

"As a neighbor and friend of Liz Edmunds, *The Food Nanny*, I can say that she practices what she preaches and cooks! Liz has always had unbounded energy directed daily to her family, attempting to make mealtime—which can be filled with chaos and frenzy—into an enjoyable interlude of fun, conversation, and connection. I endorse Liz and her book because she takes the key ingredients of life—friends and family—and mixes them into a daily tradition of mealtime. These are vital nutrients to keep family and mealtime thriving."

—Debbi Fields, Founder, Mrs. Fields Cookies, and mother of five daughters

"For years I watched Liz Edmunds manage her large family from a distance and have especially been interested in the delicious meals she prepares for everyone she knows! I love her easy management plan for keeping dinnertime at home a huge priority, which in turn helped keep her family close and created wonderful memories.

"In my profession of counseling, I have used Liz's ideas for those that need the extra help in simplifying and encouraging family gatherings around mealtime. Mothers or caregivers who have tried her easy method of planning have experienced immediate results. Dinnertime is fun and doesn't require a lot of thought about what is for dinner. More emphasis is placed on getting everyone together for meals than what the actual dinner is going to be, because those decisions are quickly made with the 'theme' for the night. Liz's meal themes have been a positive strategy that I use to encourage family structure, communication, and a more stress-free home environment. The simplicity of it makes it so valuable to share with meal planners of all ages."

—Shauna Bradley, LCSW, Park City, Utah



RESCUES DINNER

"There is hardly anything more lovingly bonding in a family than mealtimes together with good home-cooked food, good conversation, and good moods. '*The Food Nanny*' helps families make these important family times yummy! I recommend this book for every family—especially those who think they don't have the time or talent to cook great dishes."

—Dr. Laura Schlessinger, International Radio Talk Host and author, *Stop Whining Start Living* (HarperCollins)

"I met Liz 36 years ago when our sons were six months old. She invited us over for dinner that week. That was the beginning of a very special friendship that always included great meals, lots of laughter, and kids. One of Liz's recipes for leftover chicken and rice became such a staple at our house that the kids just called it 'Liz's Chicken.' She has a great recipe for French bread that got me into bread and roll making.

"Sitting down to good food with your family is a way to celebrate, sort out, talk over, and manage all the good and bad things that happen in normal families."

—Ann Luther, product development manager for a nationally distributed wholesale bakery, Groton, Massachusetts

"When I saw firsthand Liz's passion for eating dinner together as a family, I knew this was what American families could use. Her creativity, her fun recipes, and her easy preparation make any dinnertime a delight. When you use Liz's plan, your family will get good nutrition, enjoy wonderful variety, and increase your quality of dinnertime. Her plan will help you create family memories that will last a lifetime."

—Dian Thomas, Professional Speaker, Author, TV Personality • www.CampingWithDian.com