

# **EXHIBIT 12**



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# Perfect Snacks to Stock Up On For A Trip

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You may have pre-planned where you'll eat each and every meal on your getaway (thank you, [Zagat](#)), but odds are that your kids' stomachs aren't always on that same schedule. Heck, even we need a little somethin' somethin' to tide us over. Here are some easy-to-pack snacks suggested by registered dietitians Keri Glassman, MS, RD, CDN and Connie Evers, MS, RD.

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## Perfect Snacks to Stock Up On For A Trip

tags: family travel healthy eating, family travel travel, family travel nutrition

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#### Perfect Snacks to Stock Up On For A Trip

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#### Best Travel Snacks

Number-one rule when you're traveling with the family: Keep the kids happy! There's nothing worse than...



#### Shanna Moakler's Disneyland Diaper Bag List

We loooove Disneyland! We take our kids there all the time. And when we do, we're sure to bring . . .

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#### Taking Great Digital Vacation Pictures



#### Dining on the High Seas

#### Healthy Eating on the Go



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## Yo, Baby!

Check to see if your hotel has an in-room fridge-- many have them. That'll make storing food (even perishable stuff) a cinch. Prepackaged organic yogurt smoothies, like Stonyfield Farms', make for an easy-to-eat (no spoons needed!) pre-breakfast pick-me-up for early risers. They're also chock-full of calcium and vitamins, making them a perfect afternoon snack.

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#### Best Car Games for Kids

"Are we there yet?" It's the car ride equivalent to nails on a chalkboard, right? And to hear it a million...



#### Great Backpacks for All Ages

Your kid is going to schlep his backpack back and forth to school everyday this year. Make sure he has...



#### Top National Parks for Camping

Nothing bonds a family quite like camping together: Roasting marshmallows under a full moon, snuggling...

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#### Diaper Dude Diaper Bags



#### Trend Lab Diaper Bags



#### Park It at These American Roadside Attractions



#### Packing Tips for a Hassle-Free Day Trip



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## Oatmeal, Oh My!

Just add hot water— and voila! Instant gratification! Packets of your kids' favorite **oatmeal** barely take up any space in the suitcase, and you can throw them in your purse so you're covered if (or when...) kids can't find something they like on a restaurant menu.

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### The Best Cheesy Souvenirs

You've put in the miles, visited the tourist attractions, and snapped pics "holding up" every monument...



### Top Dining Out Must-Haves for Parents

Just because you have kids does not mean that every time you eat out you have to wait in a line to get...



### Top On-the-Go Toys

Whether you're traveling by plane, train or automobile (or simply waiting for a table at the Cheesecake...

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### Cruising for the Perfect Souvenir



### Make Boring Errands Fun

### Organize Your Diaper Bag



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## Milk With a Twist

To make sure your kids are getting enough calcium, pop some **chocolate milk** into the fridge (or even buy the mix and add it to their milk). They'll think they're getting a treat, while you're giving them good-for-you essentials and extra energy to make it through long vacation (and often nap-free) days.



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### National Park Treasures

You won't see these sights from your couch. To get a look at our country's bevy of must-see National...



### Kid-Friendly Weekend Getaways

Need a break from your humdrum weekend routine? We've got 10 great (and quick, if you live nearby) getaway...



### Give Yourself the Perfect Pre-Vacation Pedicure

So you're leaving for vacation next week and your feet aren't exactly flip-flop ready? Don't panic! These...

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### Energize Your Summer



### Shanna Moakler's Disneyland Diaper Bag List

### Nalgene Grip 'n Gulp



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**Hittin' the Trail**  
 You can make individual baggies of **trail mix** for the room, the car or your travel bag. Evers suggests mixing nuts, dried fruit, granola and a few chocolate M&M's for a protein-and-fiber-filled midday snack.

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#### Best Amusement Parks for Kids

Whether we're dabbing our eyes as we strap the kids onto their first carousel horse, showing them what...



#### Awesome Parks Straight Out of the Movies!

It can be hard to pry kids away from the screen and get them fired up about a road trip in search of...

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#### Best Teen Cruise Activities



#### Things You Can (and Can't) Take on Airplanes



#### JJ Cole System Bag

#### Automobile Bottle Warmer



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### Things That Make You Go Hmm...

Beat the 4pm blahs—you know that time after you've finished your sightseeing but before dinner—with a little hors d'oeuvres hour. Set out a box of crackers or a bag of pita chips with **hummus** for dipping—the protein-filled snack should hold them over until dinner.

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- How to Make a Hotel Room Feel Like Home**  
To us, hotel rooms are mere crash pads in between the beach, museums or Cinderella's Palace. But young...
- Easy Ways to Save Money on Vacation**  
Getaways cost money--vacations are only free if you stay in your backyard. Still, we think you shouldn't...
- Top On-the-Go Toys**  
Whether you're traveling by plane, train or automobile (or simply waiting for a table at the Cheesecake...

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- The In-laws want to come for Christmas, again!!!**
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## Nuts for Nutella

If your kids aren't hummus fans, stash a container of [Nutella](#) in your room. Made from hazelnut, skim milk and cocoa, your kids won't even realize it's an all-natural, good-for-you dip for their crackers or pretzels.

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Getting your kids lathered up in sunblock before a day in the sun--and every two hours after that!--can...



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### 8 Great Ways to Preserve Your Vacation Memories

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### Traveling abroad by air with a 15 month old, any tips!!!



### Healthy Eating on the Go

### How to Fly With Kids





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## Puddin' on the Ritz

Sometimes all kids want are sweets, so make sure you have some chocolate or vanilla individually-packed **pudding cups** stored away for when their sweet tooth beckons. It's easier than running to the ice cream shop every day, and the portions are perfectly kid-sized.

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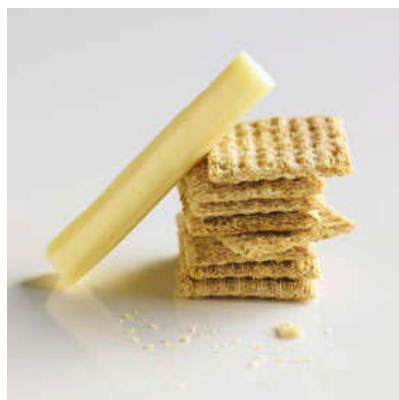
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## Say Cheese!

If it's cheese, we like it. If it's cheese that doesn't have to be refrigerated? We love it. Take along some superconvenient [Laughing Cow Cheese](#) for a snack attack on the car ride, waiting on line for that roller coaster or whenever.

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#### Top Things to Pack for a Cruise



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## Fruitful Thinking

If you're traveling to a place with a fresh market, pick up some bananas, apples or Cuties (California Mandarin oranges) for an anytime snack. If not, you can buy pre-sliced pre-packaged fresh fruit, dried fruit (just make sure there's no sulfur added) or even pre-packaged organic applesauce (the no-sugar added kind is best!).



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#### Cute Suitcases for Kids

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#### Best Travel Snacks



#### Tips for Taking Great Underwater Photos



#### Best Bedtime Books to Take on Vacation

#### Trend Lab Diaper Bags



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Best Travel Snacks



Kid-Friendly Weekend Getaways



How to Make a Hotel Room Feel Like Home

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I also take little bags of chips or crackers and pouches of fruit snacks that my girls can eat in the car if we are in between meals or they can carry it around or have it in the stroller while sightseeing. A well fed child on vacation is a happy child while on vacation!!

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