



# **The Gina Ford Baby and Toddler Cook Book: Over 100 easy recipes for all the family to enjoy**

(#####)

*Gina Ford*

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The importance of good childhood nutrition has never been more topical. Parents are constantly being reminded of the need to offer their children healthy, home cooking and cut down on the number of fat, salt and sugar-laden ready-prepared meals they feed them instead. Yet busy lifestyles dictate that family time is in short-supply and it is often hard to balance this need with the practicality of cooking for every family member. Gina Ford is here to help, providing the solution to this common parental dilemma in this highly accessible family recipe book.

Picking up from where *The Contented Little Baby Book of Weaning* left off, *The Gina Ford Baby and Toddler Cook Book* addresses the next stage in childhood nutrition, from the age of nine months. Simplicity is the key to Gina's advice and her realistic approach to the demands of modern-day parenting account for the time restrictions of parents who want to provide good nutrition fast. This invaluable family cookbook includes chapters on:

- juggling the needs of all the family: recipes for mothers and babies; recipes for mothers, babies and toddlers
  - ideas on batch cooking: how to make twelve meals for the freezer at one cooking session
  - quick and tasty breakfast recipes
  - how to make vegetables appealing
- and much more!

"This book could be your salvation!" *The Daily Telegraph* on *The New Contented Little Baby Book*

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