

Bad Diet Dad

Dear Tim:

I'm one of those new-school dads who takes an equal share in child care. And while I love my children to death and try to provide for them and enrich their lives as much as I possibly can, I'm not much to behold in the kitchen. I'm not sure whether I lack the skill or the will, but I'm well short of the mark when it comes to culinary creativity. When mom's not around, my kids get a steady diet of hot dogs and macaroni & cheese. Probably not what the doctor ordered, but they were not blessed with the best dad when it comes to providing well-balanced meals. Any suggestions?

-Helpless on Helston

Dear Helpless:

While you may not be making perfect meals, you're doing something far more healthy – spending quality time with your kids. Shared meals are big contributors to happy families, which is why Glenda and I have been such



**DEAR
TIM**

big proponents of family meals over the years. Whether you're sitting down over the most balanced plate possible or just sharing stories about your day over a hot dog, you'll never regret the time you spend together. But if you're looking to do both, why not pick up a few of our homemade warm-and-serve meals from the refrigerated case in aisle 5? You'll find a new specialty every day of the week and a few old favorites as well. You won't

need to go to cooking class, and you'll be sure your kids are getting their vegetables without spending more time in the kitchen. Check out our daily specials at huffmansmarket.com and keep up the good parenting.

Dear Tim:

Is it true your daughter and son in law named their new baby after you? Isn't he a little young for that kind of punishment?

-Nanny on New Haven

Dear Nanny:

Being related to me is almost as much of a curse as being married to me. Almost. But being *named* after me is a sure sign that my grandson will be a handsome young man with a sparkling personality. In fact, he already is. And if you have any doubt, stop by. I might have a picture (or ten) of young Theo Timothy and you can judge for yourself.

Dear Tim is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit www.huffmansmarket.com.