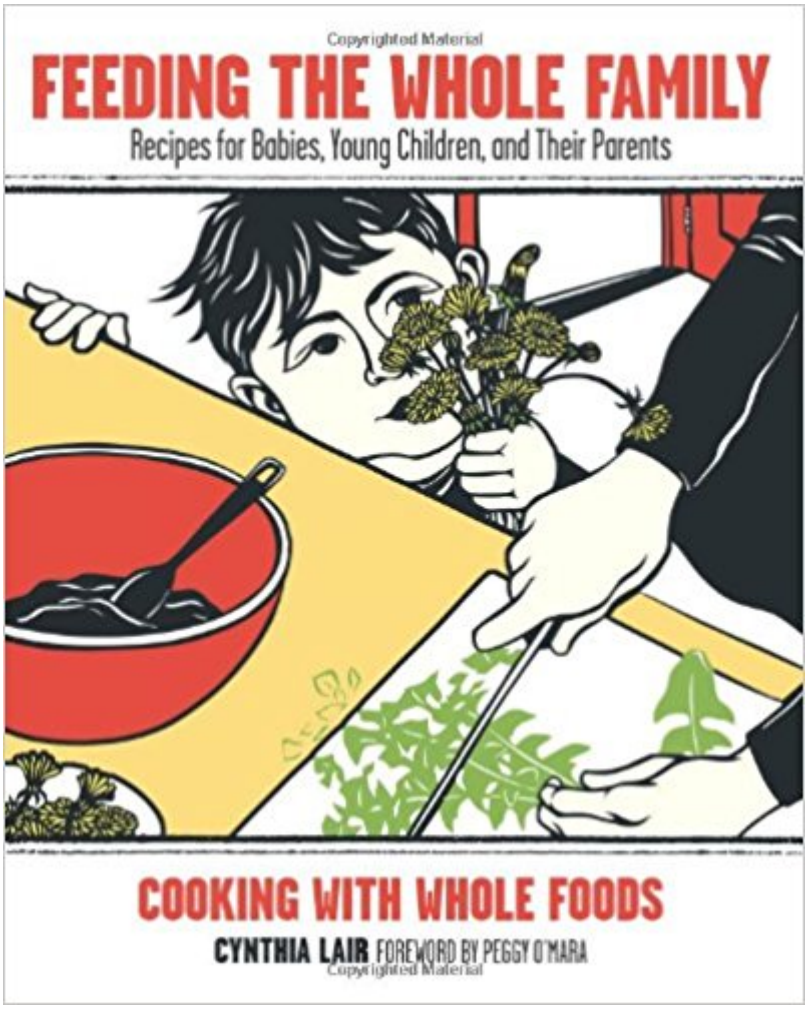
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Feeding The Whole Family: Recipes For Babies, Young Children, And Their Parents



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Synopsis

For nearly 15 years, Cynthia Lair's iconic cookbook Feeding the Whole Family has been the source for parents who want to cook one healthy meal for the entire family, including babies. Feeding the Whole Family starts with the basics of creating a whole foods diet, from understanding grains and beans to determining what meats are acceptable to eat. Lair then applies these lessons to cooking for young children and babies aged six months and older. In each recipe, Lair offers special instruction on how to adapt it so that younger children can enjoy the dish while parents can eat a more complicated version. All recipes utilize easy-to-find ingredients, are simple to follow, and will be enjoyable for both child and parent. With a new foreword by Mothering magazine's editor and founder Peggy O'Mara, Feeding the Whole Family is a necessary staple for all families.

Book Information

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Customer Reviews

"This book is a great educational resource for a unique approach on cooking for your family. Lair, once a nutrition counselor, walks you through her simple recipes that every member of your family will enjoy, as well, provides nutritional information for healthy eating. In every recipe, she offers suggestions on how to prepare the dish so that younger children can enjoy the meal with a quick alternative to the parents more sophisticated version.Ã Â The recipes are creatively written, with beautiful illustrations."Ã Â Ã¢â ¬â •Local HavenÃ Â Ã¢â ¬Å“A must-have for the family kitchen.Ã¢â ¬Â•Ã¢â ¬â •425 MagazineÃ Â Ã¢â ¬Å“It feels good to nurture your family with a homecooked meal, and the new, revised edition ofÃ Â Feeding the Whole FamilyÃ Â from Cynthia

Lair is full of recipes to inspire you.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Colorado Parent Ã¢â ¬Å“A classic family favoriteÃ¢â ¬Â¦satisfyingÃ Â even the pickiest of eaters.Ã¢â ¬Â• Ã¢â ¬â •ParentMap Ã¢â ¬Å“Enormously helpful in the kitchen.Ã¢â ¬Â• Ã¢â ¬â •Soule Mama Ã¢â ¬Å“This fully revised update of a classic title is an excellent primer for whole-foods cooking at home.Ã¢â ¬Â• Ã¢â ¬â •Booklist Ã¢â ¬Å“A spectacular chef.Ã¢â ¬Â• Ã¢â ¬â •Art Zone with Nancy Guppy Ã¢â ¬Å“Cozy up.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Bainbridge Island ReviewÃ¢â ¬Å“Nourishing meals.Ã¢â ¬Â•Ã Â Ã¢â ¬â •Seattle Times

Cynthia Lair’s work has appeared in national magazines including Mothering. A popular teacher of cooking classes at Sur Le Table and elsewhere, she lives in Seattle. Peggy O’Mara lives in TK.

