

# Back-To-School

## 5 Ways to Keep Your Cool Packing Back-to-School Lunches

(StatePoint) Back to school! Along with the cute first day photo explosion on your social media feeds comes the return of everyday routines that include homework, sports practice, and everyone's favorite hate-it/love-it activity: packing school lunches.

While you may have blocked out last spring's daily grind where you counted ketchup as a vegetable, reality – and a new school year – awaits. Nalgene, a leading reusable water bottle, lunch box and food storage container brand recently asked parents for their take on packing lunch. Below are tips based on their feedback to help you keep your cool as kids head back to school.

### 1. Remember. It's Just Lunch.

How you pack lunch doesn't go on the college application. This is an area where it's okay to simplify. However, three-fifths of parents surveyed say that school lunch packing is a reflection on one's parenting style. Interestingly, dads feel more strongly on this point, with nearly 70 percent

of them agreeing with the sentiment versus 55 percent of moms.

"Lunch doesn't have to be 'Pinterest-board worthy' to be nutritious," says Peggy O'Shea Kochenbach, a Registered Dietitian. "Keeping it simple can be just as good – or even better – from the nutrition side, and you'll appreciate the extra time to focus on family."

So skip the spaceship-shaped sandwich if it means an extra hour with the kids before bedtime.

### 2. Don't Let It Get Smushed.

This election year, kids are getting out their message too. At the top of their agenda: "I will not eat smushed food!"

Two out of five parents say their kids will not eat their lunch if it gets smushed before lunchtime. Heck, some parents even feel the same way (just don't tell the kids that!). Do yourself a favor and put an end to the whining with a durable, hard case lunch box that you can pack a variety of ways.

Check out the Nalgene Lunch Box Buddy, which possesses all the great qualities of the brand's popular reusable water bottles. Its hard case is durable, dishwasher safe, and includes an adjustable cool pack to accommodate a variety of lunch preferences. No matter the journey to school or cafeteria, sandwiches and snacks stay perfectly preserved. Information on lunch boxes, water bottles and food storage containers is available at Nalgene.com.

### 3. Keep It In Perspective: There Are Worse Chores Than Packing Lunch!

It may be back to the grind where lunch prep is concerned, but put things in perspective. Packing lunch is definitely not the worst household chore. When asked if they'd rather clean the toilet than pack school lunches for their children, 72 percent disagreed. Packing lunches is the clear preference.

### 4. Packing Lunch is Better than Cleaning the Toilet, but it's Still its Own Beast.

More than one-third of parents surveyed brace themselves for the horrors they might find inside their child's lunch box. Do yourself a favor in combatting dirty containers, crumbs, spilled liquid and leftover food. Wisely choose easy-to-clean lunch boxes, reusable water bottles, and food storage containers, so that the dishwasher can scrub corners of spilled milk and leftover treasures, not you.

### 5. Use Fall to Reboot Good Habits.

Good news! September is the new January, so you get two cracks at getting your family organized each year. Two out of five of parents surveyed say that meeting the various requests and tastes of kids for an acceptable packed lunch can be "overwhelming." This "new year," resolve to take advantage of free online websites and mobile apps to help you with meal planning, grocery shopping trips and packing lunches.

## 3 Easy Ways to Start College Without Breaking the Bank

(StatePoint) Preparing to leave for college can be an intimidating and expensive task. From school supplies to home items for the dorm, there are many details to consider.

The discount experts at Dollar General are offering tips to help prepare students for the transition to campus life.

### Share with Roommates

Collaborate with your roommate and the campus housing department to avoid bringing unnecessary items. Many colleges offer a list of items online that are provided to students living on campus.

Discuss with your roommate and agree on what items you can share – such as a coffee pot or printer – to avoid having two of the same thing. This way, you'll save both money and precious space.

