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Food & Drink



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CHRIS HUNT / Staff

A really cool (and warm) lunchtime idea

Fit & Fresh storage containers are a handy way to keep lunch or snacks cool if you don't have access to a refrigerator. They're also designed to help you stick with sensible portions.

Lunch on the Go is a compact rectangle with room for a sandwich or salad on the bottom, a cold gel insert in the middle and two smaller containers on top. Suggested retail is \$9.99.

In July, look for an all-in-one soup-and-salad pack that keeps the soup hot in a vacuum container on top, separated from the cool greens portion by a gel insert and a salad dressing reservoir. The soup-and-salad container will retail for \$14.99. At Bed, Bath & Beyond and Linens 'N Things. www.fit-fresh.com.

fit & fresh™
Tools for
a healthy life