

SPAR 

Better Choices

EASE BACK INTO THE
SCHOOL YEAR WITH
THIS TOP TIP FROM
CLAUDINE



Claudine

CLAUDINE KEANE
Model, columnist and mom

BACK TO SCHOOL TOP TIPS FROM CLAUDINE

Spending just 20-30 minutes on Sunday prepping for the week ahead can help to avoid stress on weekday mornings. Measure out portions and store them in small containers in the fridge so that lunches are ready to assemble in literally minutes during the week.