

LAKELAND

19 December 2007

New Year, New Home, New You!

Even with the best intentions, it can be hard to stick to your new year's resolutions once the festivities are finished and the January blues set in. There are plenty of things you might decide to change in the New Year, the best resolutions are attainable challenges and here are some resolutions from Lakeland's Head office in Windermere and the team's advice on how to stick to them well into 2008:



Be more green

Reducing your carbon footprint may seem a daunting task, but there are plenty of simple steps you can take to be more eco-friendly in your home. Reduce your kitchen waste by composting kitchen scraps, use less energy by investing in an IntelliPanel to plug your electrical equipment into or choose our new range of safe, biodegradable cleaning solutions to give you home a fresh, natural clean.



Eat more healthily

We know we're supposed to eat 'five a day', take regular exercise and avoid fatty foods but there are ways to improve your diet with little or no extra effort. Steaming rather than boiling

keeps the goodness in your vegetables, chips can still be enjoyed with the revolutionary ActiFry and for a snack throughout the day dry-roasted mixed munchy seeds will keep the cravings at bay.



Get organised

The New Year is the perfect time to reorganise your home to give yourself more space. From ways to organise your drawers, fun ways for the kids to keep their toys in order or ways to utilise spaces under the bed or in your closets; whatever size your home there are plenty of innovative ideas to clear the way and have a clutter free 2008.



Start saving money

There are more places than ever to pick up a cheap sandwich now, but if you want to watch the pennies you can't beat a home-made lunch and the only limit is your imagination. A variety of lunchboxes and bags can transport your chosen cuisine to the office with specialist compartments for sandwiches, fruit and drinks, or for something more warming 'til the end of winter try a food flask or even the meal in a flask which has three separate compartments for stew, potatoes, peas, chilli, rice, whatever your favourite meal might be.



Spend more time with your children

We are working longer hours than ever before, but involving your children when cooking family meals will teach them about preparing food as well as bringing you closer together. Let them look the part in their own little chef's apron, let them watch and learn as you work in the kitchen and even get them to make their own cookies and treats with a children's bakeware set.

Products:

Be More Green

- Apple Compost Crock ref 21418 - £14.99
- IntelliPanel TV/Audio ref 21307 - £29.99
- Eco-Clean Washing-Up Liquid ref 21515 - £1.49

Eat More Healthily

- Silicone Steamer Basket ref 11915 - £9.99
- Tefal Actifry ref 11583 - £149.99
- Munchy Seeds ref 1881 - £2.99

Get Organised

- 2 Deep Drawer Dividers ref 21385 £13.99
- Wheely Happy Box blue ref 21459 - £7.99
- Clearview Stack Box System from £1.99

Start Saving Money

- Lunch Cube ref 6480 - £3.99
- Cool Lunch Bag ref 10486 - £5.99
- Meal in a Flask ref 11614 - £17.99

Spend More Time With Your Children

- Little Chef's Apron ref 11997 - £6.99
- Children's De Luxe Bakeware Set ref 2703 - £15.99

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Editor's notes:

- Lakeland is the UK's leading kitchenware specialist, offering a range of over 4000 products from quality kitchen utensils and storage containers, to liquorice!
- Lakeland's products are available from 35 stores nationwide, by mail order and online.
- Lakeland, founded in 1963, is a family owned and run business based in Windermere
- For more information visit www.lakeland.co.uk