



get saucy

Designed in vibrant colors, flirty patterns and figure-flattering shapes, these trendy takes on an old staple are the pick of the crop for a well-dressed cook. Jessie Steele's chic retro aprons are perfect for entertaining or simply for stirring things up in your kitchen. Also sold in children's sizes. Available at Williams-Sonoma, Sur La Table, jessiesteele.com, or call 1-877-9JESSIE.

Experience the light, buttery flavor of this superhealthy cooking oil.



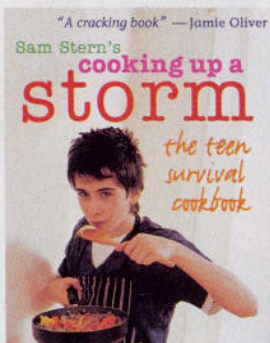
KEEP IT KASHI

WELL-KNOWN FOR ITS CEREAL, KASHI IS NOW BRANCHING OUT WITH A LINE OF ALL-NATURAL FROZEN ENTRÉES CREATED WITH BUSY FAMILIES IN MIND. THE SIX APPEALING OPTIONS—FROM SOUTHWEST-STYLE CHICKEN TO LIME-CILANTRO SHRIMP—ARE LOW IN CALORIES (240 TO 380) AND HIGH IN FIBER. THEY'RE DELICIOUSLY NUTRITIOUS MEALS MOMS CAN FEEL GREAT ABOUT SERVING. AT SUPERMARKETS, \$4.



avocado oil

Loaded with beta-carotene and vitamin E, and high in beneficial monounsaturated fat, new Olivado Avocado Oil from New Zealand also has a high smoke point, a good option for fans of high-heat cooking. This cold-press oil is tasty drizzled over pasta or warm vegetables, mashed into potatoes or spread on sandwiches. At natural food stores; \$13 for 250 ml.



now you're cooking!

Feed your teen's culinary curiosity with Sam Stern's *Cooking up a Storm: The Teen Survival Cookbook* (Candlewick Press). Just 15, this teen chef seeks to inspire other young people to try their hands at the stove with his easy-to-prepare dishes. From afterschool snacks for friends to full-blown entrées the whole crew will love, Sam provides a great guide for teen foodies looking for creative fun. Youngsters also can get cooking by logging on to spatulatta.com. Launched in April 2005, this award-winning Web site, run by sisters Isabela Gerasole, 10 (top right), and Olivia, 8, offers five simple recipes per week via two-minute instructional videos. Your little chef-in-training will also get an easy-to-digest introduction to basic cooking techniques, kitchen equipment and measurements.

FC SPOOKY STATS

Personal favorites will dominate Halloween candy purchases this year with:

- 35%** of adults handing out their candy favorites.
- 21%** purchasing what is on sale.
- 16%** buying their children's favorites.

Source: NCA 2006 Survey



Honey serving to