

Snack attack

...n be ravenous after school or sport. ...out giving them healthier choices ...of reaching for the biscuit jar – like ...with low fat milk, grainy toast and ...butter or, for snacks on the run, ...a or Tick approved muesli bar? ...t for the Tick and keep making ...r choices part of your life.

...ckthetick.org.nz



883WD



Healthier choices part of your life

In store



Compiled by **Marion Farrell**



Stains be gone

Tough, dried-in stains will become a thing of the past with new Persil Ultimate, rrp \$10.52. Packed with the power of pre-treaters and activated oxygen bleach, Persil Ultimate is designed for use in both cold and warm water and dissolves in your wash, releasing extra cleaning power that will remove everything from grass stains to chocolate ice-cream.

Nibbly bits

Waferbites, a 100% natural product free of sugar, artificial flavours, colours and preservatives, are perfect for enjoying straight from the bag or partnered with your favourite dip. They come in three delectable flavours: Garlicky Goodness, The Works and Double Cheese. Best shared with friends, Waferbites can be found at New World supermarkets and selected food stores for \$3.60.



Creative casserole

At the end the day, the last thing most of us feel like is making an elaborate dinner. Now, McCormick has created One Pot, a range of mouthwatering recipe bases, developed especially for one-pot cooking. In three flavours – Beef, Herb & Potato Pot Pie, Chicken & Leek Casserole, and Spanish Chicken & Potato Bake – at less than \$1.90 each.



Support your digestive health

Eating natural, digestive-friendly foods is a good way to support a healthy digestive system. Achieve this by taking a daily probiotic supplement: new Blackmores Digestive Bio Balance™ makes supporting your digestive health convenient and easy. These chewable, berry-flavoured daily probiotics provide the whole family (from two years) with a simple way to support digestive health and top up on good bacteria every day. From rrp \$9.90 for a two-week supply.



Hot RIGHT NOW!

Boost your breakfast

Studies show that diets high in fibre or protein help you feel fuller for longer. Special K Advantage® is a 99% fat free cereal and each 40g serve of Special K Advantage™ contains 6.2g fibre and 5.4g protein, which makes a considerable contribution to these nutrients in your diet.



FOR THE LATEST FOOD NEWS & MORE RECIPES GO TO www.taste.co.nz

DO YOU HAVE A NEW PRODUCT ON THE MARKET? Send it to: Marion Farrell, Woman's Day, ACP Media Ltd, Level 4, Cnr Fanshawe & Beaumont Streets, Westhaven, Auckland, or email wdaynz@acpmagazines.co.nz