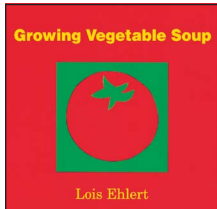


DOCTOR RECOMMENDED CHILDREN'S BOOKS

Brought to you by Raising Readers

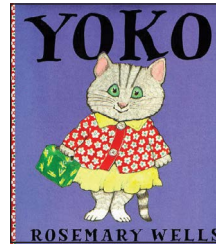
Family Nutrition



Growing Vegetable Soup

By Lois Ehlert
Houghton Mifflin Harcourt
ISBN 9780152061760
Board Book, \$10.95

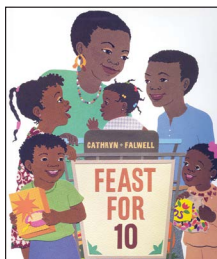
Creating a delicious repast from the ground up—literally. Vivid and appealing illustrations of gardening and cooking together as a family. Ages 1-3 years.



Yoko

By Rosemary Wells
Disney Press
ISBN 9781423119838
Paperback, \$6.99

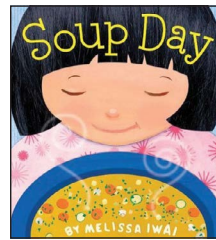
When Yoko brings sushi to school for lunch, her classmates make fun of what she eats—until one of them tries it for himself. Ages 4-6 years.



Feast for 10

By Cathryn Falwell
Clarion Books
ISBN 9780618382262
Board Book, \$4.95

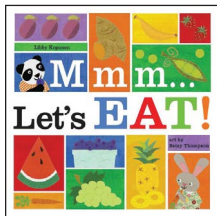
A family prepares and eats a meal together—counting all the way. Created by a Maine author/illustrator. Ages 1-4 years.



Soup Day

By Melissa Iwai
Henry Holt & Co.
ISBN 9780805090048
Hardcover, \$12.99

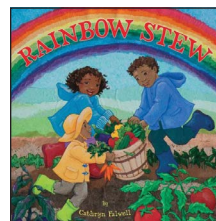
A mother and child spend a snowy day together buying and preparing vegetables and playing while their big pot of soup bubbles. Ages 4-7 years.



Mmm...Let's Eat!

By Libby Koponen &
Illustrated by Betsy Thompson
Blue Apple Books
ISBN 9781609052928
Hardcover/Lift-the-Flap, \$14.99

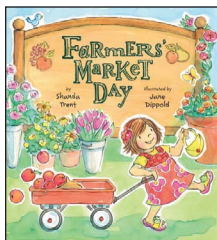
The colors that they see throughout the day, inspire kids to eat foods that match. Created by a Maine illustrator. Ages 2-4 years.



Rainbow Stew

By Cathryn Falwell
Lee & Low Books
ISBN 9781600608476
Hardcover, \$17.95

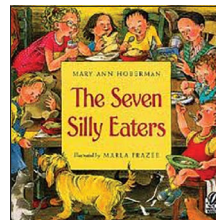
On a rainy summer day, three children and their grandpa pick vegetables and cook them into a delicious meal. Created by a Maine author/illustrator. Ages 4-7 years.



Farmers' Market Day

By Shanda Trent & Illustrated by Jane Dippold
Tiger Tales
ISBN 9781589251151
Hardcover, \$12.95

A girl searches for yummy treats at the farmer's market, where she finds forests of broccoli trees, rainbows of flowers and a cuddly kitten. Ages 4-6 years.



The Seven Silly Eaters

By Mary Ann Hoberman &
Illustrated by Marla Frazee
Houghton Mifflin Harcourt
ISBN 9780152024406
Paperback, \$7.00

Mrs. Peters struggles to find something that her seven choosey children will eat. Her family offers a solution, and a birthday surprise! Ages 5-7 years.