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09.05.2009

## [Krazy Ketchup: crazy good \(& for you\)](#)

by Erin

If you have a toddler, then chances are that you've gone through the picky eating stage. Unfortunately for our family, this stage started around 11 months old and, well, it's still lingering at 28 months. I work hard at



trying to substitute good products for bad, like cooking with applesauce instead of using oil or quinoa instead of rice. I hide vegetable purees in her food wherever I can and stress out about the topic constantly. One day while browsing online for additional options I came across [Krazy Ketchup](#). We all know how kids love to dip things and their obsession with ketchup, well this is the entire reason two moms created this product for their picky kids!

All ingredients are 100% organic and vegan/vegetarian. It's made from a combination of sweet potato, tomato, carrot and squash purees. Yep, all these veggies and it's seriously yummy! That's a pretty tall statement from a woman who despises carrots and squash (ok, and sweet potatoes too). I absolutely LOVE that it's sweetened with agave nectar versus sugar. Agave nectar is so much easier for your body to digest. I have to tell you that it has the same texture as your regular old ketchup, but, in my opinion, tastes better! My old ketchup is in the trash and I will never use that empty calorie option again.

**Test baby: Eggs with Krazy Ketchup, two thumbs up. Ketchup lingers on face and shirt.**



Order your bottle(s) of Crazy Ketchup [here](#) and then fill out [this](#) form and give it to your local grocery store requesting that they carry Crazy Ketchup locally!



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Tags: [agave](#), [carrot](#), [ketchup](#), [organic](#), [puree](#), [squash](#), [sweet potato](#), [tomato](#), [vegan](#), [vegetarian](#), [veggies](#), [vegetables](#) Filed Under [Health and Nutrition](#), [Must Have](#), [Recipes](#) | [Comments \(8\)](#)

08.29.2009

## [Yummy In My Tummy: very yummy](#)

by Sarah

I hear daily that I am not the only mom with a picky toddler. Babies can be even pickier, in my experience. The baby food sold in your local mega-mart can be somewhat limited and, well, pretty awful tasting. I wouldn't give my child anything that I wouldn't eat. The only option then is to just make it yourself, which is fun at first, but then just a huge pain. [Yummy In My Tummy](#) is not only fresh and tasty, IT'S DELIVERED TO YOUR DOOR STEP! Completely made of environmentally sustainable, organic ingredients, Yummy In My Tummy is a safe and delicious option.

Yummy In My Tummy makes food for the infant to toddler, with a wide range of choices. They offer Stage 1 purees (simple and smooth purees), Stage 2 purees (purees with textured), Stage 3 (chunky mini meals), and frozen Yummy Meals. For snacks they offer dried fruit and veggies, and finger foods like mini-bite spinach pretzels and carrot muffins. Foods arrive in 4.5 Oz BPA-free, phthalate-free plastic containers. Stage 1, 2, and 3 foods are only \$1.33-2.75 a serving!

**Yummy In My Tummy** is graciously offering In The Know Mom readers a coupon code for **%15 off** your order! Just enter **ITKM15** when checking out.

My 2 1/2 year old is almost impossible to please when it comes to actual meals. She is much more a grazer and prefers snacks like fruit, veggies, cheese, and crackers. I hoped that she would show *some* interest in the meals, and interest she did show! I started her with the Salmon Cake Meal: salmon cakes, sweet potato mash, and broccoli. I pulled the tray out of the packaging and read the ingredients. I was happy to only see ingredients like "fresh Atlantic salmon" and organic EVERYTHING... nothing that I couldn't identify. After a quick heating, my daughter grabbed a fork and gobbled it down. She even asked for more!



Day two, we tried the Chicken Enchiladas with Mexican Rice and Chunky Apples. Again, all fresh, organic ingredients. This one was even more a hit.



During our baby taste test, we separated the infants into three groups, Stage 1, Stage 2, and Stage 3. Each baby was designated a savory puree, along with a sweet fruit puree. Every single baby ate most of their meal, to the shock of some parents. The other parents and I tasted all the purees and they were so fresh and delicious tasting. Rave review from everyone involved. Even my 2 year old was sneaking Stage 3 foods just saying “mmm yummm” over and over.

