

TITLE

CUSTOMIZED CHILDREN'S FEEDING SYSTEM AND METHODS OF USE THEREOF

PRIORITY CLAIM

[0001] This application claims priority to and the benefit of U.S. Provisional Patent Application No. 61/159,224, filed March 11, 2009, the entire content of which is expressly incorporated herein by reference.

BACKGROUND

[0002] The present disclosure generally relates to health and nutrition. More specifically, the present disclosure relates to children's foods and particularly to packaged children's foods that can be combined to provide an optimal nutrition profile for meeting the nutritional needs of a child.

[0003] When the Nutrition Labeling and Education Act ("NLEA") was enacted in 1993, there was a reluctance based on the dietary recommendations at that time to develop Daily Values ("DV") for fat, cholesterol, saturated fat and sodium for children up to four (4) years of age. Because there are no macronutrient DVs but there are vitamin and mineral DVs, products labeled for children under the age of two (2) years are limited to good source for vitamins and minerals only. See 21 C.F.R. 101.

[0004] In the fourteen years since the NLEA, childhood obesity has dramatically increased. In fact, Nestle's published study, the Feeding Infants and Toddlers Study of 2002, found that trends in adult poor eating habits are being found in infant and toddler diets. For example, approximately twenty five percent of toddlers did not eat a single fruit or vegetable in a given day. Sweetened drinks and candy were also part of the diet of twenty five percent of toddlers on a given day. These troublesome dietary trends linked with current regulatory gaps leave the makers of children's products unable to clearly communicate nutritional benefits to caregivers.

[0005] Therefore, there remains a need for a means of guiding caregivers to provide optimal nutrition to children.

SUMMARY

[0006] Customized children's feeding systems and methods of using the customized children's feeding systems are provided. In a general embodiment, the present disclosure provides a packaged food product including a tray defining at least three compartments. The packaged food product also includes a removable food cartridge including an individual food product sealed in each of the food cartridges. The food cartridges are located in each of the compartments. Each food cartridge and compartment can be associated with a corresponding color that is representative of a food category. The shape of the food cartridges can be the same shape as the compartments.

[0007] In an embodiment, each food cartridge and compartment is associated with a corresponding shape that is representative of a food category. In another embodiment, each food cartridge and compartment is associated with a corresponding symbol that is representative of a food category.

[0008] In an embodiment, each of the food cartridges includes a snap-in element that connects to a corresponding receiving aperture in the compartments. The snap-in element can include a shape such as a square, triangle, circle, oval, star and rectangle.

[0009] In an embodiment, a first food cartridge includes a vegetable product, a second food cartridge includes a protein product and a third food cartridge includes a fruit product. The contents of the food cartridges together can be a complete meal.

[0010] In another embodiment, the present disclosure provides a packaged food product including at least three food containers each including a lid and a food compartment including a food product sealed in the food compartment. Each of the lids includes at least one snap element attachable to a bottom portion of the food compartment.

[0011] In an embodiment, each lid of the food container can be associated with a corresponding color, shape or symbol that is representative of a food category. A first food container includes a vegetable product, a second food container includes a protein

product and a third food container includes a fruit product. The contents of the food containers together can be a complete meal.

[0012] In an alternative embodiment, the present disclosure provides a packaged food product including a container having a lid removably attached to the container, and at least three food packages located within the container. Each food package is associated with a corresponding color, shape or symbol that is representative of a food category. A first food package includes a vegetable product, a second food package includes a protein product and a third food package includes a fruit product. The contents of the food packages together can be a complete meal. A utensil can be attached to the lid.

[0013] In an embodiment, the container includes transparent walls. The lid can be constructed and arranged to snap onto the container. The container can include a thumb indent.

[0014] In yet another embodiment, the present disclosure provides a packaged food product including a tray defining at least three food compartments and having a peelable lid. A first food compartment includes a vegetable product, a second food compartment includes a protein product and a third food compartment includes a fruit product. The contents of the food compartments together can include a complete meal.

[0015] In still another embodiment, the present disclosure provides a packaged food product including a tray defining at least two food compartments and having a lid removably attached to the tray. The first food compartment includes at least one of a vegetable product, a protein product and a fruit product. The second food compartment includes at least one of a vegetable product, a protein product and a fruit product that is different than that of the first food compartment. A portion of the lid positioned over each compartment includes a corresponding color that is representative of a food category in that compartment. A utensil can be attached to the lid.