We are a mostly vegetarian family (we eat fish), and I have always cooked using minimally processed ingredients. I heard good things about this cookbook and was looking forward to expanding my repertoire of family dinners. So far, I have made four recipes from this book, and I find the instructions fairly simple and easy to follow. I personally have liked (not loved), all four of the dishes, but my 7 year-old and my husband have not cared for any of them. Since the point is to prepare healthy meals that the entire family will enjoy, I am a little disappointed. My child is not a picky eater (eats sushi, spicy foods, etc.) and has a huge appetite, but has only picked at these meals. Also, we live in a large city and can generally procure relatively exotic ingredients, but for folks who live elsewhere, I imagine you would have to substitute,or turn to the internet to find some of the more exotic elements that some of the recipes call for. I like a previous comment suggesting that folks borrow this one from the library and try a few recipes before committing to purchase. I will continue to try other recipes from this book, but I don’t see it becoming dog-eared anytime soon!

I love this cookbook. I looked through it at a friends house and immediately jumped on to get my own copy. In my opinion it is much more realistic and down to earth than a lot of other "whole food" or "paleo" cookbooks out there now adays. The recipes are great, and they are made with common fresh ingredients. I also love that not only does it have recipes but there is a lot of advice and guidelines for ways to eat healthy. Especially healthy snacks to give to children that they might like. It is an easy read too. I have a lot of other current popular whole food cookbooks and this one is my favorite. The others I rarely actually cook out of them.

My daughter-in-law found this book helpful for adding variety to family meals that were also toddler

friendly for their 27 month old son.

Absolutely my number one, go-to book for the last 5 years. I've gifted it many times and several of the recipes are now staples and favorites with family and friends. It is a must have.I also love the section on planning lunches and the section below each recipe to modify "what's for dinner" for infants. This book really serves the needs of the "Whole Family".I have one hope. We have to eat Gluten Free; it would be wonderful to have a revised edition that offers GF modifications for recipes.

Recipes are good; nice introductory section with suggestions for feeding children... from first introduced solids and issues (or non-issues) with allergies, to toddlerhood and pickiness, and beyond. Nice coverage of why it is important to feed whole foods to kids; not only for their current health but also to help them form good eating habits and tastes. Also talks about parent/caregivers as role models for eating and how important that is. Suggestions for making foods fun for younger kids and for cooking together.Generally a good variety of food types included. Most recipes are pretty simple and easily modifiable for taste. There is a section explaining different kinds of whole grains and other whole foods.It is a little heavy on Asian influence. My family loves Asian cuisine, so that works for us, but for a family that isn't so into Asian inspired foods, they wouldn't get as much out of it.I'd also personally like a little more explanation about baking with whole grains, but that's not really what this book is about.Overall, I think this is an excellent book for every family to have as a reference.

I have made several recipes out of this book and so far everyone has liked every meal! From my 18 month old twins to my 4 year old to my husband and far from organic parents. I don't modify the recipes for my babies and just serve them the food we eat. They LOVE it! When I made a dish with Indian spices, I wasn't sure they would eat it. I knew my husband and I would enjoy it, but I was curious to see their reaction. They both pushed away at the spoon when they smelled the food. But, as soon as they decided to taste it, their eyes opened wide and they dove in for more! My son literally grabbed the bowl and tried to drink the soup. My daughter clawed at my arm wanting her next bite and refusing to wait for her brother to let go of the bowl. They ate the entire bowl very quickly. All the other recipes we have tried were enthusiastically eaten and I am quite pleased! I only wish there were more cookbooks like this!

This is one of my top 5 cookbooks. I give it as gifts - there are great explanations for all types of

whole foods, i.e. different whole grains, definitions for "natural", organic, local, seasonal foods. Most recipes are simple without complex ingredients - unless you think quinoa is complex - and even if you do, Ms. Lair tells you what quinoa looks like, where to buy it, how to store it, and how to cook it. These are meals my kids will eat and there are variations in many recipes to make the meal meat-free, dairy-free, or wheat-free. I do wish that there were some photographs of the meals.

What a great book! I will warn you that the book doesn't actually feed the whole family though, it sat on the counter most of the day and didn't lift even a page to do anything. Great recipes and other stuff. Get it!

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