



I CAN'T BELIEVE IT'S VEGAN!

By Caitlin Sandberg



Snack-time Smack-down

It's that time of year again, when the little ones are out of school and eating you out of house and home. Ah, I remember the summers well: 90210 marathons and spying on neighborhood families in order to scrape up some hot gossip for the scandalous weekly newsletter my brother and I put together, *Stop and Discuss*. Besides all that innocent kid stuff, summertime conjures up one other main memory: snack attacks! I was such a chowhound that I would actually sneak into my neighbor's house to eat their Rice Krispies Treats because Mom wouldn't allow "junk food" in our house. Talk about a tragic childhood. One tasty treat I remember being allowed to eat were those peanut-butter flavored **Nature Valley's 100% Natural Crunchy Granola Bars**. These days they come in six other vegan flavors that your little monsters

will happily devour. And on those oppressively hot days when your spawn can't peel their legs off of the couch, cool them off with **Safeway Select's Frozen Lime Fruitbars**. If you're lucky enough to have a **Trader Joe's** nearby, try my new obsession: the house-brand **Roasted Plantain Chips**. These happen to be naturally sweet and crunchy, and just a *tiny* bit addictive. To maintain the stamina needed to keep up with your boisterous brood, gulp down some **Ola Loa's Mango Tangerine Hydrating Sport Drink**. This stuff tastes great and packs a huge punch with electrolytes, amino acids, and vitamins to help you stay hydrated and healthy enough to keep your offspring occupied all summer.

Look for **Caitlin Sandberg** lurking in the snack aisle at her local **Trader Joe's**.

Disclaimer: All foods mentioned in this article are vegan, but not necessarily good for your health—or ethics.



Fanny



Lola



Kimchee



Jackson

Taste test

Dog Treats of Summer

Pampered pooches Fanny, Lola, Jackson, and Kimchee approached their tasty trials with varying palates but displayed equal amounts of enthusiasm. For this job, forget scientific methods: once we uttered the magic word "treat," all professionalism went out the doggy door. After careful deliberation, our expert panel concluded that each one of these healthy veggie treats was doggone delicious—no crumb was left behind.

					PANEL FAVORITE
BRAND	Buddy Biscuits	Belly Rubs Organic	Dogswell	Nature's Animals	Pet Gold
PRODUCT	Sweet Potato Madness	Peanut Butter Recipe	Happy Hips Sweet Potato Chew	Peanut Butter Treat	Veggie Lite Formula
CONTACT	> doudstar.com	> meyercountryfarms.com	> dogswell.com	> naturesanimals.com	> petco.com
PRICE	\$5.95/1-pound box	\$6.99/10-ounce box	\$7.99/15-ounce pouch	\$19.99/ case of 24 large treats	\$3.99/1.5-pound box
SHAPE/SIZE	Gingerbread-man-shaped; medium	Heart-shaped; small	Dried-potato wedge; medium	Bone shape; large	Heart-shaped; small
WHAT'S IN IT	Barley, spelt flour, and sweet potatoes	Brown rice flour, barley flour, rolled oats, peanut butter, organic apples, and bananas	Sweet potato, flaxseed, and vitamin E	Wheat flour, bran, roasted peanuts, brown rice, herbs, and vitamin E	Barley flour, spelt flour, rolled oats, molasses, veggies, and supplements
WHO LOVED IT	Kimchee	Kimchee & Lola	Jackson & Fanny	Fanny	Lola, Jackson & Fanny
BONUS	Fun shape, good for dogs with allergies, and packaged using recycled fibers	100-percent organic; company donates portion of profits to animal charities	Helps maintain healthy joints; all-natural ingredients	All-natural ingredients; hand made	Cleans teeth, inexpensive, and local for doggies who make one too many trips to the treat jar