### Gift Cards to Manage Money

One way to manage expenses is to purchase gift cards to places you commonly visit, like coffee shops, restaurants and retailers. Put a pre-budgeted amount of money on each card. That way, instead of accidentally over spending, you only use the money on the gift card. Once it's empty, you can wait until your next budgeting cycle to reload the card.

### Digital Coupons

College is the perfect time to start taking advantage of digital coupons and save money on everyday items. Using your smartphone, search for coupons online each week and save the ones for items on your shopping list. Retailers like Dollar General have online coupon programs where you can load coupons to your phone through their mobile app. You can sign up today by visiting dg.com/coupons. Digital coupons are an easy and convenient way to take advantage of additional savings on everyday items.

Don't let college life break the bank. Plan ahead, so you can concentrate more on your studies and less on money.

## Kids Do Better In School With A Good Night's Sleep!



Ohhh Yeah! Mornings begin at Hatch's Mattress 1st!

**hatch**  
**FURNITURE**  
**mattress 1st**

Full Mattress starting at **\$149**  
Twin Mattress starting at **\$99**

**SPECIAL FINANCING AVAILABLE\***



**All Box Springs \$99**  
Mattress Only Prices

TWIN	
Northshore .....	\$99
Cecilia Euro Top .....	\$179
Dillon Euro top .....	\$249
Dillon Firm .....	\$249
Elyse Plush .....	\$349
Glencoe Firm .....	\$499
Harrison Super Pillow Top .....	\$499

FULL	
Northshore .....	\$149
Cecilia Euro Top .....	\$249
Dillon Euro Top .....	\$349
Dillon Firm .....	\$349
Elyse Plush .....	\$449
Glencoe Firm .....	\$599
Harrison Super Pillow Top .....	\$599

QUEEN	
Cecilia Euro Top .....	\$269
Dillon Euro Top .....	\$399
Dillon Firm .....	\$399
Elyse Plush .....	\$549
Glencoe Firm .....	\$799
Harrison Super Pillow Top .....	\$799

KING	
Cecilia Euro Top .....	\$449
Dillon Euro Top .....	\$649
Dillon Firm .....	\$649
Elyse Plush .....	\$749
Glencoe Firm .....	\$999
Harlow Super Pillow Top .....	\$999

**hatch**  
**FURNITURE**  
**mattress 1st**

**1st** in VALUE! 300 Store Buying Power Means YOU PAY LESS!

**1st** in SELECTION! Test America's Best Brands Side-by-Side!

**1st** in EXPERTISE! Each Sleep Specialist is Nationally Certified and Prepared to Help You Get a Better Night's Sleep!

**1st** in PRICE! Hatch's 110% Low Price Guarantee...Assures YOU the LOWEST PRICE!

**All Furniture Up To 50% Off!\***  
Excludes MRSP and Hot Buys.

\*Deferred Interest if Paid in Full in 12 Months: A minimum purchase amount required. During the 12 month promotional period a minimum monthly payment is required as disclosed on your billing statement. If minimum monthly payments are made you will not pay off the balance in the 12 month promotional period. Payments above the minimum amount due are required to avoid paying the deferred interest. The deferred interest will start on the date of purchase and end when paid in full or at the expiration of the 12 month period, whichever comes first. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within the 12 month promotional period or if your account becomes 60 days past due. After the deferred interest period expires, interest will be charged at the current APR for purchases until paid in full. The current APR for purchases is variable 28.99%. APR for purchases on existing accounts may vary between 26.99-28.99%. If any required minimum payment is 60 days past due, the Penalty APR, currently variable 29.99% will apply to remaining balances. Minimum interest charge \$2.00. Offer subject to credit approval on a Hatch Renovate credit card account.



109 East Third, Yankton  
665.4416 • 800.798.4663  
Monday-Friday 10-6,  
Saturday 10-5, Closed Sundays,  
Evenings by Appt.  
www.hatchfurniture.com

**hatch**  
**FURNITURE**  
**& FLOORING**  
Home Design Center