[0016] In yet another embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges located in each of the compartments and including a food product sealed in the cartridges. Each food cartridge is associated with a corresponding color that is representative of a food category.

[0017] In another embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges located in each of the compartments and including a food product sealed in the cartridges. Each food cartridge and compartment is associated with a corresponding shape that is representative of a food category.

[0018] In an alternative embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges located in each of the compartments and including a food product sealed in the cartridges. Each food cartridge and compartment is associated with a corresponding symbol that is representative of a food category.

[0019] In yet another embodiment, the present disclosure provides a method of generating revenue. The method comprises providing a tray defining at least three compartments and selling individual food cartridges located in each of the compartments and including a food product sealed in the cartridges. Each food cartridge and compartment is associated with a corresponding color, shape or symbol that is representative of a food category. The individual food cartridges can be sold together in a bundle with the tray or separately.

[0020] An advantage of the present disclosure is to provide a customized children's feeding system.

[0021] Another advantage of the present disclosure is to provide a fun, engaging and interactive way for a parent and child to jointly prepare a delicious meal.

[0022] Yet another advantage of the present disclosure is to provide a specially designed feeding system that makes it easy for caregivers to provide balanced nutrition for their child.

[0023] Additional features and advantages are described herein, and will be apparent from the following Detailed Description and the figures.

BRIEF DESCRIPTION OF THE FIGURES

[0024] FIGS. 1A and 1B show a packaged food product including a tray having three compartments in an embodiment of the present disclosure.

[0025] FIG. 2 shows a packaged food product including stackable food containers in an embodiment of the present disclosure.

[0026] FIG. 3 shows a packaged food product including a container having three food packages in an embodiment of the present disclosure.

[0027] FIG. 4 shows a packaged food product including a tray having three compartments in an embodiment of the present disclosure.

[0028] FIG. 5 shows a packaged food product including a tray having two compartments in an embodiment of the present disclosure.

[0029] FIG. 6 shows a packaged food product including a container, a lid and a utensil attached to the lid in an embodiment of the present disclosure.

DETAILED DESCRIPTION

[0030] The present disclosure relates to customized children's feeding systems and methods of using the customized children's feeding systems. In a general embodiment, the present disclosure provides a range of packaged food products for children. The packaged food products include but are not limited to, individually packaged meals and meals in multiple compartment containers. The packaged food products preferably contain indicators to guide the consumer to selecting the appropriate meal package to provide the optimal nutritional profile for a child. Preferably, the packaged food products provide a child with balanced nutrition on a daily, weekly or monthly basis.

[0031] As used herein, the term "children" means children up to five years of age. The children range up to age five, preferably between one and five years of age and most preferably from one to four years of age.

[0032] "Complete meal" means a meal that is designed to provide one nutritionally balanced serving, i.e., it is not necessarily to combine the complete meal with another food product to provide a meal. A "shelf-stable" food product means a food

product that can be safely stored and sold in a sealed container at room temperature while still having a useful shelf life, for example at least about 2 months, preferably longer. "Food category" means a distinct classification of a group of foods have related characteristics such as, for example, proteins, vegetables, fruits, starches, etc.

[0033] The combinations of food products in the customized children's feeding systems can be from a range of baby or toddler food and have an optimal nutrition profile for meeting the nutritional needs of the child. Two or more food products from the range may be combined to provide an optimal nutrition profile for meeting the nutritional needs of the child. The food products as part of the packaged food products can be shelf-stable.

[0034] The total optimal daily nutrition profile for each of the food products in the customized children's feeding systems can be determined by first evaluating and determining the caloric needs for the children's population group because calories are the basis for other macronutrient needs. Using calories as the basis, the missing DVs are determined for fat, saturated fat, trans fat, sodium, cholesterol, fiber and sugar. The nutrition profile can then be further distilled for individual foods as well as meals.

