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.

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.

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.

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.

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.

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.

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 choosy children will eat. Her family offers a solution, and a birthday surprise! Ages 5-7 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.

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