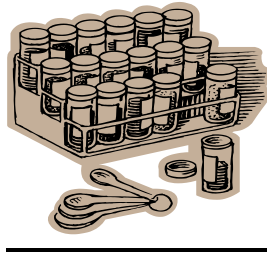


Are you a spicy gal? or guy?



Quick Tip for spices:

- 1) Check all spices for expiration dates...most can be used past these dates but are less potent.
- 2) Decide how you use. Do you like them all lined up 'alpha' style or ones used most up front, or commonly used separate area....how do you cook? Set up for you!
- 3) Now print some labels out (address work great as well as many 'canned' name labels on internet ready to print). Yes you may already have them labeled in small letters or not where you can actually read easily.
- 4) Place prominently on jar, can, etc. so you can see as soon as you open your cabinet, container, drawer, basket,- however you store in your kitchen.
- 5) Less Stress, Less time used up looking for right spice!

*Now....Let' get cooking & have
some fun!*

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