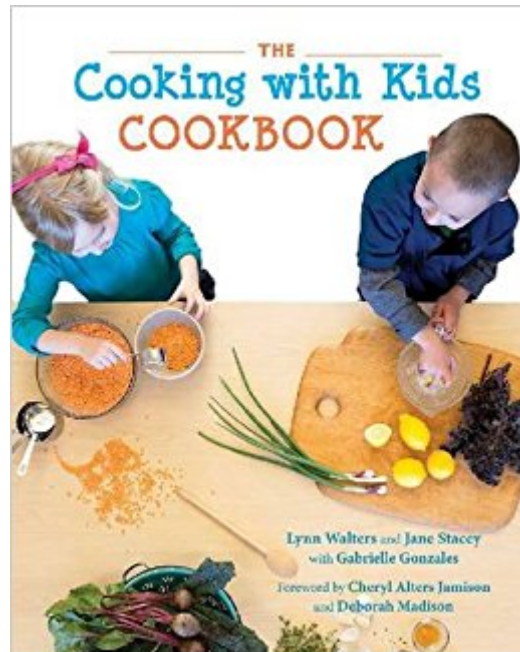




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The Cooking With Kids Cookbook



Synopsis

For over twenty years the nonprofit organization Cooking with Kids has educated thousands of children to make healthy eating choices through hands-on learning with fresh, affordable foods from diverse cultures. Written for families to use together, this cookbook includes Cooking with Kids's most enthusiastically kid-tested dishes, along with tips for engaging children in the kitchen and in the garden. Kids can even pick up a pencil or a crayon and do fun and educational activities right inside the book. Featuring more than sixty-five recipes—among them South American Llapingachos, Minestrone, and Coconut Rice Balls—the authors dish up tasty, nutritious meals and snacks that teach children how to help plan, prepare, and cook meals. This book will show parents and caregivers that kids will enjoy a broad array of foods when they chop, measure, mix, and of course—eat with pleasure.

Book Information

Spiral-bound: 176 pages

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Customer Reviews

"A fun, healthy gift for parents, grandparents, teachers, or anyone with kids and/or an interest in good food and great nutrition."—Las Cruces Sun-News
"Robustly multicultural."—Santa Fe New Mexican
"As the White House pastry chef I accompanied many children through Mrs. Obama's garden on the South Lawn. It never failed to amaze me that they would be more excited to see butterflies, snap peas, tomato flowers, and honeybees than the historical chairs inside the house! We have seen the affinity children have for the natural world, and it shows up clearly in the garden and the kitchen. This book is colorful, innovative, practical, and has delicious recipes that every child can master. It will give children confidence as they develop a deep love of cooking and a healthy relationship with

food. — Bill Yosses, former White House executive pastry chef and founder of Kitchen Garden Laboratory — “Wise, practical, and engaging. I hope that parents and grandparents and especially elementary and preschool educators will put this book to work in their kitchens and classrooms.” — Janet Poppendieck, author of *Free for All: Fixing School Food in America*

Lynn Walters is the founder of Cooking with Kids. Prior to her work in schools, she was a restaurateur in Santa Fe. Jane Stacey, a graduate of the New York Restaurant School, is the program director at Cooking with Kids. Gabrielle Gonzales is pursuing a PhD in sociology at the University of California, Santa Barbara.

Granddaughters loved it!

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