

PRESS RELEASE

500 Baby & Toddler Foods

Beverley Glock

- Choose exactly what goes into your child's food, while being inspired to prepare delicious, healthy, varied recipes
- This book helps to make the transition from mother's milk or formula to solid food as seamless and enjoyable as possible for both baby and parent
- Chapters are divided into stages of development so you can follow the growth of your child and match recipes to suit their needs



500 Baby & Toddler Foods is packed full of useful and delicious recipes for your newly weaned baby. Life with a newborn baby or a toddler is hectic enough without having to spend hours in the kitchen preparing complicated recipes. Food should be freshly prepared using in-season fruit and vegetables, low in salt and sugar and quick and easy to prepare and cook. It helps to make the transition from mother's milk to solid food as seamless and enjoyable as possible for both baby and parent. By starting slowly and introducing a wide variety of foods to your child's diet, it will hopefully ensure a lifelong love of food.

Within these pages, you will find 500 recipes for different mealtimes, situations and occasions – snacks, picnics and packed lunches, breakfast time, suppers, party treats, smoothies, hearty soups, stews and casseroles.

Beverley Glock is a regular food writer for parenting websites and magazines, she launched Splat Cooking Parties in 2001 following a request from her daughter for a birthday cooking party. Beverley lives in Buckinghamshire with husband Peter and three children who regularly star in her cookery features. Visit her website at www.splatcooking.net

500 Baby & Toddler Foods is published by Apple Press on 5th September 2011, ISBN 9781845434151, priced £9.99.

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FOOD AND DRINK

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