

AUGUST 2007

# Good Housekeeping

WE'RE ALL  
NEW!

## Guilt-Free Fast Food

Takeout  
makeovers in  
**20** minutes  
(or less!)

## 1-Minute Cleanups

that save hours

**No More  
Nagging**  
10 Tips that  
get results

## Half My Size!

No surgery.  
No fad diets.

How 7 women  
lost a total of  
1,062 pounds—  
and kept it off

**YOU CAN WIN \$250,000!**

WIN BIG! GH'S PAY-YOUR-MORTGAGE SWEEPSTAKES, P. 104

## Scary New ID Theft

Scams that threaten  
your family



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NOW  
**135** lbs.

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\$2.50 U.S. \$3.50 CAN./FOR.

# goodfamily

FROM KIDS TO MONEY, WHAT TO KNOW NOW

## Volunteering: A Family Affair

Gretchen Snelling loves doing things with her husband and two children, ages 7 and 4. Among their favorite activities are making blankets for sick kids at a local hospital, passing out water during charity road races, and picking up litter at nearby parks. "It's fun," says Snelling, who discovered these opportunities through a family-oriented Kiwanis group in Carmel, IN. "I really hope community service becomes a part of my kids' lives."

The odds are that it will: Children from families in which at least one parent volunteers are three times more likely to volunteer regularly than children whose parents don't, reports a study of more than 3,000 kids from the Corporation for National & Community Service.

To get started, call 800-VOLUNTEER or visit [doinggoodtogether.org](http://doinggoodtogether.org) to find opportunities and resources. Get your kids' input before deciding on a project, and talk with them about the experience afterward, advises Jenny Friedman, author of *The Busy Family's Guide to Volunteering*. "Asking kids what they found hard, fun, or worthwhile helps you figure out if an activity is a good fit," she says. "And it helps children understand the impact they've made." —A.P.



## SNEAKY FOOD PACKAGING

**You may have noticed** that lots of kid chow is plastered with pictures of fruit or words like "berries." But often, what you see isn't what you get: Nearly two-thirds of child-friendly food products that feature fruit images or references contain little or no fruit, reports a new study from the Prevention Institute, a national nonprofit organization focused on improving community health.

"These results are surprising," says Leslie Mikkelsen, the study's lead author, who looked at 37 different products marketed to kids. Half of them didn't contain any fruit (and many were loaded with sugar and other added sweeteners). And some of the worst offenders were "wholesome" foods like yogurt, cereal, and fruit beverages.

To steer clear of unhealthy choices, check out a product's nutrition label. Make sure fruit juice says "100% fruit juice" on the label. It's easy to be fooled: "Fruit drinks" are not the same thing," says Mikkelsen. "They don't contain the array of nutrients that fruit is naturally filled with." —Amanda Prischak



## Sudoku—to Go!

Sudoku, the phenomenally popular math puzzle found in newspapers across the country, now comes in a kid- and travel-friendly form. Go Games Sudoku (\$9, [magneticpoetry.com](http://magneticpoetry.com)) holds more than 60 puzzles (easy, medium, and hard). It uses magnetic pieces that can survive even the bumpiest road trip, so a pencil isn't necessary. And if your kid is completely stumped, don't worry: The accompanying manual reveals solutions. —Jane Bianchi



Click Here Play Sudoku at [goodhousekeeping.com/games](http://goodhousekeeping.com/games)