

the Mississauga system can be ordered and sent to your home branch for easy pick up.

Ingrid Kasaks-Moyer, a working mother of three young children, says one way she saves time every month is by taking advantage of a service offered through her bank.

“Pre-Authorized Payments to one credit card bill. You only have one bill to pay a month and you can set it up to automatically pay in full, minimum balance or a set amount from your chequing account so you don't even have to think about it. Same with mortgage or taxes automatically deducted from your account. The only thing that needs to be done of course is checking your bill every month.”

Additionally, she orders subscriptions to the magazines and newspapers she regularly purchases so that she doesn't have to stop at a store to buy them – they're waiting in her mailbox.

Every time you enter a dollar store, purchase gift bags and tissue

paper so you're always at the ready for a last minute birthday. What to put in the bag? Deb Taras, a mother of two children under two, suggests, “buying birthday presents in bulk. Toys R Us had a sale on the Candyland game so I stocked up!” Taras also makes shopping lists before going to the grocery store (a must), “you can waste a lot of time in a mall – I like to just run in, get everything that I need and get out.”

How many times can you step over that pile of clothes for the drycleaner? Alternatively, you might be worried every week that they will be selling your clothes off if you don't pick them up in time. Door to door dry cleaning service is available in the Mississauga and Oakville areas. Benbrose Fine Cleaners provides pick up and delivery, so you only have to worry about getting it in the bag and out the door. Clean and pressed shirts are hung on your mailbox if no one's home for the delivery. Benbrose launders the clothes, and prices compare with any dry-cleaning outlet. Call 905.272.5291 for more information. Spotless Cleaners in Oakville also provides pick up and delivery, although currently only in the Oakville area. Call 905.257.2956 for more information.

Getting meals on the table is a time challenge for everyone. Even if you've had time to have your groceries ordered on-line and delivered to your front door, when the kids are eyeing the snack cupboard and you've got 10 minutes to feed them before you leave for the next hockey game or gymnastics lesson, you need to act quickly. Some nights it's perfectly acceptable to heat up frozen fish sticks or stop at a fast food restaurant along the way. These meals have a way of catching up to your waistline and your health, so you might also want to check out Diet Delivery Canada Inc. At [www.dietdelivery.ca](http://www.dietdelivery.ca), (which delivers to the Mississauga and Oakville areas), you can order pre-prepared meals in The Zone and the Soy Zone diet program, delivered right to your front door. Prices vary depending on the number of meals ordered and length of program ordered. For example, a 14-day plan of two meals a day would run about \$35.99 per day.

If you're looking for a more cost-effective way to cut down on meal preparation time, we've provided a few quick and easy home recipes for you. As well, a Crock Pot (or Slow Cooker) is a mandatory accessory in any busy home. Imagine walking in your front door after a busy day at work and smelling the spicy aroma of the Salsa Roast you put in that morning...

The busy lifestyles of today afford little down time for time-crunched families. However, it is important to remember that spending time with your family can be the best remedy for your hectic pace. When's the last time you pulled out a board game? Do it tonight and enjoy a slower pace – at least for an hour or two.



Getting meals on the table is a time challenge for everyone. For cost-effective ways to cut down on meal preparation time, check out the five easy and delicious recipes (requiring five ingredients or less!) on page 7. Photo by Alison Goodsall.



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