

Chef and Father

Now more than ever, parents want to know exactly what goes into their children's diets.

The eating habits of a lifetime are developed before children learn to walk. This DVD will guide parents, in simple steps, to prepare healthy fast foods, and creatively introduce new tastes and textures.

Topics include:

- Baby Food Basics
- Simple and inexpensive equipment you can use to make baby food

And demonstrations by Chef Greg on recipes such as:

- "Butternut Squash and Yams"
- "Apples and Pears"
- "Rice, Quinoa, and Cous Cous"
- "Steamed Vegetables"
- "Lentil and Vegetable Puree"
- "Pork Loin with Yams and Apples"

"I'm not a celebrity, I'm not trying to be anything, I'm just a chef and a father and I want to share the things I've learned with other parents out there."

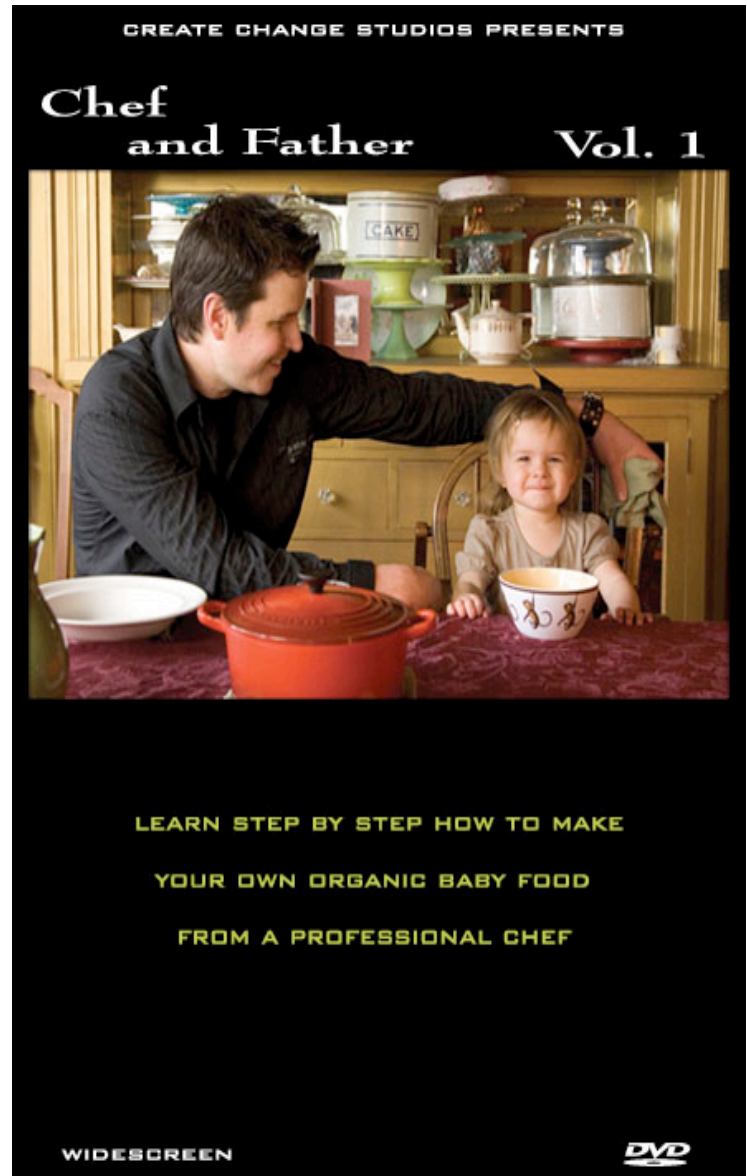
– Chef Greg Johnson

Genre: Documentary/Parenting and Childcare
Widescreen Not Rated Run Time: 53 min

Bonus features include:

- A lesson on How to Choose Your Produce
- Food Safety
- The Making of the Grilled Cheese Album
- AND MORE!

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KEY POINTS / MARKETING

- U.S. sales of organic food and beverages have grown from \$1 billion in 1990 to an estimated \$20 billion in 2007, and are projected to reach nearly \$23 billion in 2008. – Organic Trade Association, 2007
- Introducing Solid Foods is a challenge for most new parents: learn how to do it right!

AVAILABLE NOW!

To Order, Contact Your Distributor or: (805) 777-7716 / Sales@SeedsmanGroup.com

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