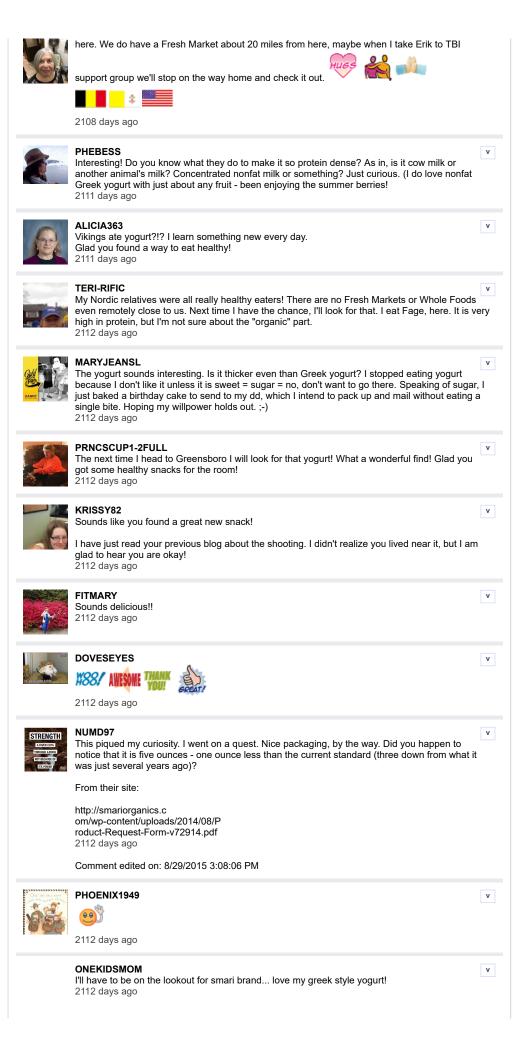
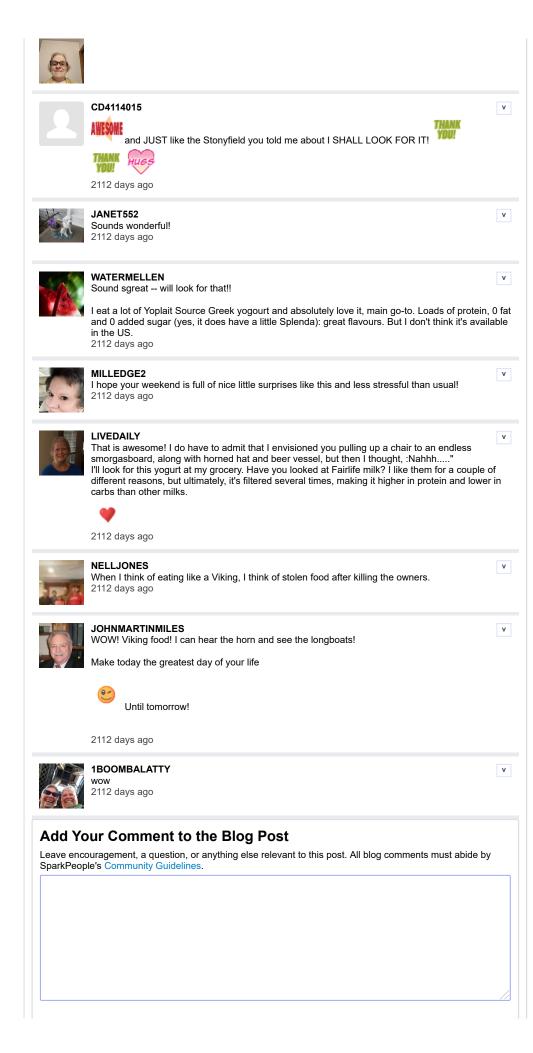
BROOKLYN_BORN					Change Banner Image <b>154,944</b> SparkPoints	
	🛔 Info	n Photos	👪 Feed	e Blogs	🍷 Awards	More 🗸
<b>l ate "like a</b> Saturday, August :	•				Add a Blog E	Entry
		-	L in her nursing home. T ever, this time it was less		See Today's Featured Me	mber Blog Posts
the atmosphere in our town where the reporters were killed the day before. As I wrote in an earlier blog, if I walk over to a neighbor's house I have a clear view of the shopping plaza across the lake where the crime occurred.					More Blogs by BROOKLYN_BORN	
I was determined to eat sensibly in TN and that's not easy. My solution, with DH's agreement, was to drive several miles from the home to a "Fresh Market" for bring back lunch and healthy snacks. We had a					Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021	
fridge in our hotel room to stash stuff.					Avoiding Our Wedding Anniversary - 6/4/2021	
This blog is about a snack I never had before. I love yogurt and buy organic Stonyfield at home.					Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021	
This brand was called "Smari" – organic Icelandic yogurt. All the way from Iceland? I had to try that. In a 5 oz container:					Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021	
17g protein, 4g sugar, 0 fat and 80 cal. Ingredients: "organic pasteurized skim milk, live and active cultures. That's it! It was really, really thick, but OK when I mixed in my favorite red grapes.						View All →
Then on the inside of the label, visible only when I emptied the container, I read this. It's a superfood, thicker than other yogurts, higher in protein, lower in sugar, gluten free. It's kept our Viking ancestors strong through more than a thousand winters.						
(It goes on to say) We want our kids' food to be free of nasty stuff like pesticides, hormones, GMOs and chemicals. We want the same for your kids too. What a great philosophy!						
Note: I don't mind 0%	6 fat. Fat creeps into r	ny diet all the time as n	ny tracker verifies.			
Edit Blog Entry	<u>Delete Blog Entry</u>					
Share This Post V	Vith Others					
			Repo	rt Inappropriate Blog		
Member Comr	nents About T	his Blog Post				

## **GINIEMIE** Not a big fan of yogurt, but am trying to incorporate some in my diet. Will look for it around





ADD AN EMOTICON SPELL CHECK

**Post Comment** 

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.