! Someday, on an endless car trip with a rowdy family, you might have a flat tire. When you take the tire off, you'll need somewhere to save the lug nuts, right? "Aha!" you'll say. "I know just where to put those. Right in my stainless steel Insulated food jar! "

Take the Kids Fishing



Why Should I Take my Kids Fishing?

Today's kids spend most of their time indoors. With video games, cell phones, and television, the average kid is content to stay indoors. The trouble is, they're missing out on so much. If you love outdoor experiences, share that love with your kids. You want their world to be as wide as yours is.

"We'll catch what we eat!"

Well, no, we probably won't. You just can't depend on fish. They don't jump at your hook just because the kids are hungry. And hungry kids have no sense of adventure. They're not good company, either. If a fish jumps into your hands, by all means, grill it. But if it doesn't, be sure you've got a cooler full of drinks and good food to offer.

Consider a new piece of equipment for your fishing gear. It's a stainless steel food jar called the Thergee. It keeps hot food hot and cold food cold. This greatly expands your capacity to take great food on your fishing trip.

- You can eat straight from the wide-mouthed food jar. That means your fishy fingers aren't touching your food.
- On hot days, the Food jar holds cold drinks like juice, milk, or slushies. On cold days, it holds coffee, hot chocolate, or tea.
- Make your own fruit cocktail. Pre-cool the insulated food jar in the refrigerator. Then fill it with chunks of fruit or melon.

- If you have a grumpy child, try mac-n-cheese, alphabet soup, or whatever the child's favorite might be. If you pre-heat the jar with boiling water, in the morning, the food will stay hot longer.
- Roll up sliced sandwich meat around cheese sticks. Load a bunch of them into your pre-cooled Insulated food jar. Skewer the roll and eat it that way. That helps you keep your bait-covered fingers from touching your food.
- If you really want sandwiches, make them when you want them, and not before. If you pre-make sandwiches, they get squishy and unappetizing. Here's a solution. Fill an insulated food jar, and fill it with chicken salad or egg salad. Bring a loaf of bread. When you're ready to eat, custom make your sandwich the way you like it.



- Need condiments? Use small paper cups and load each with a condiment. Cover each cup with plastic wrap. Stack them in your food jar. Now you can really build a great sandwich.
- Lastly, there's the smoothie. At home, put yogurt and frozen fruit chunks in the blender. Pour it into the insulated food jar. Put the cap on and it's still good, hours later.

The motto of any good outdoors-person is "pack it in and pack it out". Using your own food containers prevents pollution. It also prevents mess, leaving you as little cleanup as possible. Take the Stainless steel food jars home and put them in the top of the dishwasher.

Now, where's that steelhead trout? It's time to fire up the grill.

Surviving the Kids on Snow Days

On a snowy day, we want fun, warmth, and comfort. Part of the fun is in the cold—we race outside, shiver, and throw snowballs. We laugh and shout and scamper back into the house. It's warm and safe, delightful because it's freezing outside. And then, there are the soggy clothes, the dripping kids, the slushy footprints in on the kitchen floor. But their grinning faces always get to me. I can't help smiling.

Later, after mopping and kid-scrubbing, I plop my kids in chairs with warm drinks and hot food. Parents are practical. We have to be. And while I could tell you all about coats, boots, and the benefits of gargling, right now I'm more interested in food. Healthy food, food my kids won't tip into the trash, -- food I know they'll eat.



When we go snow inner-tubing, I pack hot food, warm and healthy stuff. Fortunately, they don't know it's healthy! I rely heavily on insulated food jars. They're stainless steel ones with extra wide mouths. I load several of them into a backpack before we go. What I pack depends on the day and what's in my fridge.

- **Drinks, first of all.** Hot chocolate is their favorite; coffee is mine. Once in a while, we take hot apple cider.
- **Oatmeal**, especially the “old-fashioned” variety. I put brown sugar and raisins on top. My kids won't eat the instant variety, but I suspect that can be packed in a jar, too.
- **Thick soups**, like split pea and ham, potato and bacon, or some kind of chowder.
- **Spaghetti and meatballs, chili, or beef stew.** Sometimes it's home-made, but often it's canned.

- **Slow cooker meals** are great for this, especially if you have several kids. I make up a full recipe overnight. In the morning, I split it between the insulated food jars while it's still hot. When we're chilled, hours later, it tastes great. Warning, --be sure to get the bones out of the food before you pack it.

