

PURCHASE THE NEW BOOK

# YUMS NOT YUCKS: HOW TO GET ANY KID EATING THEIR VEGETABLES

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What is mealtime like in your home? Do you dread having to feed your kids the same foods over and over while wanting them to choose variety? Are there tears at dinner time as you insist “eat your vegetables?” Every

GIVING KIDS CHOICE AT MEALTIME DOES NOT MEAN LETTING THEM HAVE WHATEVER THEY WANT BUT MAKING CHOICE REWARDING SO THEY WILLINGLY MAKE THE RIGHT ONES.

parent wants their child to be the healthiest and the first step in that direction is making healthy choices yourself as you model and introduce healthy foods for meals and snacks. So about now, you are saying, “If it were only that easy!” But it can be! Research has shown that a lot of what we are doing to get kids to eat healthy is all wrong and in the meantime we are making ourselves miserable doing it. YUMS NOT YUCKS is the new

book by Rebecca Johnson of The Plant Rich Life blog. For over 5 years, Rebecca has been a nutrition educator and culinary instructor teaching in schools the joys and benefits of healthy eating. In this collection of tips and inspirations, she shares firsthand experience teaching kids to “love their vegetables.” Remove the struggle at mealtime with these tried and true methods that will get any child excited about what is on their plate. Learn a new way to think about what it means to eat healthy and to “grow a healthy child.” Whether you are a parent dreading mealtime or someone working in nutrition education, this book is for anyone wanting to enjoy sharing healthy food choices with children in grades K – 4. Stop dreading mealtime with the 4 C’s of Culinary shared in YUMS NO YUCKS, Curiosity, Courage, Choice and Compassion. Using the 4 C’s of Culinary, Rebecca has changed the way hundreds of school aged children not only eat but how think and interact with vegetables and fruits. With the continued efforts of companies to sell processed junk targeted at young minds, YUCKS NOT YUMS is a viable solution.



## WINONA SAYS:

Kids love to cook! Actually when you let kids pinch, stir, flatten or do any other safe kitchen activities while cooking they are more likely to eat what they have helped to make. Kids also love to spend time with you! Letting meal and snack making be a fun and educational activity is a great way to bond as a family. When you let kids cook you are making memories for a lifetime!