



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)

“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

