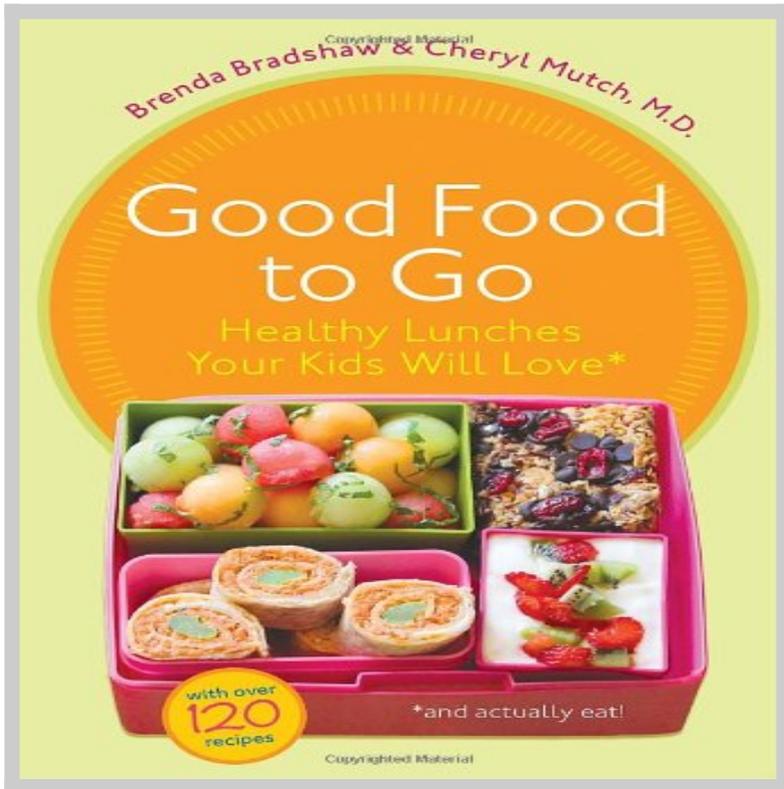


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Good Food Go Healthy Lunches Book Preview

Good Food to Go is the ultimate guide to packing healthy lunch boxes with food that kids will enjoy and parents can feel good about. Back-t-school means back-to-lunch-boxes, and the daily quandary of what to put in them. With this new book, two working moms - one a teacher, one a pediatrician - offer creative ideas for balanced lunches and nutritious snacks, as well as up-to-date health tips that will make packing lunch a joy and not a chore. Given that children consume approximately one third of their daily calories at school, what goes into kids' lunch boxes is vital to their well-being. Yet it still needs to be hot enough, cold enough or crisp enough to withstand a morning in the cloakroom. (And with allergies on the rise many schools are now nut-free, eliminating that old standby: peanut butter.) Most important, the lunch needs to be kid-friendly and delicious

because after all, the healthiest lunch isn't very healthy if it goes uneaten.

Good Food to Go fuses the how-to's of creating wholesome, homemade lunches with the latest information on food and nutrition. Practical tips will help parents make environmentally conscious food choices and eliminate lunch-box waste to ensure children are eating for a healthier planet. Many of the recipes outline what can be done the night before, while others may be made in bulk and frozen, facilitating easy, last-minute lunches. Handy meal planners help to ensure that kids are eating a healthy variety of nutritious lunches throughout the week.