

✓ Outsource Your Life

Who says being a mom means you have to be the chef, maid and chauffeur, too? Gather your team of helpers from our pick of some of the coolest service providers in town. These angels are helping local moms work smarter, not harder, offering less stress and more time for you and the kiddies. Written by **Kristen Manieri**



SCORE SOME EXTRA TIME:

✓ MAKE A LIST

Create a 'STOP DOING' list. Stop volunteering for every PTA task and stop saying 'yes' every time your kid's school asks you to send some cookies for the bake sale. It's okay to say NO.

✓ CHILD LABOR

While we wouldn't suggest having your 4-year-old balance your checkbook, he can match a few socks. Think of his future wife who will praise you for instilling so many domestic skills.

✓ TAKE TIME TO PLAN

Spend 10 minutes each week planning meals to reduce your stress level tenfold. This extra effort will make your grocery shopping experience much more efficient and less costly.

✓ Get Groceries

Give yourself at least two free hours each week by using a grocery delivery service such as **Garden Grocer** (www.gardengrocer.com). Delivering seven days a week to the entire Orlando area, these savvy shoppers take your online order to the grocery store and cram the cart on your behalf. The result is bags of fresh groceries with only a click of the mouse. Orders over \$200 get the \$12 delivery fee waived and online coupons help "super savers" stay on budget.

✓ Buy Birthday Gift for Kelly

Before kids, most of us considered ourselves to be fairly thoughtful people. These days, cutely wrapped packages containing "just the right thing" have been replaced with e-cards sent a few days too late. We can all return to our formerly thoughtful selves, thanks to **Out of the Blue Delivered**. Dawn Veselka, owner (and local mom), is saving our butts with handmade jewelry for birthday gifts and super soft blankets sent to under-the-weather friends. Recipients appreciate these unique gifts which arrive in adorable blue boxes (Get it... Out of the blue?). Plus, most of the nifty gifts available are handmade by local moms. www.outofthebluedelivered.com

✓ Prepare Dinner

Wish your family was chowing on organic food completely free of preservatives, additives and hormones? For about \$9 per person and in less than ten minutes, you can arrange to have scrumptious breakfasts, lunches and dinners delivered to your home by **Healthy Chef Creations** in Winter Park. Create and order a custom set of meals you choose from their online menu. "The whole reason we started this business was to help families spend more time together," says Chef John Procacci. Ask about their discount for new clients. www.healthychefcreations.com

✓ Do the Laundry

The truly modern mom wastes no time handing over piles of laundry to speedy professionals who'll wash and fold while you hang with your little homeys. Have **Acme Cleaners** (located downtown and in College Park) pick up and drop off your dirty duds. Acme's specialized "Couture" service will treat your chic threads with the utmost respect and will give your "dry clean only" items the VIP treatment they deserve. Acme charges \$1.80 per pound for their wash and fold service and offers same day or next day service. www.acmecleaners.com

✓ Buy a Dress for Saturday

Oh, the agony of having to scour the mall in a pinch. When time is of the essence, use a personal shopper. Amble over to **Macy's** or **Neiman Marcus** at the Mall at Millenia or **Nordstrom** at the Florida Mall for some much deserved VIP shopping therapy. Their personal shoppers and fashion consultants will discuss your needs over the phone, so a suitable selection of attire awaits in their posh, private fitting rooms once you arrive. Best of all, the service is absolutely free. The clothes, however, are not.