

# Chew With Your Mouth Full

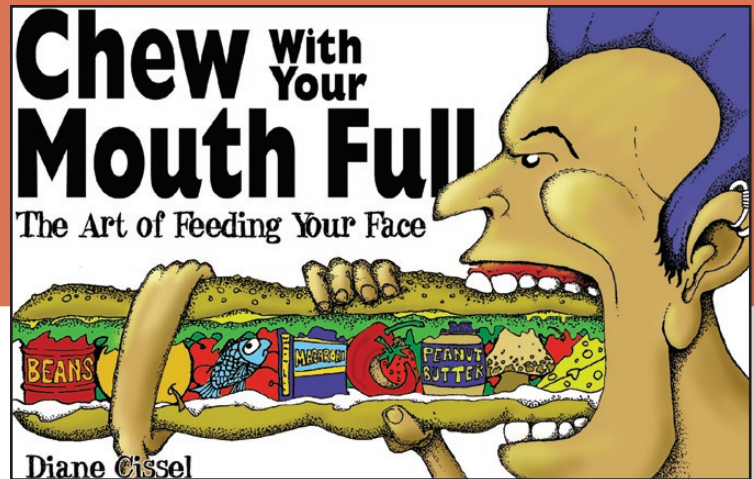
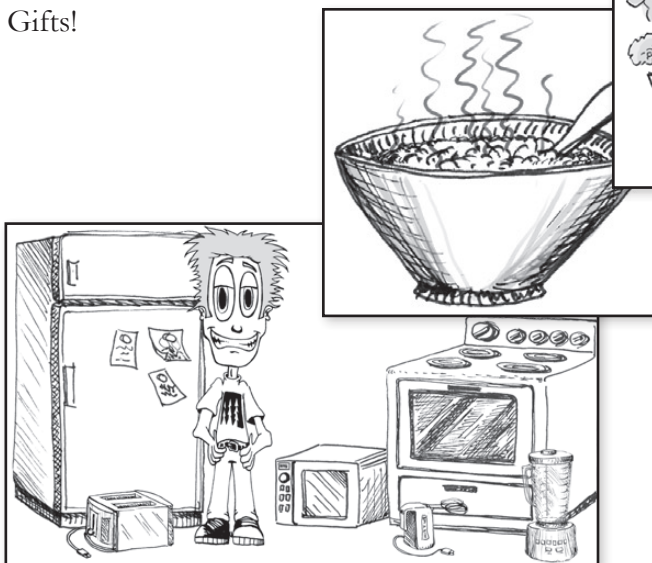
## *The Art of Feeding Your Face*

The ultimate guide to putting together healthy, low-cost meals with minimum effort and maximum success. Excellent for people who may be short on experience and cash.

This totally wise book tells you about everything from gearing up a kitchen to making great food. It covers the basics, like cooking terminology, shopping, chopping vegetables, and building menus. Then it moves on to simple but spectacular recipes like “Renée’s Chili Rellenos Casserole,” “Spicy Chicken Wings,” “Meat-Free Chili,” “Cucumber Salad,” “French Toast” and “Pineapple Upside Down Cake.” Chew has four different menu plans with everything laid out — meals, snacks and desserts—for every day and a shopping list for the entire week.

### **Use For:**

- Independent living programs
- At-risk youth programs
- Resource libraries
- Schools
- Gifts!



### **Includes:**

- Book
- Reproducible shopping lists

### **Product Details:**

- Age Group: Teen to Adult
- Publisher: Northwest Media, Inc.
- Publishing Date: 2005
- Pages: 120
- Book ♦ #782 - \$11.95

For more information or to order these products:

Phone: 800-777-6636 or 541-343-6636

Fax: 541-343-0177

Email: [nwm@northwestmedia.com](mailto:nwm@northwestmedia.com)

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