

VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

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COMFORTING ILL
LOVED ONES p.48

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SHINY HAIR p.15

*Choosing
Organic*

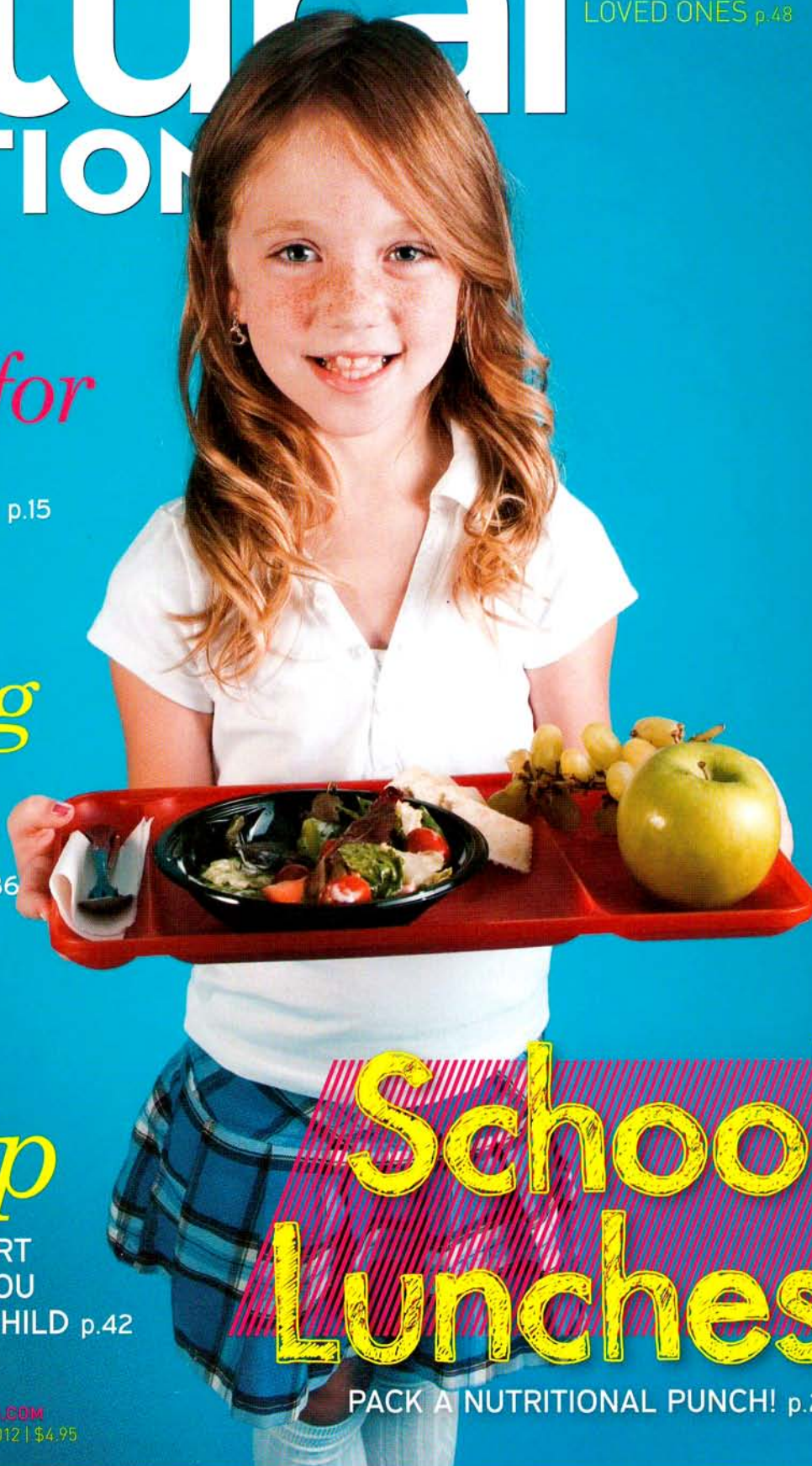
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KETTLE BRAND CHIPS: Kettle Brand celebrates 30 years this year, and it's not hard to see why. With all natural ingredients, the finest oils, and flavors like Honey Dijon, Jalapeno, or classic Sea Salt, they will be the first food on your grocery list this fall. // \$3, 5 oz, kettlebrand.com

ZEMA'S MADHOUSE FOODS:

From pizza crusts to breads to pancake and waffle mixes, Zema's Madhouse Foods are gluten-free and made with a superseed trio (chia, hemp, flaxmeal) to keep you and your kids fueled throughout the day. All products are kosher, vegan, and part of the Non-GMO Project. // Pancake and Waffle Mix, \$9, zemasfoods.com



PAPA BEN'S KITCHEN: Mandelbroyt, an Eastern European delight, is a simply sweet treat brought to you by Papa Ben's Kitchen. Fresh and natural ingredients create a recipe for mouth-watering flavor. All cookies are Kosher, non-dairy, and great for anyone with a sweet tooth! // \$7, 8 oz, papabenskitchen.com



KASHI PRODUCTS: Kashi is ready to start your child's morning off right with these perfect breakfast options: **Soft n' Chewy Bars, Banana Chocolate Chip:** Made with a half serving of fruit and vegetables in every bar, and free of highly refined sweeteners, these chewy bars are perfect for a quick snack before school. // \$3, 5 bars; **Kashi 7 Grain:** Warm waffles are great on fall mornings, but they are even better when made with whole grains and zero sweeteners, flavors, colors, or preservatives. // \$3, 8 waffles; **Simply Maize:** Kashi makes corn flakes better than their competitors. By harvesting at peak flavor and sweetened with a touch of molasses, children will beg for more. // \$4, 10.5 oz; **Indigo Morning:** Just as good as Simply Maize but with added dark berries to create a sweet tangy flavor. // \$4, 10.3 oz, kashi.com