AUTUMN CALABRESE

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and now...

AUTHOR OF 75 HEALTHY LUNCH IDEAS FOR KIDS

When searching for healthy lunch ideas for kids, parents often find themselves struggling to find food that is at once appealing to their children while also being healthy and nutritious. An important question to ask oneself is: how can we have both?

I'm as familiar with this debate as anyone – as the mother of an amazing but occasionally picky 8-year-old boy, this question is in the forefront of my mind every day when I pack him a meal. Growing up, I was lucky enough that my dad often dropped hot homemade food to school for lunch. Dropping off a mid-day meal is not so easy for working parents today.

School lunches and many of the kid-friendly meals we feed our children lack in the vitamins and nutrients that our kids need to grow into healthy adults. When we look at our current school lunch programs, and what kids are eating, it is, for the most part, processed, junk food. There is a noticeable absence of fruits and vegetables, and when they are made available, they are often not well prepared. This situation has had a huge impact on the health of children as a whole. In fact, frighteningly enough, the CDC reports 20.5% of all 12 to 19-year-olds in America are overweight! In addition, 8.9% of 2 to 5-year-olds and 17.5% of 6 to 11-year-olds also struggle with childhood obesity.

I knew I couldn't sit idly by and allow these numbers to rise without at least trying to give parents healthy lunch ideas for kids. After all, if you want an active, healthy, smart child, you need to feed them accordingly. With this goal in mind, I'm incredibly excited to announce to you that I am releasing my all new eBook – "75 Healthy Lunch Ideas for Kids." As my Italian roots may indicate, I certainly love delicious food, but I also love providing my son and other children with the nutritious meals they need to live a healthy life – this book is designed to give you both.

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