

kiwi

Growing families the natural and organic way.

inside:

The Best Natural Kids' Foods
Winning School Lunch Programs
Making Your Own Baby Food

Kids' Cuisine

**FAST, FUN + EASY
MEALS FOR
TONIGHT!**

**14
ORGANIC
RECIPES**

**Spice
It Up!**
**ADDING MORE
FLAVOR TO FOOD**

APRIL 2008



\$3.99

www.kiwimagonline.com

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As the natural and organic industries grow, so do the number of kid-centric product choices. Healthier foods for children are gracing the store shelves in record numbers, making it easier than ever for parents to serve their kids better-for-you meals. To celebrate this kids' food movement, we asked our Parents Advisory Board to tell us which of these products they like best. And they did: 1,500 parents reviewed 193 foods in 15 categories. Read on to see how your kids' favorites fared. Thanks to these great products, you may never again have to hear, "Mom, there's nothing to eat!"



Crackers ▲

- #1 **ANNIE'S**
BUNNY GRAHAMS
- #2 **Back to Nature** Honey
Graham Sticks
- #3 **Earth's Best** Sesame Street
Organic Crunchin' Crackers



Cereal ▲

- #1 **KASHI**
MIGHTY BITES
- #2 **Cascadian Farms**
Clifford Crunch
- #3 **Mother's** Bumpers



Allergy-Free Cereal ▲

- #1 **ENVIROKIDZ**
PEANUT BUTTER
PANDA PUFFS
- #2 **EnviroKidz** Gorilla Munch
- #3 **Enjoy Life** Cinnamon Crunch

**Waffles/
French Toast ▶**

- #1 **VAN'S** MINI WAFFLES
- #2 **Earth's Best** Sesame Street Organic Mini Waffles
- #3 **365 Organic** Vanilla Mini Waffles



◀ **Fruit Snack**

- #1 **FRUITABÜ** FRUIT TWIRLS
- #2 **Florida's Naturals** Fruit Snacks
- #3 **Trader Joe's** Fruit Leathers



◀ **Cookies**

- #1 **NEWMAN'S OWN ORGANICS** ALPHABET COOKIES
- #2 **Earth's Best** Sesame Street Letter of the Day Cookies
- #3 **Enjoy Life** Cookies



◀ **Frozen Food**

- #1 **AMY'S KITCHEN** MAC 'N' CHEESE MEAL
- #2 **Ian's** Organic Chicken Nuggets
- #3 **Wellshire Kids** Chicken Bites Dinosaur Shaped Gluten Free



**Allergy-Free ▲
Baking Mix**

- #1 **CHERRYBROOK KITCHEN** CAKE MIX
- #2 **Pamela's** Chocolate Brownie Mix



Yogurt ▲

- #1 **STONYFIELD FARM** YOKIDS
- #2 **Horizon Organic** Yogurt Tubes

Candy ▶

- #1 **YUMMYEARTH** ORGANIC LOLLIPOPS
- #2 **Newman's Own Organics** Chocolate Cups
- #3 **Panda Licorice**



What's Up

on the Web?

Kiwimagonline.com is your total online source for healthy family lifestyle information. Log on to see what's new including:



Get a **FREE** issue of our **E-magazine** and read KIWI from the comfort of your computer.

Exciting contests: Enter the Green Pet Makeover Sweepstakes, Cherrybrook Kitchen's Gift Basket Giveaway and Escape to the Grand Bahama Island Sweepstakes.

Kiwi Scoop E-newsletter: Sign-up now to enjoy more KIWI delivered to your inbox every two weeks.

KIWI.log welcomes our new bloggers: Dr. Keri Marshall, Naturopathic Doctor; June Rosen, Positive Parenting with June; and John Svoboda, Parenting in the Digital Age.

The KiwiKaravan tour schedule: We're coming to your neighborhood, so mark your calendar now!

And much, much more...



Mac 'n' Cheese ▲

- #1 **ANNIE'S ORGANIC MACARONI & CHEESE**
- #2 **Annie's Arthur Macaroni & Cheddar**
- #3 **Back to Nature Crazy Bugs Macaroni & Cheese Dinner**



Other Beverage ▲

- #1 **HORIZON ORGANIC SINGLE SERVE MILK**
- #2 **Organic Valley Single Serve Milk**
- #3 **Wateroos All Natural Flavored Water**



Snack Bar ▲

- #1 **CLIF KID ZBAR**
- #2 **Odwalla Bars**
- #3 **Earth's Best Sesame Street Sunny Days Snack Bars**



Snack Pack ▲

- #1 **ANNIE'S BUNNIES**
- #2 **Organic Valley Organic Cheese Stringles**
- #3 **Horizon Organic Cheese Sticks**



◀ Juice

- #1 **TROPICANA PURE PREMIUM HEALTHY KIDS ORANGE JUICE**
- #2 **Apple & Eve Juice Boxes**
- #3 **Whole Kids Juice Boxes**