

For Immediate Release
Barefoot Books, Cambridge
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Family sharing and healthy eating!
Kids' Kitchen latest in Barefoot Books' healthy living series

From the White House's organic garden, to your kitchen table – raising health conscious kids is a huge priority for parents. But, with busy schedules and the lure of fast food, preparing nutritious meals (that kids will enjoy) is no easy task. The First Family is taking steps to raise awareness of this important issue by planting an organic garden to use for cooking their meals. First Lady Michelle Obama has made the importance of healthy living a main item on her agenda, going as far as reaching out to kids directly by appearing on Sesame Street to promote the importance of eating healthy foods and being active.

Barefoot Books agrees that healthy lifestyles and eating habits begin at home, and is offering a unique way to bring families together around the dinner table. This September, they release *Kids' Kitchen*, a cooking recipe card deck that encourages children to prepare fun and tasty meals while introducing them to dishes from around the world. Each recipe has been kid-tested with the primary school children of South Uist, in the Outer Hebrides, and is the creation of Fiona Bird. Together, the recipes reflect government guidelines on healthy eating (the food pyramid) promoting a balanced intake of grains, fruits, vegetables, oils, milk, eggs and beans.

The big, brightly illustrated cards are laminated to make use and re-use clean and easy. An informative leaflet offers tips for kitchen safety and information about how vitamins and nutrients help young bodies to learn, play, and grow!

Product details:

September 2009, \$19.99
By Fiona Bird
Illustrations by Roberta Arenson
Card deck with 40 cards
Age range: 8 – Adult

You are what you eat!

5 Main Recipe Categories

Eggs 'n' Beans
Fantastic Fruits
Milk 'n' Dairy
Spuds 'n' Grains
Vital Vegetables

Author **Fiona Bird** lives in Scotland and is the mother of six children, a Scottish Masterchef finalist, and the founder of Stirrin' Stuff, a not-for-profit company committed to raising awareness of the importance of healthy food in children's lives. Illustrator **Roberta Arenson** has a BA in Fine Arts from the University of California. She works in collage, monoprint and watercolor. Roberta also illustrated Barefoot's *One, Two, Skip A Few!* and *The Three Billy Goats Gruff*.

About Barefoot Books:

Barefoot Books is an independent children's publisher, with offices in Cambridge, MA, USA and Bath, England. We specialize in carefully crafted books, gifts and digital content that help children on their journey to becoming happy, engaged members of the global community. Since 1992, Barefoot Books has published more than 400 titles using timeless stories and captivating illustrations to tap into the wisdom of many cultures, while never forgetting that childhood is a time for fun. For more information on the company or for a review copy of Kids' Kitchen, visit www.barefootbooks.com