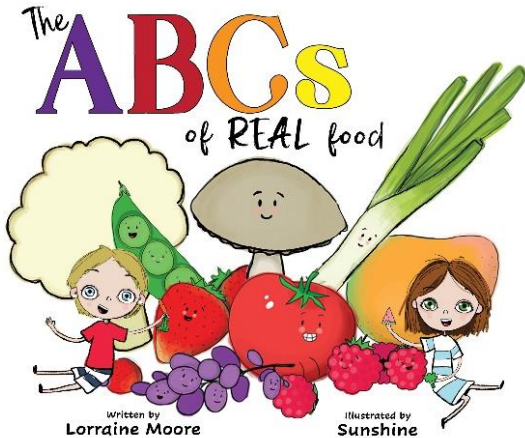


# The ABCs of REAL food

Written by Lorraine Moore – Illustrated by Sunshine



**WE ALL KNOW THAT FRUIT AND VEGGIES ARE GOOD FOR US BUT MOST OF US DON'T KNOW WHY!**

*The ABCs of Real Food* is here to help you.

Simple and fun to read it takes your child on a journey through nature's garden.

From avocados to zucchinis and the oranges in between, you will be playing along with

our colourful characters, fun facts, recipes and health hacks.

***Come play your way through our ABCs for a brighter, happier you!***

## **AUTHOR BIO**

Lorraine Moore is a Holistic Health Coach, supporting mums and families on their wellness journey since 2016.



ISBN	9781922751942
Publication Date	NOV 7 2022
Format	Paperback
Audience	Children
For Ages	3 - 8
Location	Byron Bay, NSW

**Price available on our website**

[www.shawlinepublishing.com.au](http://www.shawlinepublishing.com.au)



Publisher contact: Jodie Kellett  
Email: [orders@shawlinepublishing.com.au](mailto:orders@shawlinepublishing.com.au)

For further great titles by new Australian authors, please visit our website.

For exclusive Trade pricing and deals, please contact us to set up an account.

For international buyers, please visit our website for a link to Book Depository.

# The ABCs of REAL food

Written by Lorraine Moore – Illustrated by Sunshine

## A CONVERSATION WITH THE AUTHOR

### WHY DID YOU WRITE 'THE ABCs OF REAL FOOD'? WHAT WERE YOUR INSPIRATIONS?

*I wrote this book to help parents who just like me were exhausted with the amount of information out there about food and nutrition. I really wanted to provide a simple tool to support families in making healthier food choices. So many families I know are struggling with mealtimes and it frustrates me how much food is marketed to families as healthy when it is actually toxic and damaging to kids' health. I want parents to know why they don't need to over complicate things. Keep it simple, eat fresh, seasonally and get everyone involved to help build healthy relationships with food.*

### DID YOU HAVE ANY INTERESTING EXPERIENCES WHILST WRITING, EDITING OR PUBLISHING THIS BOOK?

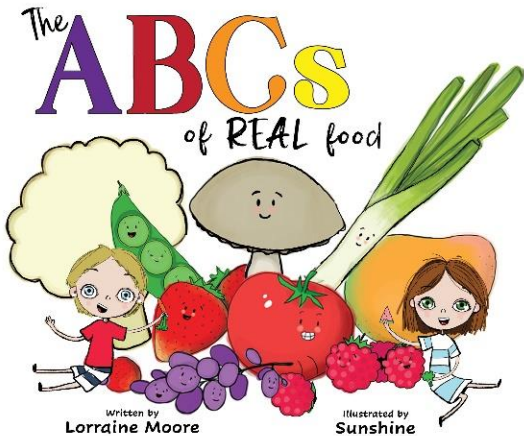
*I started writing this book when my daughter was just a few years old out of my own personal frustrations and that from others. It was a lot of starting and stopping whilst I juggled parenthood.*

### WHAT ARE YOUR PLANS FOR YOUR FUTURE BOOKS?

*I am hoping this is the beginning of my writing journey and my confidence to step into this field. I have lots of ideas to extend the idea on this book, but I am also really interested in writing other books, specifically poetry and children's fiction with strong underlying positive messages for kids' emotional resilience.*

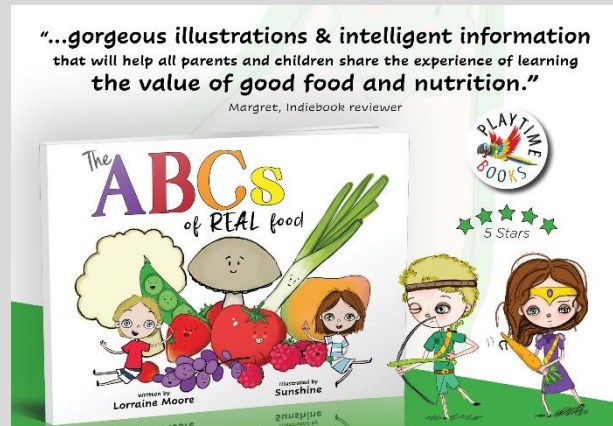
### WHAT RESEARCH DID YOU DO TO SUPPORT THE FACTS WITHIN YOUR TITLE?

*I've referenced nutritional books and blogs.*



ISBN	9781922751942
Publication Date	NOV 7 2022
Format	Paperback
Audience	Children
For Ages	3 - 8
Location	Byron Bay, NSW

Price available on our website



[www.shawlinepublishing.com.au](http://www.shawlinepublishing.com.au)



## Order Form

Please send this form to  
[orders@shawlinepublishing.com.au](mailto:orders@shawlinepublishing.com.au)

I would like to order \_\_\_\_\_

copies of The ABCs of Real Food  
(9781922751942).

Trade discounts applicable.

Accounts Email Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

Would you like to be contacted to set up a trade account with  
Shawline Publishing? YES / NO