Stealing the babies’ food at the taste test... I believe this one is the Vegetable Stew with Cous Cous.



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Tags: [baby food](#), [delivery](#), [Yummy In My Tummy](#) Filed Under [Kid Finds](#) | [Comments \(7\)](#)

08.16.2009

## YummiBear Vitamins - (Giveaway)

by Erin

The holy grail of all vitamins for kids. I've tried quite a few and as soon as my daughter chomps down on them she quickly spits them out while screaming "IIICCKKKYYY!!" One day while browsing the kids vitamin aisle of my local health store I saw them...**Yummi Bears**...I thought "could they work? Would she like them?"

**10 Great Varieties**

**Yummi Bears®** the original gummy vitamin since 1995

			
Wholefood fruit & veggies	Vitamin C boosts immune system	Echinacea strengthens natural defenses	Calcium + Vitamin D strong bones healthy teeth
			
DHA healthy vision brain function	Fiber digestive health	Vitamin D3 calcium absorption	
			
Omega 3-6-9 Fish Free healthy brain development visual function	multi-vitamin + minerals optimal health balanced nutrition	Child Bright a.m. & p.m. Formula focus concentration	

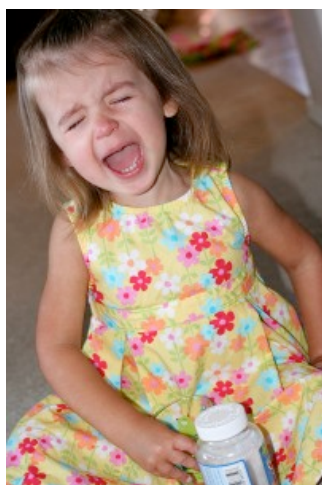
**Allergen Free**  
**Gluten Free**  
**Casein Free**

**Natural Colors**  
**Natural Flavors**  
**Easily Absorbed**

I purchased the Multi-Vitamin + Minerals (which also comes in **Vegetarian**) and the Wholefood vitamins (one serving of the Wholefood vitamin contains one daily serving of your kiddo's fruits & vegetables) and could barely contain myself to not open them on the ride home to see how they tasted. I get home, quickly open it and shove one in my mouth. WOW, so good! I call my daughter over and tell her I have treats for her because she was being such a good girl. I give her two of each vitamin. "num num mommy, it good!" They've won the heart of my picky eater as well as a very thankful mommy. She now reminds me that she gets treats every morning and walks me over to her vitamins.



This is what happens every time I say “Ok, you’ve eaten all your vitamins today. You can have more tomorrow”



Because they knew that mom’s were stealing all of their kids vitamins, they created a new line of Adult, [Slice of Life Gummy Vitamins](#)! These yummy vitamins are allergen, gluten and casein free with all natural ingredients, flavors and colors. I love how they taste...and apparently so does my husband because he’s the one who keeps bringing me my Slice of Life daily vitamins each day.



**Yummi Bears has graciously offered to give one of our readers a three month supply of Yummi Bear vitamins!** Yep, THREE full jars with 90 vitamins each in them along with a cute little teddy bear. Believe you me, if you aren’t already a firm believer in their products, you will be after your first try. How do you get your hands on a free try at them you ask?

1. Leave us a comment on this posting **no later than midnight on Tuesday, August 18.**
2. **Want a second chance to win?** Post a link to this giveaway in the status of your facebook or Twitter and enter another comment telling us you’ve done just that and you’ll be entered twice!
3. What the heck, we’re on a roll. **How about a THIRD chance to win it!!** Make a posting on your blog about this giveaway and comment again letting us know you did it and you get a third entry. Crazy, I know!!

We’ll randomly pick a winner next **Wednesday, August 19** (who doesn’t need a hump day pick-me-up?!) and announce it on our site. If you can’t wait until Wednesday to find out if you’ve won, they have a coupon for \$1 off right [here](#), which you can use at the store TODAY!



