

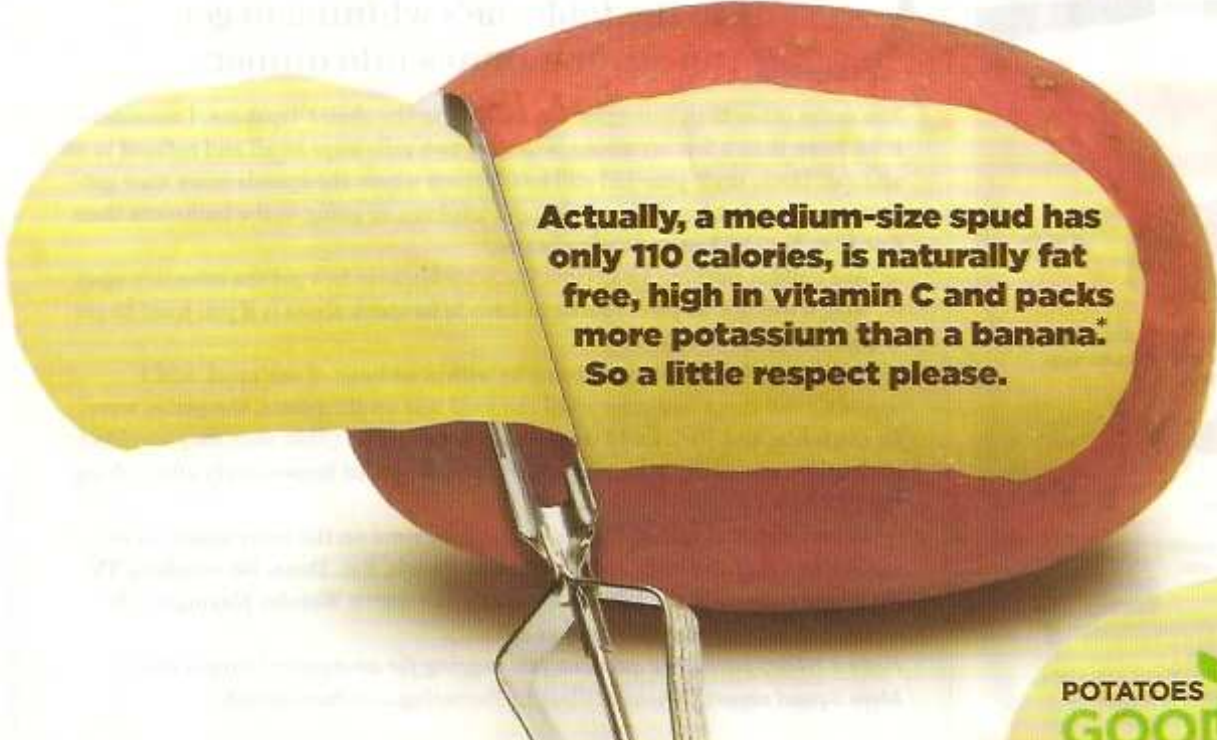


meal on wheels

Cleaning up after a toddler's meal is messy at home, not to mention when you're out and about. Little Tikes Four-Piece Mealtime Set solves that problem by offering a snap-together plate and bowl (charmingly shaped like the iconic Cozy Coupe) that seals up after chow time. Its two key-shaped utensils fit inside, so you can go about your business until the time comes to transfer everything from diaper bag to sink. (\$9.99; amazon.com)

steal this idea!

Feel like your crazy-busy life has you shortchanging time with your kid? Try committing to just **15 minutes of child-directed play a day**, says Bhavin Dave, M.D., of Children's National Medical Center in Washington, DC. The demand on you is low enough to feel doable (though don't beat yourself up when now and then you just can't), while letting your kid lead gives him a chance to be front and center.



Actually, a medium-size spud has only 110 calories, is naturally fat free, high in vitamin C and packs more potassium than a banana.* So a little respect please.

POTATOES
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Need more reasons to love potatoes?
Peel back the truth about your favorite veggie and dig up more recipes at potatogoodness.com

*Medium-size potato with skin.