

## Picknic: Ingrid Kohlstadt MD, MPH s Top 100 Best Brown Bag Lunches



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### ***Reviews***

*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*

*(Kade Ankunding)*

## PICKNIC: INGRID KOHLSTADT MD, MPH S TOP 100 BEST BROWN BAG LUNCHES



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Ingrid Kohlstadt MD, MPH C/O Ingridents, Inc., United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. As a grandmother; I can t wait to see the list and pass it on to my daughter.my grown kids pack lunch too! -Dr. Miriam Alexander, Director of the General Preventive Medicine Residency Program at Johns Hopkins Bloomberg School of Public Health Traditional foods from around the world are among the most healthful. The challenge has always been how to bring them to modern America. PickNIC found a way! It has the best ethnic culinary traditions in the bag - trendy, tasty, convenient, and good for you. -Phil Meldrum, President of Food Match and Board Member of Oldways Thank you for giving me a sneak peek! I can tell that a lot of time, effort, and research went into this project and I think it s fantastic. - Jennifer Salos, MS CNC; Certified Nutritional Consultant This is exciting! I believe you will have egg-zactly the results you envisioned. I would not be surprised if many of the children bond with your PickNIC menu and work to change their friends and parents diets as well. -Kathryn Poleson, DMD SIMPLIFYING NUTRITIOUS: The ember that sparked PickNIC was a rapid succession of requests I received in 2013 from kids, parents, grandparents and doctors. Each request had simplicity at its core. Youth participating in a nutrition engagement program wanted nutritious foods that appealed to them. They also wanted to be more involved in family food preparation. Parents were asking for simpler solutions which took less time and less money. Grandparents sought to help improve children s health, and they wanted to do so in ways that would be viewed as supportive. Several doctors in primary...



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