

Quick and Healthy Lunchbox Planner



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The fact is, our children are poorly fed. Parents don't know what's good from bad and schools don't spend enough. Every year, 5.5 million lunches are prepared and packed for children - too many of them are full of rubbish. Parental and media concern is growing and the time is right for a new, informed lunchbox recipe book. These lunches look good, taste great, and have been personally approved by children! In her new book, Catherine has created many dozens of lunchboxes that have been tested on her own children and their friends. They have been conceived in the real world by a working mum who has to keep one eye firmly on the clock and one hand firmly on her wallet. Jamie Oliver has put the spotlight on a serious problem. Largely through ignorance, our children are being poorly, if not badly, fed. Generally speaking, they are much too unhealthy and leading sedentary lifestyles that compound the problems. No parent today can be unaware of the importance of giving children healthy lunches that don't contribute to them becoming obese. That's a very big market to display towards.

作者介绍:

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