

FOOD AWARDS! 25 TOP NEW
SUPERMARKET FINDS

SURVIVE A RENOVATION
WHEN YOU HAVE KIDS

EASY VACATIONS THAT WILL
WOW THE WHOLE CREW

Parents®

**BEACH
DAYS
AHEAD!**

**FIND BLISS
(IN THE SAND)**

**WIN THE
SUNSCREEN
BATTLE**

Pick Your
Kids'
Next Book
Series

↑
"Playing at the beach is our favorite way to spend time as a family," says Paloma Jonas, with Bowie and Rome.

Time-Savers That Make Family Meals Happen

More than 40 kids and their parents taste-tested 100-plus convenience foods that met our nutritional criteria, like being free of artificial food dyes and having little or no added sugar. Put these winners in your shopping cart!

by **KAREN CICERO**



→ FAVE FROZEN MEALS

You don't have to cook from scratch to serve up a healthy dinner.



One-Pot Pasta Dish

Heat the kit's ingredients with water in a skillet for about 20 minutes. The pasta, lightly coated in tomato sauce, sold the kid testers, but they also ate up the grilled chicken, carrots, and other veggies. **Tyson Dinner Kit Tomato Herb Chicken & Vegetable Pasta**



Chipotle-Run Alternative

Warm the grilled chicken and fire-roasted peppers in an oiled skillet for ten to 12 minutes, heat tortillas, and, ta-da, your crowd is fed. The fajita variety features a spicier sauce than the taco version—and kid testers liked a little heat. **Frontera Chicken Fajita Skillet or Chicken Taco Skillet**

Winner, Winner, Chicken Dinner

There's nothing in this chicken bruschetta's short list of ingredients that you wouldn't recognize. "My son complimented me on how tender the chicken tasted," said one mom. "I'll take it, even though I only popped the tray in the oven and had a glass of wine." **Michael Angelo's Meal Starter Chicken Bruschetta**



Kid-Food Upgrade

A great transition between chicken nuggets and grilled chicken, these moist, tender strips contain just a single gram of saturated fat. "My kids didn't miss the extra breading, and I even chopped up leftovers to put in a salad for lunch the next day," one mom said. **Perdue Simply Smart Organics Lightly Breaded Chicken Breast Strips**



On Top of Spaghetti

Simmer these 16 fully cooked meatballs (they're golf-ball-size) in jarred tomato sauce for about ten minutes. Then spoon into toasted sub rolls or serve with pasta. "I've finally found delicious frozen meatballs that are made with gluten-free breadcrumbs," said a mom tester. **Beetnik Organic Grass-Fed Beef Meatballs**



A Pizza-Night Twist

Motor City pizza is a thing! Kid testers and parents gushed about this rectangular pie with a crust thicker than New York-style but not as thick as deep-dish Chicago. It's topped with a blend of fontina, white cheddar, and Wisconsin brick cheese. "I hid the leftovers from the kids," confessed one mom. **Outsiders Pizza Company Detroit Style Pizza Three Cheese**

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PACKAGED FOOD AWARDS

2019