



# Feeding the Whole Family: Whole Foods Recipes for Babies, Young Children and Their Parents

*Annemarie Colbin, Cynthia Lair*

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Are you concerned about the freshness of commercial baby food? Are you frustrated with making separate meals for your picky eater? Would you like move toward a plant-based, whole foods diet? Families all over the country have found satisfying, delicious answers to these questions and more in Cynthia Lair's Feeding the Whole Family.

There are over 150 family-tested recipes using whole grains, beans, vegetables, and fruit. Each recipe contains suggestions on how to transform dishes parents will love into food for babies and young children. Plus the book contains valuable insights on breastfeeding, starting solids and how to attract children to healthy eating.

Feeding the Whole Family also features an extremely handy "Identifying, Shopping, & Storing Whole Foods" glossary, a complete index and delightful stories and illustrations. The book is bound with a special binding that lies flat.

This is the perfect gift for new parents.

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