[0035] In a general embodiment illustrated in FIGS. 1A and 1B, the present disclosure provides a packaged food product 10 including a tray 12 defining three or more compartments 14, 16 and 18, and individual food cartridges 20, 22 and 24 for each of the compartments, respectively. Food cartridges 20, 22 and 24 include an individual food product sealed in each of the respective food cartridges. The shape of food cartridges 20, 22 and 24 can be the same shape as the compartments 14, 16 and 18. Food cartridges 20, 22 and 24 and compartments 14, 16 and 18 can be sized to hold any suitable amount of one or more food products.

[0036] Each food cartridge and compartment can be associated with a corresponding color (or shape or symbol) that is representative of a food category. For example, lids 30, 32 and 34 of individual food cartridges 20, 22 and 24, respectively, can each have a different color. Lid 30 can be yellow to represent that food cartridge 20 contains a protein as the food product contained therein. Lid 32 can be pink to represent that food cartridge 22 contains a fruit as the food product contained therein. Lid 34 can be

green to represent that food cartridge 34 contains a vegetable as the food product contained therein.

[0037] The contents of the food cartridges 20, 22 and 24 together can be a complete meal for a child. The food product in each of food cartridges 20, 22 and 24 can be packaged so as to be shelf-stable. In a preferred embodiment, each food cartridge 20, 22 or 24 are sized to meet the serving size requirement for that food product for a child at a certain stage of development.

[0038] In an embodiment, each of food cartridges 20, 22 and 24 includes a snap-in element 40 that connects to a corresponding receiving aperture in the compartments. For example, as shown in FIG. 1B, food cartridge 24 includes a snap-in element 40 having a square shape that is attachable to a corresponding receiving aperture 42 in compartment 18. The snap-in elements on the food cartridges and the receiving apertures can include a shape such as a square, triangle, circle, oval, star and rectangle.

[0039] Tray 12 can be a reusable tray that is preloaded with a balanced meal from the food products sealed in the individual food cartridges (e.g., roast beef, mashed potatoes and green beans), which can be purchased by a caregiver. Multiple varieties of each food group (e.g., fruits, vegetables, proteins, grains) can be sold in the individual food cartridges. In an example, a caregiver such as a mom can choose a 2 oz portion (portion size can vary) from either peas, green beans, squash, etc., as the vegetable component of the meal in one cartridge. In the same manner, the caregiver can also select more cartridge from a variety of other food categories to be combined on the tray and served to the child.

[0040] In an embodiment, individual food cartridges fit only a specific area of the reusable tray. The individual food cartridges and their corresponding compartments in the tray can delineated by one of the following or a combination thereof:

- Colors → Fruits are blue; Vegetables are green; Grains are yellow, etc. The cartridge color matches the tray color.
- Shapes → Fruits are square, Vegetables are triangles, Grains are round, etc. The cartridge shape matches the tray shape (e.g., the shape may be the shape of the total cartridge or be a smaller shape on the bottom of the cartridge).

- Symbols → Fruits are an apple image; Vegetables are a carrot image; Grains are wheat stalk, etc. The cartridge symbol matches the tray symbol.
- Sizes → Fruits, vegetables and protein organics are sized to contain the serving size needed for a child at their development stage to create a complete meal.

[0041] It should be appreciated that the compartments of the tray can provide a reservoir for additional items such as yogurt, applesauce, dipping sauce, etc., that can supplement the meal in the packaged food product.

[0042] In another embodiment illustrated in FIG. 2, the present disclosure provides a packaged food product 50 including three or more food containers 60, 70 and 80. Each of food containers 60, 70 and 80 include a lid 62, 72 and 82, respectively, and a food compartment 64, 74 and 84, respectively. Food compartments 64, 74 and 84 include a food product sealed in each of food compartments 64, 74 and 84. The food products can be from a variety of food categories.

[0043] Each of the lids can include one or more snap elements 90 attachable to a bottom portion of another food compartment. As a result, the bottom portion of the food container can be snapped or screwed onto the top of the lid of another food container. This allows food containers 60, 70 and 80 to be stacked on top of each other as shown in FIG. 2.

[0044] Each lid 62, 72 and 82 of the food container 60, 70 and 80, respectively, can be associated with a corresponding color, shape or symbol that is representative of a food category in a manner discussed previously. For example, food container 80 can have a green lid 82 and include a vegetable product. Food container 70 can have pink lid 72 and include a fruit product. Food container 60 can have a yellow lid 62 and include a protein product. The contents of the food containers together can be a complete meal.

