

welcome to the

New York • family clubby

parenting with sense and sensibility

Joy's Shopping Tips*

Shake Break: Women need nutrients before, during, and after pregnancy.

Belly Bar Shakes fill that need and come in flavors like Due for Chocolate and Vanilla Dreams. They offer critical Omega-3 DHA as well as a boost of calcium, fiber, and protein.

They are sold in four-packs and are best served chilled or over ice. \$9.99;

www.babiesrus.com.



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