



The Early Sprouts Cookbook

Karrie Kalich, Lynn Arnold, Carole Russell

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Discover delicious new ways to provide healthy meals in preschool settings. Packed with more than seventy breakfast, lunch, snack, and special celebration recipes, this hands-on cookbook promotes the development of healthy eating habits in young children. Anchored by wholesome ingredients, these recipes are nutritionally sound, follow federal dietary guidelines, and are all child-tested and approved. Nutrition information, food safety procedures, tips for cooking with children, and colorful photographs of completed recipes are included.

This cookbook complements *Early Sprouts: Cultivating Healthy Food Choices in Young Children*, a complete nutrition and gardening curriculum to help preschoolers develop preferences for healthy foods.

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