[0045] In an alternative embodiment shown in FIG. 3, the present disclosure provides a packaged food product 100 including a container 102 having a lid 104 removably attached to container 102. Three or more food packages 110, 112 and 114 can be located within container 102.

[0046] Each food package can be associated with a corresponding color, shape or symbol that is representative of a food category in a manner previously discussed. For

example, food package 110 can be green and include a vegetable product. Food package 112 can be yellow and include a protein product. Food package 114 can be pink and include a fruit product. The contents of the food packages together can be a complete meal.

[0047] In an embodiment, container 102 includes transparent walls. Lid 104 can be constructed and arranged to snap onto container 102.

[0048] In yet another embodiment illustrated in FIG. 4, the present disclosure provides a packaged food product 130 including a tray 132 defining three or more food compartments 140, 142 and 144. Packaged food product 130 further includes a peelable lid 134. Food compartment 140 can include a vegetable product. Food compartment 142 can include a protein product. Food compartment 144 can include a fruit product.

[0049] The contents of the food compartments together can include a complete meal. For example, packaged food product 130 can come complete with a fruit, veggie and a protein in separate compartments to create a nutritionally balanced 6 oz. meal designed for children.

[0050] In still another embodiment shown in FIG. 5, the present disclosure provides a packaged food product 200 including a tray 202 defining two or more food compartments 210 and 212. Packaged food product 200 further includes a lid 204 removably attached to tray 202. Food compartment 210 can include at least one of a vegetable product, a protein product and a fruit product. Food compartment 212 can include at least one of a vegetable product, a protein product and a fruit product that is different than that of food compartment 210. A portion of lid 204 positioned over each compartment 210 and 212 can be associated with a corresponding color, shape or symbol that is representative of a food category in that compartment.

[0051] In an embodiment shown in FIG. 6, a packaged food product 250 includes a container 252 having a lid 254 removably attached to container 252. Lid 254 can be a snap-on lid. Three or more food packages can be located within container 252 in a manner as previously described. Container 252 can include a utensil 260 attached to lid 254. For example, utensil 260 can be located within a peelable cover 256 on lid 254. Utensil 260 can be a spoon, fork, knife or any other suitable utensil.

[0052] In yet another embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges including a food product sealed in the cartridges and located in each of the compartments. Each food cartridge is associated with a corresponding color that is representative of a food category.

[0053] In another embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges including a food product sealed in the cartridges and located in each of the compartments. Each food cartridge and compartment is associated with a corresponding shape that is representative of a food category.

[0054] In an alternative embodiment, the present disclosure provides a method of customizing children's nutrition. The method comprises providing a tray defining at least three compartments and providing individual food cartridges including a food product sealed in the cartridges and located in each of the compartments. Each food cartridge and compartment is associated with a corresponding symbol that is representative of a food category.

[0055] In the preceding embodiments, a caregiver can select the individual food cartridges for use with the tray. In this manner, the caregiver can mix and match different food categories of the food products within the individual food cartridges based on the preferences and nutritional requirements of the child. Alternatively, the tray can come with a predetermined set of individual food cartridges containing food products from several food categories that provide complete meals for children of specific ages and conditions.

[0056] In yet another embodiment, the present disclosure provides a method of generating revenue. The method comprises providing a tray defining three or more compartments and selling individual food cartridges including a food product sealed in the cartridges and located in each of the compartments. Each food cartridge and compartment is associated with a corresponding color, shape or symbol that is representative of a food

category. The individual food cartridges can be sold together in a bundle with the tray or sold separately to the purchaser or caregiver.

[0057] Benefits of the packaged food products for adults and children include the following:

[0058] Adult Benefits:

- Quality time with children
- Opportunity to educate about different food groups, textures, etc.
- Peace of mind that the child is getting developmentally appropriate, specially designed balanced nutrition (e.g., appropriate textures, fruit and vegetable servings, vitamins and mineral delivery such as proteins, zinc, iron).
- Simplifies retail experience (e.g., easy way to purchase balanced meal)
- Customizable to child's preferences to insure child gets nutrition they require

[0059] Child Benefits:

- Participatory with mom / dad / caregiver
- Makes mealtime fun, engaging and interactive
- Facilitates development
 - Matching colors, shapes and / or symbols
- Begins to learn (importance of) different food groups
- As taste and preferences have developed by this point, customization ensures children get tastes they love

EXAMPLES

[0060] By way of example and not limitation, the following examples are illustrative of various embodiments of the present disclosure. Percentages used herein are by weight unless specified otherwise.