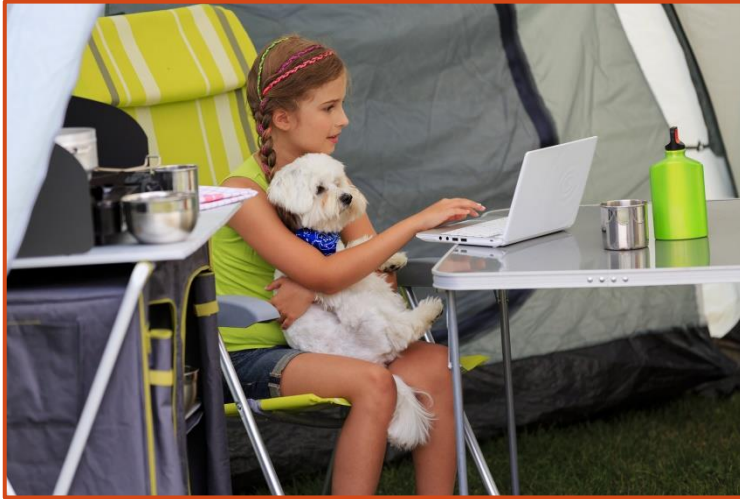
Your hot food will stay hot for several hours. Pre-heat the Insulated food jars and the heat will last longer. Fill the insulated food jar with boiling water. After several minutes, pour it out and pack the hot food. The jar will still be cool to the touch. To keep your cold foods cold longer, put open jars in the fridge for a while. Then fill it with your cold food and close it up. That easily, you've extended the life of your food.



One of the reasons I like wide-mouth food jars is the cleanup, --or rather, the lack of cleanup. If you've got a jar and a spoon, you're ready to eat. Afterwards, put the spoon and the jar in the dishwasher. So easy!

What a relief. Now, I can mop the floor, throw clothes in the washer, the kids in the tub, and -- oh yes! Open my food jar and drink my coffee.

How to Pack for Your Dog or Cat!



Travel can be stressful for animals. Some animals go everywhere with their owners and thrive on change. But even a traveling dog can be upset by overnight trips or a move across country. It's only good sense to reduce stress on your pet. This article covers two of the principles of safe travel. **First**, keep your pet's diet and eating habits as normal as possible. **Second**, make certain your animal is safe on the trip.

Food and Water

Take water with you. -- Stress makes an animal overheat. Water helps it regulate temperature. It's very important that a traveling pet gets cool water on a regular basis. Take the water with you, and take ice cubes as well. Insulated food jars are great for this. Fill the food jar with ice cubes. Then fill between the ice cubes with refrigerated water or very cold tap water. Close the food jar immediately. Pre-cooling the food jar makes it stay cold longer.

Take your pet's regular food. – Keep your pet's diet the same as usual. It's easy to toss him a fast food hamburger, and he probably won't mind. Unfortunately, diet changes affect your pet's digestion. He might need a potty break suddenly. Messes in the car are no fun for people or dogs. Prevent this by taking his usual kibble and canned food with him when you travel.

Store the kibble in a dog-proof container. The stainless steel food jar works great. He can't open it. He can't smell it, either, so he won't beg for it.

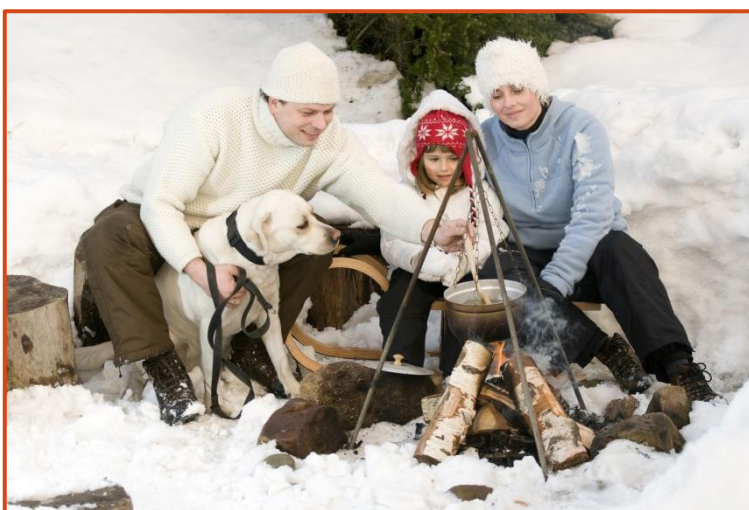
Safety in Travel

- Pack an indestructible travel kit. The food jar might be primarily meant for food, but as a stainless steel jar that a dog can't open, it's great for safety reasons too.



