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Basic Baby Food Cookbook

Simple Step-by-Step Guide Teaches Parents to Make Healthy, Homemade Food for Baby

AVON LAKE, Ohio – With childhood obesity at an all-time high, it is more important now than ever that parents take control of their children's eating habits early on to maintain a healthy diet through childhood and create healthy eating habits that will last a lifetime. Julianne E. Hood offers parents a unique opportunity to begin these habits in infancy with her new book, *The Basic Baby Food Cookbook: Complete Beginner Guide to Making Baby Food at Home* (now available through AuthorHouse).

This simple, step-by-step guide takes parents and caregivers through the process of preparing, cooking and storing homemade baby food. Free of factory processing and added sugars, starches, salt and preservatives, these homemade baby foods are not only tastier, but also healthier and more nutritious for baby. Parents will also enjoy the additional benefit of saving hundreds of dollars as the ingredients and packaging materials for homemade baby food cost a mere fraction of commercial brands.

"The driving idea behind this little cookbook was to empower and encourage all parents to make simple, nutritious, time and cost-saving meals for their children," Hood says. "By making their infant and toddler a variety of homemade food, parents not only take back control of their child's nutrition, but they have an opportunity to establish their child's health food preferences before they begin school."

Instilling healthy eating habits is essential in today's fast food culture, Hood says. "The media proclaims childhood obesity is on the rise. You only have to pay attention at school or at the mall to know this is true. I hope this book will help you gain the confidence to begin preparing good, healthful meals for your babies. It is never too early or too late to take an active role in providing your children with a solid foundation for a healthy lifestyle."

With an introduction by Dr. Brenda McGhee, a board-certified pediatrician, this book is guaranteed to provide healthful, medically sound nutritional information for parents who wish to cultivate a healthy attitude toward eating for their children.

Hood and her husband, Rusty, are the proud parents of two daughters ages 6 and 4 and a 1-year-old son. After attending Furman University in Greenville, S.C., and the Case Reserve University School of Law in Cleveland, Hood enjoyed a seven-year career as a lawyer before beginning her second career as a stay-at-home mom. In addition to caring for their own children, the Hoods are licensed foster/foster-to-adopt parents. They are also active members of their church. *The Basic Baby Food Cookbook* is her first book.

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