EXAMPLE 1 Guidelines for calories and fat

Calories

[0061] Energy is needed for toddler growth and development. Energy balance can be important to maintain proper growth and development and is dependent on energy intake and expenditure. The Estimated Energy Requirement (“EER”) used by the Institute of Medicine (“IOM”) is the average daily energy intake predicted to maintain energy balance in healthy adults and is defined by age, gender, weight, height and level of physical activity. The EER for toddlers includes energy needs for growth and development during this time. This EER allows for individual variability. The IOM did not set recommended dietary allowances (“RDAs”) or tolerable upper intake levels (“ULs”) for calories for any groups because any intakes above the EER are expected to result in weight gain.

Organization	12-24 mos.	24-36 mos.	36-48 mos.	36-48 mos.	36-48 mos.
		All Activity Levels	Sedentary	Moderately Active	Very Active
EER-females	768-997	997-1080	1080	1395	1649
EER-males	844-1050	1050-1162	1162	1485	1683
AHA-females	900	1000	1000	1200	1400
AHA-males	900	1000	1000	1200	1400
MyPyramid-females	-	1000	1000	1200	1400
My Pyramid-males	-	1000	1200	1400	1400

[0062] Toddler Dietary Guideline for Calories: 1050 (1000)

[0063] Average EER of females and males at 24 months = 1024

[0064] Average EER of females and males at 36 months = 1121

[0065] Average of 24 and 36 month EERs = 1072

[0066] Rounded average EER and AHA/AAP calories for females and males 12-24 months = 900

[0067] Moderately active AHA/AAP calories for females and males 36-48 months = 1200

[0068] Average of 12-48 month calories = 1050

[0069] Toddler Dietary Guidelines for calories = 1000

Fat

[0070] The total fat is calculated based on the midpoint between the AHA and AAP range from 12-48 months without rounding down the amount because toddlers need fat in their diets.

[0071] Embodiments of the present disclosure can provide the total optimal daily nutrition profile for each of the packaged food products. In an embodiment, the packaged food products include about 41 g fat, about 300 mg cholesterol, about 12 g saturated fat and about 1500 mg sodium.

[0072] The total optimal daily nutrition profile can further include about 16 g fiber. The shelf-stable packaged food products can include complete meals or incomplete meals. The complete meals can include two or more incomplete meals.

[0073] It should be understood that various changes and modifications to the presently preferred embodiments described herein will be apparent to those skilled in the art. Such changes and modifications can be made without departing from the spirit and scope of the present subject matter and without diminishing its intended advantages. It is therefore intended that such changes and modifications be covered by the appended claims.

CLAIMS

The invention is claimed as follows:

1. A packaged food product comprising:
a tray defining at least three compartments; and
a removable food cartridge located in each of the compartments and comprising a food product sealed in the food cartridges.
2. The packaged food product of Claim 1, wherein each food cartridge and compartment is associated with a corresponding color that is representative of a food category.
3. The packaged food product of Claim 1, wherein each food cartridge and compartment is associated with a corresponding shape that is representative of a food category.
4. The packaged food product of Claim 1, wherein each food cartridge and compartment is associated with a corresponding symbol that is representative of a food category.
5. The packaged food product of Claim 1, wherein each of the food cartridges comprises a snap-in element that connects to a corresponding receiving aperture in the compartments.
6. The packaged food product of Claim 1, wherein the snap-in element comprises a shape selected from the group consisting of square, triangle, circle, oval, star and rectangle.

7. The packaged food product of Claim 1, wherein a first food cartridge comprises a vegetable product, a second food cartridge comprises a protein product and a third food cartridge comprises a fruit product.

8. The packaged food product of Claim 1, wherein the food cartridges comprise a complete meal.

9. The packaged food product of Claim 1, wherein a shape of the food cartridges comprise the same shape as the compartments.

