



Good Food to Go: Healthy Lunches Your Kids Will Love (and Actually Eat) (Paperback)

By Brenda Bradshaw

Random House USA Inc, India, 2011. Paperback. Condition: New. Language: English . Brand New Book. 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-to-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-tos of creating wholesome, homemade lunches with the latest information on food and nutrition....

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