CLAIMS

The invention is claimed as follows:

1. A wearable package comprising:
   a flexible container defining a first compartment and a second compartment, the flexible container having a length and a width;
   a food product positioned within the first compartment; and
   a bi-stable band positioned within the second compartment, the bi-stable band moveable between a straight position wherein the flexible container ~~is~~ conforms to the contour of the bi-stable band so as to be supported in a flat orientation and a coiled position wherein the flexible container ~~is~~ conforms to the contour of the bi-stable band so as to be positionable around the wrist of a consumer;
   wherein the first compartment is sealed~~; and~~
   ~~wherein the first compartment has a volume from about 1 ounce to about 4 ounces.~~ .

2. The package according to claim 1, further comprising a one-way valve positioned in the flexible container in fluid communication with the first compartment to access the food product within the first compartment when the one-way valve is operated from a closed position to an open position by mouth of the consumer.

3. The package according to claim 1, wherein the flexible container is from about 2 to about 10 inches long.

4. The package according claim 1, wherein the flexible container is from about 0.5 to about 4 inches in width.

5. The package according to claim 1, wherein the first compartment has a volume from about 1 ounce to about 4 ounces.

6. The package according to claim 1, wherein the food product is at least one of a solid product, a liquid product, and a semi-solid product.

7. The package according to claim 1, wherein the first compartment is divided into at least two separate portions, and wherein the food product is positioned within each of the separate portions.

8. The package according to claim 1, wherein the flexible container is provided with a line of perforations along a portion thereof in a way that the first compartment is accessed by tearing the flexible container along the line of perforations.

9. The package according to claim 1, wherein the first and

second compartments are contiguous.

10. The package according to claim ~~6~~7, further comprising a plurality of one-one-way valves positioned in the flexible container in fluid communication with each of the portions of the first compartment to access the food product within the separate portions of the first compartment when the one-way valves are operated from a closed position to an open position by mouth of the consumer.

11. The package according to claim ~~6~~7, wherein the flexible container is provided with a plurality of lines of perforations along a portion thereof in a way that the separate portions of the first compartment are accessed by tearing the flexible container along the lines of perforations.

12. The package according to claim ~~6~~7, wherein the separate portions of the first compartment are equal in size.

13. The package according to claim ~~6~~7, wherein the separate portions of the first compartment are different in size.

14. The package according to claim 1, wherein the first compartment is irreversibly sealed.

15. The package according to claim 1, wherein the first compartment is reversibly sealed.

16. A method for providing a product to a consumer, the method comprising:

providing a wearable package comprising a first compartment with a food product sealed therein and a second compartment housing a bi-stable band; the bi-stable band moveable between a straight position wherein the package ~~is~~ conforms to the contour of the bi-stable so to be supported in a flat orientation and a coiled position wherein the package ~~is~~ conforms to the

contour of the bi-stable band so to be positionable around the wrist of a consumer;

positioning the package around the wrist of the consumer by causing the bi-stable band to move to the coiled position;

breaking the seal of the first compartment; removing the food product from the first compartment; and

consuming the food product~~;~~

~~wherein the first compartment has a volume from about 1 ounce to about 4 ounces~~.

17. The method according to claim ~~15~~16, wherein the first compartment is divided into at least two separate portions, wherein the food product is divided between the separate portions, and wherein the step of breaking the seal comprises tearing the package at a location corresponding to a selected one of the separate portions.

18. The method according to claim ~~15~~16, wherein the step of breaking the seal seal comprises tearing the package.

19. The method according to claim ~~15~~16, wherein the step of breaking the seal seal comprises tearing the package along a line of perforations.

20. The method according to claim ~~15~~16, wherein the step of breaking the seal seal comprises opening a one-way valve positioned in the package in fluid communication with the first compartment by mouth of the consumer.