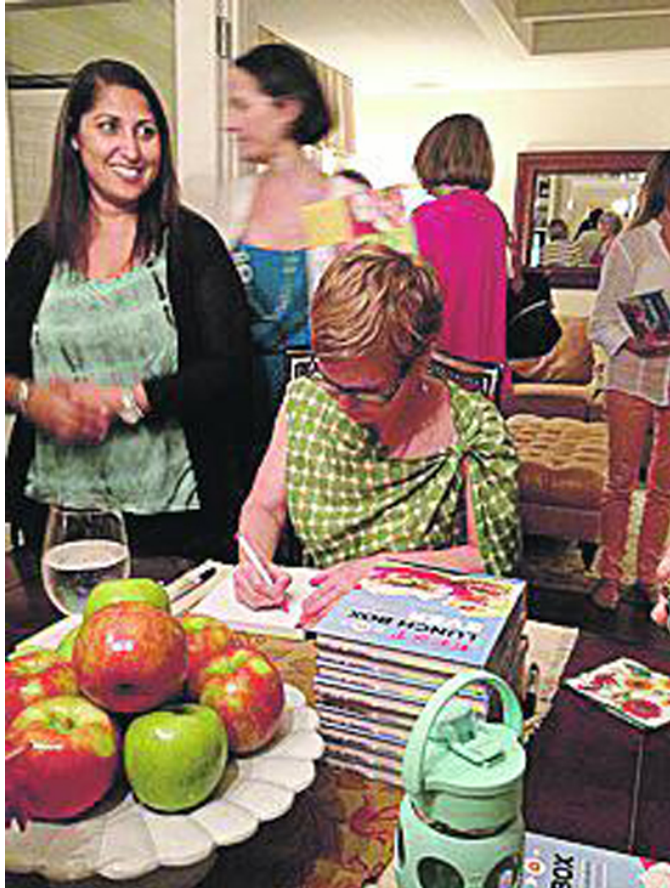


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Author Offers Lunch Box Tips, Signs Books in Moraga*Submitted by Lucy Dendinger*

Author Katie Sullivan Morford signs books at an event in Moraga. Photo provided

Acalanes High School alumna Katie Sullivan Morford introduced her new book, "The Best Lunch Box Ever," to a group of moms at the home of Lucy Dendinger in Moraga earlier this month. As a registered dietician, food writer and mother of three, she had plenty of tips to help liven up the lunch box routine. She demonstrated a few lunch box ideas to kick off the new school year. Guests were impressed with the tasty treats and nutritional benefits of her food selection. Diane Eames of Orinda commented, "I love the versatility of the book. I can make delicious and healthful lunches for my kids and me. Plus, the book is very kid friendly and I can involve my boys in the lunch making process."

The guests appreciated the simplicity of the recipes and the sound nutritional advice. Her book includes a section titled "Fill Your Arsenal" which tells readers everything to have on hand to prepare great lunches every day. The "Plan Ahead" section offers great tips on establishing a healthy lunch routine without the morning frenzy. The "Dirty Dozen" and "Clean 15" are helpful to anyone trying to decide which organic foods are worth the extra expense. For more information about Morford and her new book, visit www.momskitchenhandbook.com.

Reach the reporter at: info@lamorindaweekly.com

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