- Be sure you have a current ID tag with your pet. ID tags and microchips increase the likelihood that you'll get her back if she's lost. Put copies of the ID tag and the microchip information in the stainless steel jar.

- Make sure your pet is used to its kennel or carrier. Use it for short periods at home, so your pet doesn't consider it a prison. If the kennel is only for travel, your pet is more likely to attempt escape the moment the door opens.
- Pack a few extra color photos in the jar. They will help if you get separated from your pet.
- Put medications or supplements in the stainless steel food jar, too. You can't rely on getting new medications when you're on the road.
- Pack two leashes in case one gets lost. Take a short one and a long one, for greater flexibility. Keep one of them in the steel food jar.



Travel is stressful for most pets. As owners, we love our pets and don't like to upset them, but there's a practical side, too. A stressed-out cat or dog can suffer nausea and diarrhea, making quite a mess in the car or a strange bedroom. A stressed animal puts stress on the family. And most of all, a stressed animal is an unhappy animal. They deserve our best possible care.

Packing a Healthy Breakfast for Your Child

My kids are ravenous, --but not in the mornings. I get them up in plenty of time. I pull back the covers, get their feet on the floor, and arms and legs into sleeves and pants. March, march, march! Off to the breakfast table. Eat your food, drink your milk. Wake up, I said! Eat your food, drink your milk...

It's hard to convince kids to eat. It's not that they're tired. They're just sleepy. Day time has not percolated into their minds. I don't like getting them up any earlier. After all, I like lazy mornings, too. But then something occurred to me. After breakfast, the kids are in my car for about 15 minutes. By that time, they're awake, asking a zillion questions. Why not feed them in the car? So I tried it.



It's not a perfect system, but it does help. We do this a couple of times a week. It does help de-stress a morning. The trick was finding the right containers. For hot & cold foods, the insulated food jars work very well. Even dry cereal works well in food jar. The child takes a handful, eats it, and put the lid right back on. It's much better than taking a box or bag in the car, knowing it will get spilled.

Ideas for a warm breakfast: First, pour boiling water into the food jar. After a few minutes, pour out the water. Then fill the jar with one of these:

- Hot chocolate, or hot apple cider.
- Breakfast wraps – tortillas with scrambled eggs and bacon. –or peanut butter with sliced bananas. If you roll them tightly, you can fit several into a food jar. The tighter they're packed, the more the temperature stays stale.
- Oatmeal with brown sugar and raisins
- Farina with nuts and fruit
- Scrambled eggs with chopped sausage patties.
- Eggs with ham and cheese
- Eggs with cheese and salsa

- Tomato and egg scramble

Ideas for a cold breakfast: First, open the Insulated food jar and leave it in the refrigerator for a while. Then fill the jar with one of these:

- Several hard boiled eggs, peeled.
- Yogurt, topped with fruit chunks or granola
- Cottage cheese with berries or fruit.
- Smoothie -- yogurt blended with frozen fruit
- Milk (even chocolate milk is pretty healthy)
- Fruit slushie -- frozen fruit chunks, pureed, mixed with fruit juice.
- Fruit juice or other breakfast drink



These ideas have worked out well for me. Here's why:

- ✓ **I have to make breakfast anyway.** If I see they're not ready to eat, I just put breakfasts into food jars, and bundle everyone into the car. It doesn't take much time and I get a lot less grumbling.
- ✓ **The cleanup is quick.** It's actually quicker than giving them food on plates. Each kid needs an insulated food jar and a spoon. When we come home, the jars and spoons go into the washer. It's as easy as that.
- ✓ **I know what they're eating,** and it's not fast food filled with grease and hidden sugar.

Eating in the car is not a daily routine for us. But it is nice to have one more trick in my bag of them!



Packing for a Family Day Hike

Taking kids on a day hike, whether two miles or ten, can involve a lot of planning. Limiting the take-along is often a problem. When kids are young, parents do all the grunt work. They carry extra clothes, medicine, snacks, stuffed toys, and whatever else the kids can't live without.



This gets really old. That led to a life lesson for our kids. If you want it, choose it, pack it, and eat it. As one of the parents, I'm already carrying the lunch and the medical kit. My husband has most of the water. But children, ages 5 and up, old can reasonably carry their own snacks.