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Tags: [picky eater](#), [vitamins](#), [yummibear](#) Filed Under [Health and Nutrition](#) | [Comments \(31\)](#)

08.04.2009

## [Easing Little Tummies - Lifeway Organics Probugs](#)

by Erin



Having a sick child is hard on us as the parents as much as the kiddo.

You feel this huge amount of responsibility to help them get better as fast as humanly possible. The first time my baby girl was ill, the doctor quickly said "Probiotics!!" We rushed out to the nearest health food store and bought several packs of the stuff. That's when I became a true believer in this magical yogurt drink. Probiotics are dietary supplements of live microorganisms (in most cases, bacteria) thought to be healthy for the host organism. They are also called "Friendly bacteria" or "Good bacteria." Currently, Probiotics have been linked to helping several different issues. Some of the problems that they have been linked to curing are diarrhea, vaginal yeast infections, urinary tract infections, IBS, intestinal infections, bladder cancer treatments, inflammation following colon surgery and in helping to prevent eczema in children. They are just beginning to learn about all it's lovely benefits.

Lifeway Organics has come out with a Probugs line for children made with organic whole milk, fun characters and yummy flavors that kids LOVE! These sweet and tart yogurty little drinks are not only high in protein and calcium, but they've added Inulin to help with calcium absorption. They have 10 live and active cultures (friendly bacteria) to help ease upset bellies and to help their immune systems stay healthy. Currently they offer three flavors that I guarantee your kids will love. Their choices are Goo-Berry Pie, Orange Creamy Crawler and Sublime Slime Lime. At \$2.79, we suggest you pick it up next time you're at your local health store.....your kids bellies will thank you.

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Tags: [organic](#), [probiotic](#), [tummy](#), [Yogurt](#) Filed Under [Uncategorized](#) | [Comments \(0\)](#)

08.03.2009

## [Coupon Codes](#)

*by Sarah*

## Every mom loves a good deal!

### \* Oh Plah!

In The Know Moms receive 20% off by entering **2009ITKM20**.

Order directly from the site [here](#).

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### \* Hatchling

In The Know Moms receive 20% off by entering **ITKM20**.

Order directly from the site [here](#).

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### \*Petunia Icky Bags

In The Know Moms receive 10% off by entering **92310ITKM**.

Order directly from their site [here](#), entering the code in "notes to seller". Expires September 23, 2009.

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### \*Tees For A Change

In The Know Moms receive FREE SHIPPING by entering **INTHEKNOW**.

Purchase directly from the site [here](#).

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### \*Biome5

In The Know Moms receive %15 off their order by entering **KNOW15**.

Purchase directly from the site [here](#).

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### \*Livie & Luca

In The Know Moms receive \$15 off their order by entering **intheknow15off**.

Purchase directly from the site [here](#).

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### \* Yummy In My Tummy

In The Know Moms receive %15 off their purchase by entering **ITKM15**.

Purchase directly from the site [here](#).

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### \* Piggy Paints

In The Know Moms receive 15% off all products by entering **INTHEKNOWMOM15L**. Expires Sept 31, 2009

Purchase directly from the site [here](#).

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**\* Fiel Shoes**

In The Know Mom members get 20% off when using **ITKM20**

Purchased directly from the site [here](#).

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**\* gDiapers**

In The Know Mom members get \$2 off when entering **gD2\$off** at checkout.

Purchased directly from the site [here](#).

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**\* Fierce Hugs**

In The Know Moms receive a **20%** discount off everything through Sept 12, 2009 - **INTHEKNOW3**

Receive **\$5** off your order. Does not expire. - **INTHEKNOW5**

Purchase directly from the site [here](#).

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**\*PETUNIAS**

In The Know Moms receive **10% off** the purchase of any ICKY bag until Sept 23, 2009 - enter **92310ITKM** in the “notes to seller” section when checking out.

Purchase directly from the site [here](#).

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