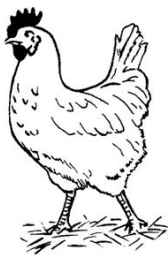


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Newsletter ::: June 2011



Panic In The Kitchen!

When I spend time with my daughter, I enjoy doing lots of different things with her to expand her interests. During good weather we garden and go to the beach. When it's cold out we sew together, fold the laundry and bake. But the one thing I can't show her how to do is cook . . . because I don't cook! That job was . . . [continue reading](#)

Workshop: Someone's In The Kitchen With Mama

Saturday, July 16th, 11 am, at Lazar's Furniture

Now that Baby is ready to eat solid foods, are you stumped as to where to begin? How do you avoid making one meal for Baby and one meal for the rest of the family? How can you set healthy eating habits from day one? All these questions and more will be addressed during our workshop: Someone's In The Kitchen With Mama (or Papa, or Grandma, or Nanny, or Brother . . .). Don't miss it!



Demonstration and discussion will include:

- How to prepare one meal for everyone
- Essential tools
- Processes: steaming poaching, pureeing, roasting, freezing
- How to incorporate your own favorite foods

Presented by:

Anita Brown Culinary Coach

[Read more about Anita](#)

What would you like Anita to teach you about during this workshop? [Email your question here.](#)



Babycook

In addition to many cooking methods using equipment you have at home, Anita will also be demonstrating the Babycook during our workshop.

A one-of-a-kind compact countertop appliance that functions as a steamer, blender, warmer, and defroster to prepare fresh, healthy meals for babies and toddlers. It starts by steam cooking food in less than 15 minutes while preserving their vitamins and flavors. The Babycook then purees or blends them

to the desired consistency. [Learn more.](#)



Stay Hydrated!

Healthy eating starts with healthy drinking! Keep your kids hydrated this summer with a stainless steel sport bottle from Crocodile Creek ([see 'em here](#)). Newsletter readers like you get \$2 off of the regular price of \$9.95. Just bring in this newsletter to get your two bucks off!

The Fine Print: Expires August 31, 2011. Limited to in stock inventory.

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