



Healthy Bento Lunch Packing Made Easy: Over 45 Photos of Bento Lunches for Kids, Packing Tips and Recipe Ideas

By Sherrie Le Masurier

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 86 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Healthy Eating for Kids Preschool to Age 10 Over 45 photos of bento box lunches, packing tips and recipe ideas This version of the book is in full-color Healthy Bento Lunch Packing Made Easy, is the second book in the School Lunch Ideas series and takes off where Yum! Healthy Bento Box Lunches for Kids left off. Also focusing on healthy eating for kids preschool to age 10, this book shares over 45 photos of bento box lunches, packing tips and recipe ideas. The ideal companion guide to Yum! Healthy Bento Box Lunches for Kids which focused more on the nutritional needs of young children, solutions for picky eaters, typical serving sizes, eating organic and using leftovers; Healthy Bento Lunch Packing Made Easy continues to inspire with healthy meals snack combos and a few favorite recipes. Discover . . . Sample Menu Items Food Safety Tips Tips for Packing a Balanced Lunch Featured Snack Recipes Tips for Raising Healthy Eaters etc. Scroll up. Grab a copy now! This item ships from La Vergne, TN. Paperback.



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