Rule a Healthy Roost

Nutrition, Recipes, and Activities for Modern Families by Leslie Smith Grant

About the Book

Do you want your kids to take ownership of their own eating habits? Want them to do some exercise while they watch TV? Open a dialogue before you open the fridge.

Rule a Healthy Roost provides just the right amount of easy-to-use information to make nutrition and fitness as simple and fun as possible, as well as tips for getting everyone on board. With humor and a good scoop of mom-sense, Leslie Smith Grant walks you through:

- Nutrition and Kitchen 101
- · Safety advice
- Tips for cooking with kids
- Shopping and pantry tips
- · Recipes and menus
- Activities and games
- · ...and more!

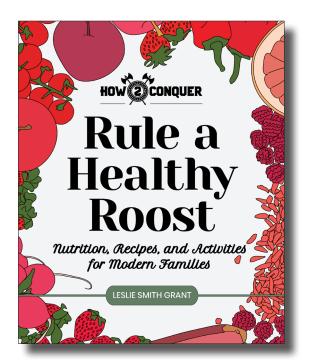
Having fun with your kids is great exercise, but getting them to eat fruit and vegetables doesn't have to be a game of chicken. Join Leslie as she shares how to create easy homemade meals from fresh ingredients, invite your kids into the kitchen to help make parent-approved kid cuisine, and shake a leg together with old-school P.E. exercises and activities.

About the Author

Leslie Smith Grant

Leslie Smith Grant serves on the Atlanta Board of Education, where she is a member of the Executive Committee of the Council of Great City Schools. From 2007-2012 she was the "Mother Hen" of Chickin Feed, LLC, a small business she created focused on raising healthy kids from scratch.

Leslie was involved in the startup and served on the boards of both the Atlanta Neighborhood Charter School and the Grant Park Cooperative Preschool. She has volunteered in numerous Farm to School programs.



How to Order This Book

Distributed by Ingram Book Group. Also available from Amazon and the How2Conquer website.

DETAILS

Published by How2Conquer 2020

158 pages, 8 x 10 in

Paperback 978-1-945783-05-0

\$19.99

Ebook 978-1-945783-06-7

\$9.99

CATEGORIES

Cooking, Cooking for Kids, Health & Fitness, Children's Health

CONTACT

How2Conquer team@how2conquer.com 404-228-0875 1990 Hosea L. Williams Drive NE Atlanta, Georgia 30317

www.how2conquer.com