Backpacks are handy for hiking. However, food gets squashed quickly. I've found that insulated food jars are a great ally. They're compact, lightweight, and stainless steel. These insulated food jars can stand some abuse, and still maintain food temperature. That widens the range of things the kids can pack.

On a freezing day, hot drinks are welcome, and not just for children! Pre-heat a food jar by filling it with hot water. A few minutes later, empty it and replace it with a hot drink. Close the jar immediately. The drink will keep its heat longer this way.

- Hot chocolate, made hot and poured into insulated food jars. Add a little powdered milk to increase the protein. Consider small additions like a couple of marshmallows or a tablespoon of malt powder.
- Coffee, tea, and hot apple cider are also favorites.

Hot snacks can be welcome, too, especially when it's snowing.

- **Oatmeal** is surprisingly popular on very cold days. Add some brown sugar and raisins for added flavor. Fruit or chopped nuts are great toppings, too.
- **Soup** is a comfort to cold stomachs. Try alphabet soup, vegetable beef, or thick chowder.

On hot days, most hikers want cold drinks and cold food. Water is always the first answer. But even water is more refreshing when it's cold. Pre-cool an insulated food jar. Open the top and put the jar in the refrigerator for a while before packing.

- **Water!** Definitely take water with you. Fill a Steel food jar with ice cubes. Then fill it the rest of the way with water. The combination of precooling, ice cubes, and cold water will keep your drink cool for a long time.
- **Fruit juice or sports drink.** You can keep these cool longer, too. Just pour the juice into an ice cube tray the night before. Then, in the morning, empty the ice-juice cubes into the food jar, and top it up with cold juice or sports drink.
- **Fruit slushie.** Puree yogurt with frozen fruit. You can add frozen ice-juice cubes to the slushie to keep it cool even longer.



Of course, you can't forget "trail food". Using a pre-cooled food jar, your chocolate is less likely to melt. But even with nuts, raisins, dried fruit, and pretzels, it's nice to have a tough container with a secure lid. And once all the food is gone, your Stainless steel food jar is still useful – for carrying mementos like a stone with lichen, a lovely flower, a seashell, or other childish treasures.

Safe, Sturdy Insulated Food Jars for Kids

Health conscious parents care about what their kids eat. When they're away from home, do they eat meals that are balanced, nutritious, and fresh? Many decide to pack school lunches. Now, they know the child is eating the best, high quality, fresh food. Everything's great, isn't it?

Here's What They're Missing:

The child doesn't eat that lunch for four or five hours. During that time, the sandwich sat in a lunch box or a backpack. Is that sandwich fresh? Or has bacteria already started to grow? If that slice of ham sat on the kitchen counter for five hours, would you eat it? What if it were egg salad? Chopped fruit? It doesn't sound very appetizing.



These days, we can solve the problem and not JUST for the kids' food. Adults deserve fresh food, too. So, we turn to insulated food jars like the "hot & cold" food jars. They keep hot food hot for up to 5 hours. They keep cold food cold for up to 7 hours. That's a great advantage in keeping lunch fresh, coffee hot, or sports drinks cold.

Here are the top 20 reasons parents want stainless steel insulated food jars.

1. There's nothing like hot chocolate on wintry morning at the bus stop.
2. Milk, yogurt, and other dairy products are back on the lunch menu. The insulated food jar keeps cold things cold.
3. The stainless steel exterior is durable.
4. The stainless steel food jar has an extra wide mouth opening. Your child can eat directly from the jar.
5. The insulated food jar is leak-proof.
6. It has easy-open grip lids, handy for children and adults.
7. Active children and teens will relish cold fruit juice and sports drinks.
8. It holds up to 10 ounces of food.
9. Lightweight and compact, the food jar takes up less room than a lunch box.
10. The insulated food jar is condensation free. It doesn't bead up with water. It won't stain the furniture. It won't slip through your hands.

11. It fits in a car's drink holder.
12. The extra wide mouth makes the food jar easy to clean. Just put it on the top rack of your dishwasher.
13. The double wall vacuum insulation keeps the temperature stable. Flavor and freshness stay intact.
14. It's cool to the touch, no matter how hot the contents are.
15. The stainless steel food jar is unbreakable. It easily stands up to wear and tear.
16. The base is non-slip, so fewer accidents occur.
17. The food jar comes in two colors and is scratch-resistant.
18. Insulated food jars prevent waste. There's less need for one-use utensils like paper bowls, plates, and plastic forks.
19. Its 4.5" height makes it less likely to tip over than regular glasses.
20. Cold food is still fresh, hours after its packed.

