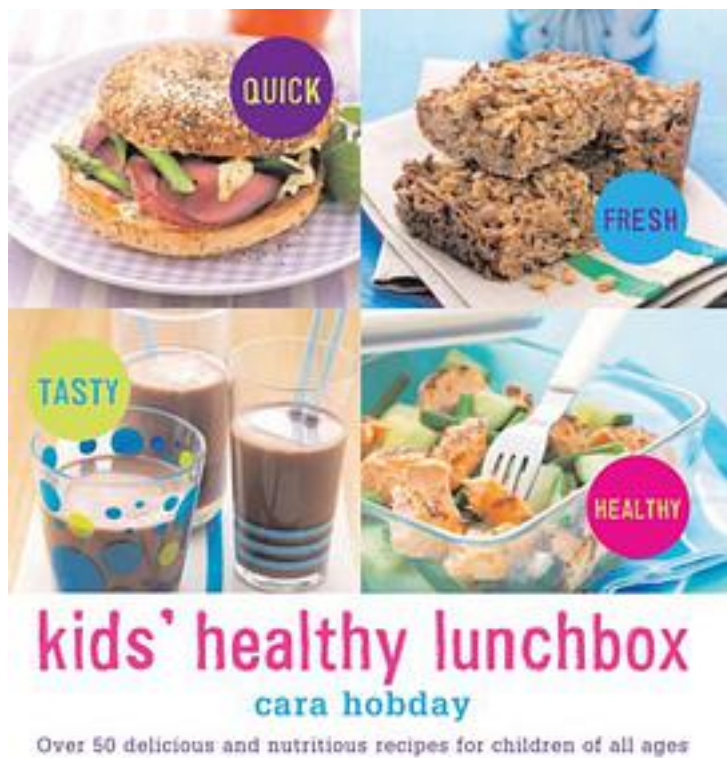


Kids' Healthy Lunchbox



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"Great-tasting, healthy and easy-to-fix lunches." Junk food so common on the serving lines of school cafeterias is a huge problem. Childhood obesity is now an epidemic across the country, fueled by everyday menus that lack nutritional value. In Kids' Healthy Lunchbox Cara Hobday proposes healthy, quick recipes for packed lunches kids can take to school each morning. The nutrients provided by each lunch are listed in easy-to-read boxes that ensure children get the needed fuel to keep them fit and strong. Such easy-to-fix lunches as hummus and tomato wrap, curried vegetable

samosa, and green pea and feta dip are not only healthful but sure to please the pickiest kids. In addition to these fast and delicious recipes, there are great ideas for encouraging children to help make their own lunches. Hobday creates the perfect opportunity to teach children about nutrition during meal preparation, while keeping them healthy, energetic and satisfied after lunch. Parents and kids will learn how to whip up such dishes as: Foccacia with turkey, avocado and red pepper Cornbread with roasted vegetables Honey mustard-glazed salmon and potato salad Finely sliced beef with tomato, cucumber and potato and pesto dressing Quiche Lorraine Curried vegetable samosa Peach and cranberry muffins Date and apple muesli slice.

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