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SUPPER SUBSTITUTES It's nearly impossible to make suppers that please everyone. So don't try, says Donna Fish, author of *Take the Fight Out of Food*. When you grocery shop, have each child pick a stand-by meal. The rule? It has to be relatively healthful, and kids have to be able to prepare it themselves. "For the younger child it needs to be something she can reach for in the fridge, like yogurt or cereal and milk," says Fish. For teens, freezer items work well. This practice removes one of the main stressors of mealtimes. CHRISTLE FIEDLER

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