With the Therjee, you can send a wide range of goodies to school or to work. Salad, cheese, a smoothie, macaroni and cheese, spaghetti and meatballs, and much more. Lunch doesn't need to be boring, for adults or children. Not these days!

Taking Advantage of Insulated Food Jars



Do you have active kids? I've got a couple of them, both of them sports fanatics. I had no idea how many sports there were until my oldest turned eight years old. Tee Ball, basketball, soccer, the occasional jump rope competition... Then the younger got older (they always do that, don't they?) and started her own activities. First it was gymnastics but now it's robotics. I guess robotics isn't a sport, but it sure takes as much time as a sport!

So what's my point? The fact is, my family is on-the-go constantly. I want them to eat right, eat regularly, and enjoy their food. That means I have to provide it, no matter where we are. Fast food is easy and we do resort to it sometimes. But for us, the insulated food jars turned to be the answer.

For one thing, these things just don't wear out. You would think after a few bumps and kicks, even a stainless steel food jar would leak. Nope. What if they roll around the floor of my husband's truck? Nope. They're scratch-resistant and non-breakable. Despite that, the food jar is lightweight. It holds up to 10 ounces of food and takes less room than a lunch box. All that, and it still fits in a drink holder.

Insulated food jars work best when you fill them completely. So I fill a food jar with ice cubes and then add cold water. When I think of it in time, I freeze fruit juice in an ice cube tray the night before. I fill the food jar with the juice cubes and top it up with water or juice. Sometimes, I use frozen banana slices instead of ice cubes. The double wall vacuum insulation keeps the drinks cool and tasty while I, naturally, am the genius who thought to pack them



Even when the water is freezing cold, the insulated food jars never ‘sweats’. It doesn’t leave stains on the counters. More important, it’s never slippery so it doesn’t slide out of your child’s hand. The non-skid bottom helps a lot, too.

I’ve used the insulated food jars for hot foods, too. My kids are both fond of hot oatmeal, with raisins or berries on top. This seems odd for the techno-generation, but if they like it, I’ll fix it. Chili goes over well. So does spaghetti and meatballs or chicken and dumplings. It’s cool to the touch, even if I fill it with near-boiling coffee.



Give insulated food jars a try. Don’t go out of your way to dream up new recipes. Just find the food your family likes, that you know they’ll eat. Make more of it and pack it for lunch in a stainless steel food jar. Send a spoon and a second jar with a drink. At the end of the day, put them in the upper rack of your dishwasher. The job’s done, with no mess and very little work.

To me, that sounds like a win-win situation!

Packing for a Family Picnic



With a few things on hand, it's easy to have 'spur of the moment' fun with your kids. Picnics in the park are as common today as they've ever been. Nowadays, though, picnic food tends to be fast food. That can get expensive, especially when you're trying to choose things the whole family will eat. One person doesn't eat chicken, that one hates barbecue, and a third hates made-ahead sandwiches because they're squishy. And those are the adults in the family!

It's a bit of a trick, trying to save money and still come up with acceptable food. Personally, I've found insulated food jars a great help in this two-pronged goal. Picnics are a frequent occurrence in our house – inexpensive, and combined with playing catch, clambering on play structures, and finding places to run.

The insulated food jar keeps things hot, or it keeps things cold. What is another favorite feature? I've had a picnic or two ruined when a dog ran off with the main course. If my dog gets hold of this stainless steel food jar, he can't get it open! What's picnic food for my family?

Fresh-made Sandwiches – This one's easy. Pack the cold filling into an insulated food jar. Tuna salad, chicken salad, sliced boiled eggs, or whatever your family likes best. Put condiments into small paper cups. Cover the cups with plastic wrap and stack them in a second food jar. Take along a loaf of bread, and you're set! When everyone's ready to eat, they can custom-make their own sandwiches on fresh bread.

Drinks – What's your preference, hot or cold, coffee or hot chocolate? Start out by pouring very hot water into your food jar. After a few minutes, pour out the water and replace it with the hot beverage of your choice. Pre-heating your Insulated food jar extends the time your food stays hot. For cold juice or sports drinks, open the food jar and put it in the refrigerator for a while. Then fill the jar and close it. The insulated food jar keeps food hot for up to 5 hours, and cold for up to 7 hours.

Other picnic foods fit into food jars just as easily.

