

foodFare

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COMPILED BY
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FIT & FRESH CONTAINERS, \$20 VALUE

These patented containers are designed for portion control and healthy eating. They come with an ice pack to keep food chilled for six hours and are available in "Lunch on the Go," "Fruit & Veggie Bowl," "Salad Shaker," "Soup & Salad," and other configurations. Pick one up at Jewel-Osco, CVS Pharmacy, Linens-n-Things and Bed, Bath & Beyond, and others.

FYI: (800) 851-5210 or www.fit-fresh.com

PAGE D2 | WEDNESDAY . MAY 24 . 2006

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a healthy life