

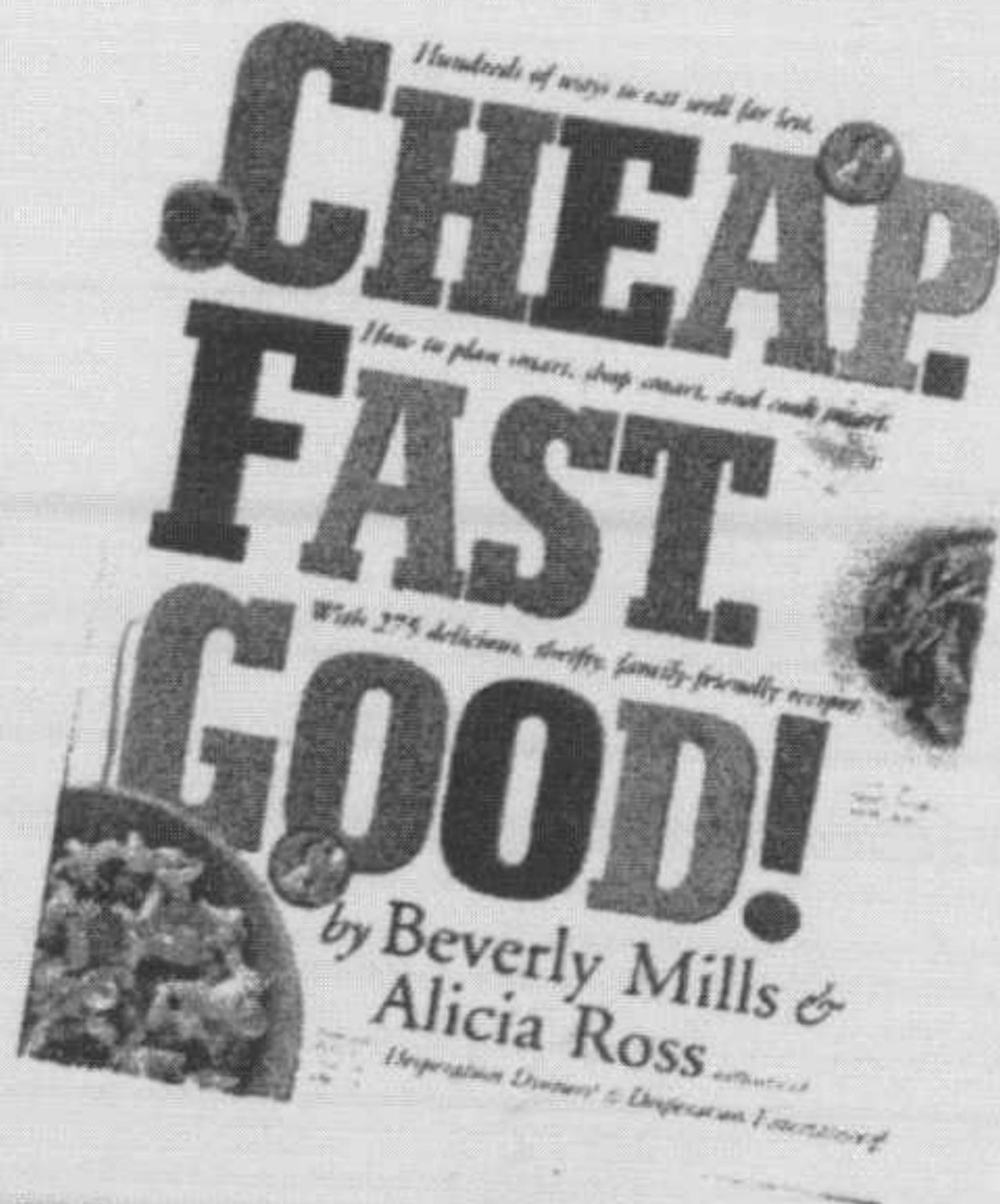
books

Cheap. Fast. Good! 14740

By Beverly Mills & Alicia Ross

It seems like the price of everything is skyrocketing these days. As a parent, it is particularly evident during the weekly excursion to the grocery store. By the time you weigh good vs. good for you vs. inexpensive vs. I have a coupon for it, so it is actually cheaper, but will the kids eat it, you are ready to curl up in the cart and cry. Help is at hand! From the authors of *Desperation Dinners* comes a book that lives up to its name

- *Cheap. Fast. Good!* It includes 275 thrifty recipes that, yes, the kids will like and loads of clever, do-able ideas for ways to realistically trim your food budget while still putting together healthful, easy to prepare meals. This will be one well-thumbed volume on your cookbook shelf. Workman Publishing, 496 pages, \$13.95.



Kids Gone Campin'



The Young Camper's Guide to Having More Fun Outdoors

Cherie Winner

Kids Gone Campin' The Young Camper's Guide to Having More Fun Outdoors

By Cherie Winner

Kids love to go camping - whether it's in their own backyard or at a campground, a short hike on land or a big trip by canoe. Any camping outing can be a fun and exciting way to experience and explore the outdoors and learn about nature. This book discusses where to go, what gear is needed, what food is a must, how to leave-no-trace at the campsite, and much more. Written for ages 9-12 with lots of photos and illustrations to help the young reader learn important skills, such as choosing tents and sleeping bags, setting up camp, building a campfire, animal-proofing the site, and staying safe in the outdoors. 96 pages from Creative Publishing international, \$12.95.

Boost Your Child's Immune System A Program and Recipes for Raising Strong, Healthy Kids

By Lucy Burney

Like Minnesota winters, the cold & flu season in these parts seems to go on until June, just about the time allergy season kicks into gear. There is obviously no way to completely shield your children from exposure to germs or allergens, but it may be that you can help make them better able to fend them off. In *Boost Your Child's Immune System*, author, nutrition consultant and mother of four, Lucy Burney outlines a common sense approach to creating a healthful diet for children from birth through the teen years. Along with 160 kid-friendly recipes, the book provides a primer on how the immune system works, information on allergies, antibiotics and vaccinations, plus a useful glossary and list of additional resources. Best of all, it is written in an easy to read, approachable style that demystifies the concept of "health foods" and reminds us that in many cases we need look no further than our own cupboards to help cure what ails us. New Market Press, 260 pages, \$14.95.

Includes Information on Allergies, Antibiotics, and Vaccinations

Boost Your Child's IMMUNE SYSTEM



LUCY BURNEY
Foreword by Robert L. Aron, M.D.
Duke University Medical Center, Chapel Hill, NC
and other leading experts on child health

web

www.redzee.com

This new search engine offers a user-friendly interface, smart searching and fast results, while filtering out pornographic results. Searches for pornographic related words pull up no results, thereby preventing access to any unwanted sites.

www.momandpopblog.com

Sometimes you just need to vent. Check this site for fun and compelling stories from the parenting trenches.