For example:

- Chunks of cold fruit or watermelon;
- Guacamole, salsa, cream cheese, and barbecue sauce. For a small picnic, put each item in a paper cup, cover with plastic wrap, and stack them in a food jar. It's easy to pack several ingredients in the same jar, and it saves mess and cleanup time.
- Ready to eat veggies, like sugar snap peas, carrot sticks, green pepper slices, cherry tomatoes, and stuffed olives;
- Boiled eggs;
- Homemade trail mix of broken crackers, dried cranberries or raisins, almonds, and a favorite cereal;
- Rolls of sliced lunch meat with cheese sticks.
- Chunks of hot dogs, skewered with vegetable chunks to make a picnic kabob.

As much as possible, choose food items that can be eaten with fingers or toothpicks. That saves you from dealing with plastic ware. You'll need a spoon or a knife for spreading sandwiches, but not much else. When you get home, put the stainless steel food jars in the top tray of your dishwasher. Fast and easy, no mess, that's how a picnic should be!

Food-on-the-Go for Kids-on-the-Go!

A lot of kids have crazy schedules these days. It's not just home and school, it's all the extras! Sports and clubs take up a lot of time and energy. With team sports, gymnastics, and dancing, it's amazing our kids can stay awake until bedtime! With that kind of schedule, it's essential to keep your child strong and healthy. They need good food, especially before, during, and after a workout.



Players and other athletes need to fuel up with carbohydrates. They should eat an hour or two before the game. If they don't, they'll run out of steam before the event ends. If the workout is under an hour, grain-based snacks are the best choice. For longer games or practices, add protein snacks. Protein takes longer to digest. That keeps your child going, after the rush of carb-energy has faded. Using insulated food jars, you can provide cold food and drink throughout the

game or event. Before using, open the jar and put it in the refrigerator. Pre-cooling the jar keeps the drink colder throughout the game.

Drinks:

Fill the food jar with ice and a cold sports drink or fruit juice. It could also be filled with milk or a yogurt-based smoothie. Frozen fruit chunks, pureed with yogurt, makes a great smoothie. It also provides a mixed source of protein and carbohydrate for your athlete.

Snacks:

Avoid high-fat snacks and sugary drinks. The sugar rush fades fast under the stress of hard work. The sudden change in blood sugar can leave your child worn out and dizzy.

For pre-game carbohydrates, consider whole-grain cracker or pretzels. Other good choices are low-sugar cereal, plain popcorn, and fruit. Carrots, sugar snap peas, cucumbers offer fiber content, and are nice and crunchy if kept cold in an insulated food jar.

Good protein snacks include turkey, mozzarella sticks or other cheese sticks, yogurt and pudding. Anything you want to keep cold should go into an insulated food jar. Even though mixed nuts are high in protein and fiber, they are high in salt. That can cause a player to become dehydrated.

At half-time (or mid-way through practice) fruit is probably the best snack. It's quick to eat and fast to digest. Don't use dried fruit for this, --regular fruit contains water which a player also needs. For this, fill a pre-cooled insulated food jar with fruit chunks. Kid favorites are banana chunks, orange slices, grapes, apple wedges, and melon chunks.



After a game or practice, players need lots of fluids. Milk and water are the best sources. If it's hot outside, sport drinks are a great help. There's a temptation to hand out candy as a reward for hard work. Try to avoid it. Your child needs good food so the body can heal from physical stress.

If you're providing the post-game snack, consider these possibilities:

- Frozen fruit, skewered as kabobs;
- Dried fruit or fruit leather;
- Healthy cookies, without a lot of sugar.
- Crackers with cream cheese or peanut butter
- Popcorn and pretzels

These days, children can be stressed, just as adults are. They need the right food at the right time. Health-conscious snacks, kept cold in insulated food jars, can help you keep your child healthy and strong.

Mr Peekatmee



by



ADJUSTABLE BABY SAFETY MIRROR





Thergee Food Jar

Ginger Hill Creations



FEATURES

Keep Your Food Pleasantly Warm, or 📌

Exhilaratingly Cold While Traveling 📌

Keeps Food Fresh For All Occasions 📌

Vacuum Sealed So It Will Not Leak While Travelling 📌

Wide Easy Open Lid for Quick & Easy Access 📌



THERMEE

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Digital Baby Thermometer

Fast, Safe, and Easy Non-Contact Forehead Thermometer



***Can be used to
measure the
temperature of
milk as well.**



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