10. A packaged food product comprising:
at least three food containers each comprising a lid and a food compartment comprising food product sealed in the food compartment, wherein each of the lids comprises at least one snap element attachable to a bottom portion of the food compartment.

11. The packaged food product of Claim 10, wherein each lid of the food container is associated with a corresponding color, shape or symbol that is representative of a food category.

12. The packaged food product of Claim 10, wherein a first food container comprises a vegetable product, a second food container comprises a protein product and a third food container comprises a fruit product.

13. The packaged food product of Claim 10, wherein the food containers comprise a complete meal.

14. A packaged food product comprising:
a container having a lid removably attached to the container; and

at least three food packages located within the container, wherein each food package comprises a food product sealed in the food package, and wherein each food package is associated with a corresponding color, shape or symbol that is representative of a food category.

15. The packaged food product of Claim 14, wherein a first food package comprises a vegetable product, a second food package comprises a protein product and a third food package comprises a fruit product.

16. The packaged food product of Claim 14, wherein the food packages comprise a complete meal.

17. The packaged food product of Claim 14, wherein the container comprises transparent walls.

18. The packaged food product of Claim 14, wherein the lid is constructed and arranged to snap onto the container.

19. The packaged food product of Claim 14, wherein the container comprises a thumb indent.

20. The packaged food product of Claim 14 further comprising a utensil attached to the lid.

21. A packaged food product comprising:
a tray defining at least three food compartments and having a peelable lid, wherein a first food compartment comprises a vegetable product, a second food compartment comprises a protein product and a third food compartment comprises a fruit product.

22. The packaged food product of Claim 21, wherein the food compartments comprise a complete meal.

23. A packaged food product comprising:
a tray defining at least two food compartments and having a lid removably attached to the tray, wherein a first food compartment comprises at least one of a vegetable product, a protein product and a fruit product and a second food compartment comprises at least one of a vegetable product, a protein product and a fruit product that is different than that of the first food compartment.

24. The packaged food product of Claim 23, wherein a portion of the lid positioned over each compartment includes a corresponding color, shape or symbol that is representative of a food category in that compartment.

25. The packaged food product of Claim 23 further comprising a utensil attached to the lid.

26. A method of customizing children's nutrition, the method comprising:
providing a tray defining at least three compartments;
providing individual food cartridges located in each of the compartments and comprising a food product sealed in the food cartridges, wherein each food cartridge is associated with a corresponding color that is representative of a food category.

27. The method of Claim 26, wherein each of the food cartridges comprises a snap-in element that connects to a corresponding receiving aperture in the compartments.

28. The method of Claim 26, wherein the snap-in element comprises a shape selected from the group consisting of square, triangle, circle, oval, star and rectangle.

29. The method of Claim 26, wherein a first food cartridge comprises a vegetable product, a second food cartridge comprises a protein product and a third food cartridge comprises a fruit product.

30. The method of Claim 26, wherein the food cartridges comprise a complete meal.

31. A method of customizing children's nutrition, the method comprising:
providing a tray defining at least three compartments;
providing individual food cartridges located in each of the compartments and comprising a food product sealed in the food cartridges, wherein each food cartridge and compartment is associated with a corresponding shape that is representative of a food category.

32. A method of customizing children's nutrition, the method comprising:
providing a tray defining at least three compartments;
providing individual food cartridges located in each of the compartments and comprising a food product sealed in the food cartridges, wherein each food cartridge and compartment is associated with a corresponding symbol that is representative of a food category.

33. A method of generating revenue, the method comprising:
providing a tray defining at least three compartments;
selling individual food cartridges located in each of the compartments and comprising a food product sealed in the food cartridges, wherein each food cartridge and compartment is associated with a corresponding color, shape or symbol that is representative of a food category.

34. The method of Claim 33, wherein the individual food cartridges are sold together in a bundle with the tray.

35. The method of Claim 33, wherein each of the food cartridges comprises a snap-in element that connects to a corresponding receiving aperture in the compartments.

36. The method of Claim 33, wherein the snap-in element comprises a shape selected from the group consisting of square, triangle, circle, oval, star and rectangle.

37. The method of Claim 33, wherein a first food cartridge comprises a vegetable product, a second food cartridge comprises a protein product and a third food cartridge comprises a fruit product.

38. The method of Claim 33, wherein the food cartridges comprise a complete meal.