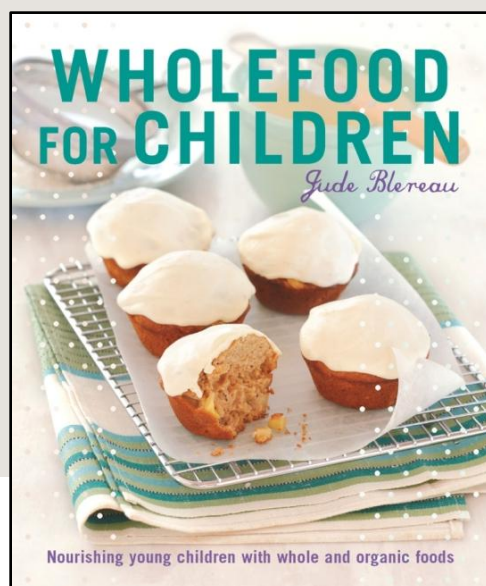


Wholefood for Children

nourishing young children with whole and organic foods

Jude Blereau

AUTHOR	Jude Blereau
ISBN	9781741966787
BINDING	Paperback with flaps
EXTENT	336 pages
DIMENSIONS	230 x 190mm
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PHOTOGRAPHS	11
RECIPES	165
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DESCRIPTION

The underlying philosophy behind *Wholefood for Children* is the importance of feeding young, growing children nutrient-dense, whole and real food, preferably organic. Not only does a child require fuel to live, they also require it to build every part of their body and future pathways, and to learn. Nature has designed an exceptionally nutrient-dense, human-compatible food in breast milk, and it's important to that we continue to feed our young truly good food.

Wholefood for Children is written and presented in two parts, a very insightful and informative introduction and a recipe section, which will cater for ages 6 months 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.

KEY SELLING POINTS

- Will appeal to parents of all demographics who are concerned about the growing awareness of childhood obesity and eating disorders
- 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
- Well-written and the wholefood philosophy is explained in a clear and easy-to-read style

AUTHOR PROFILE

Jude Blereau is a wholefood expert who runs both a cooking school in Perth and a wholefood café, where she teaches wholefood ethos. She travels and consults widely, both in Australia and the US. She has written two other wholefood titles for Murdoch Books, *Wholefood* and *Coming Home to Eat*



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