

eat drink bemerry



Smarter Supper

You'll thank University of Richmond grads, Michelle Jenkins and Susan Aprahamian, for You've Got Supper, their new website that delivers weekly menus, recipes, grocery lists, and a printable Ukrop's coupon to your in-box. The friends' weekly "supper swaps" inspired this why-didn't-I-think-of-that site.

Get a taste at youvegotsupper.com.

Mug Warming

An ecology lesson you can hold in your hand: When the mug is filled with heated liquid, the image changes—the water levels rise and the continents disappear—so each time you pour yourself a cup you'll be reminded of your carbon footprint.

