

Title	Wholefood for Children
Author	Jude Blereau
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Imprint	Murdoch Books
Binding	Paperback with flaps
Extent	336 pages
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Category	Cooking



Description

The underlying philosophy behind *Wholefood for Children* is the importance of feeding young, growing children whole and real food, preferably organic. Not only does a child require fuel to play, they also require it to build every part of their body and future pathways for learning.

Wholefood for Children is written and presented in two parts: a very insightful and informative introduction and a recipe section. The recipes cater for children from the age of 6 months up to 7 years, starting with introducing solid foods to babies. The recipes range from breakfasts through to lunch and dinners, as well as ultra-convenient portable snacks for lunch boxes.

Sales Points

- The wholefood and organic movement is growing steadily and Jude Blereau explains the philosophy and reasoning behind it in a clear and easy-to-read style
- Jude's writing will appeal to parents of all demographics who are concerned about raising kids on a healthy diet, incorporating wholefoods and organic ingredients
- The publication is very timely and will appeal to the budget-conscious as it's based on simple foods that can be purchased in bulk or grown at home
- This is a companion title to Jude Blereau's *Wholefood* (ISBN 9781740457477, RRP \$45.00), which has sold over 9,000 copies so far
- Also available: *Coming Home to Eat* (ISBN 9781921259906, RRP \$39.95)
- A3 poster (ISBN 9787777007081) available

Author Profile

Jude Blereau is a wholefood expert who runs a cooking school in Perth, where she teaches wholefood ethos and runs various cooking classes. She travels and consults widely, both here and in the US.