

For Immediate Release
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Barefoot Books launches Kids' Kitchen Contest

Online photo and video contest encouraging healthy living for families

To coincide with the launch of their recipe deck for children, [Kids' Kitchen: 40 fun and healthy recipes to make and share](#), children's book publisher Barefoot Books has launched a photo and video contest encouraging families to share the way they have healthy, happy kitchens. Prizes are just as much fun as the contest itself with a grand prize of a \$500/£300 Whole Foods gift card and ten runners up receiving Barefoot Books Healthy Kids Collections.

The aim of the initiative is to promote the idea that health-conscious lifestyles begin at home, so the contest calls for photos or brief videos of little chefs making healthy dishes with their families. Entries will be judged by master chef and author of **Kids' Kitchen**, Fiona Bird, the Barefoot Books Team, and special guest judge [Herb the Vegetarian Dragon](#) (a health conscious character from a Barefoot Books best-seller.) Photos and videos will be evaluated on the content and creativity of the entry and short description.

The kid-tested recipes offered in **Kids' Kitchen** introduce little chefs to dishes from around the world, including hummus dippers, roasted ratatouille and cool berry smoothies. The big, brightly illustrated cards are laminated to make use and re-use clean and easy and reflect government guidelines on healthy eating (the food pyramid) promoting a balanced intake of grains, fruits, vegetables, oils, milk, eggs and beans.

Barefoot Books began collecting entries in their [Facebook Group](#) the 15th of September and the contest runs through the 15th of October.

For more information please visit: [Barefoot Books Kids' Kitchen Contest](#)

About Barefoot Books:

Barefoot Books is an independent publisher, with offices in Cambridge, USA and Bath, England specializing 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 that use 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 visit www.barefootbooks.com.