



Yum! Healthy Bento Box Lunches for Kids: Healthy Eating for Kids Preschool to Age 10 (Paperback)

By Sherrie Le Masurier

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Fresh Ideas for Kids Lunches Quick and easy ideas that are also healthy and fun Looking for some fresh ideas for kids lunches and snacks that are quick and easy, not to mention healthy and fun? Yum! Healthy Bento Box Lunches for Kids is a handy digest guide of creative ideas for parents of preschoolers and primary grade children. Discover how healthy eating can be simple and straightforward once you have the right tools and ingredients. Gain insight into typical serving sizes, eating organic and using leftovers. Find solutions for picky eaters as well as how to best organize and store your tools. ***Please note this version of the book has a BW interior and is not in full color*** Check out the companion guide, Healthy Bento Lunch Packing Made Easy: Over 45 photos of bento lunches for kids, packing tips and recipe ideas. For more healthy and creative ideas for kids lunches and snacks, keep an eye out for the other (soon to be released) bite sized digest books in the School Lunch Ideas series. Discover. *Creative...



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