

## Healthy Bento Lunch Packing Made Easy: Over 45 photos of bento lunches for kids, packing tips and recipe ideas (School Lunch Ideas)

Sherrie Le Masurier



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Healthy Bento Lunch Packing Made Easy: Over 45 photos of bento lunches for kids, packing tips and recipe ideas (School Lunch Ideas) Sherrie Le Masurier 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 has a B&W interior and is not 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 meal/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.

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