

Chef and Father

FINALLY!...The perfect solution for concerned parents seeking a quick, simple way to know exactly what goes into their child's diet!

Genre: Documentary/Parenting and Childcare
Age Range: Six Months through Twelve Months
Widescreen Not Rated Run Time: 53 min

The eating habits of a lifetime are developed before children learn to walk. This DVD will guide parents, in simple steps, with inexpensive and easily obtained cookware and utensils (many of which you probably have already), to prepare healthy foods, quickly and easily. It will also show you how to creatively introduce new tastes and textures to otherwise picky eaters.

Topics include:

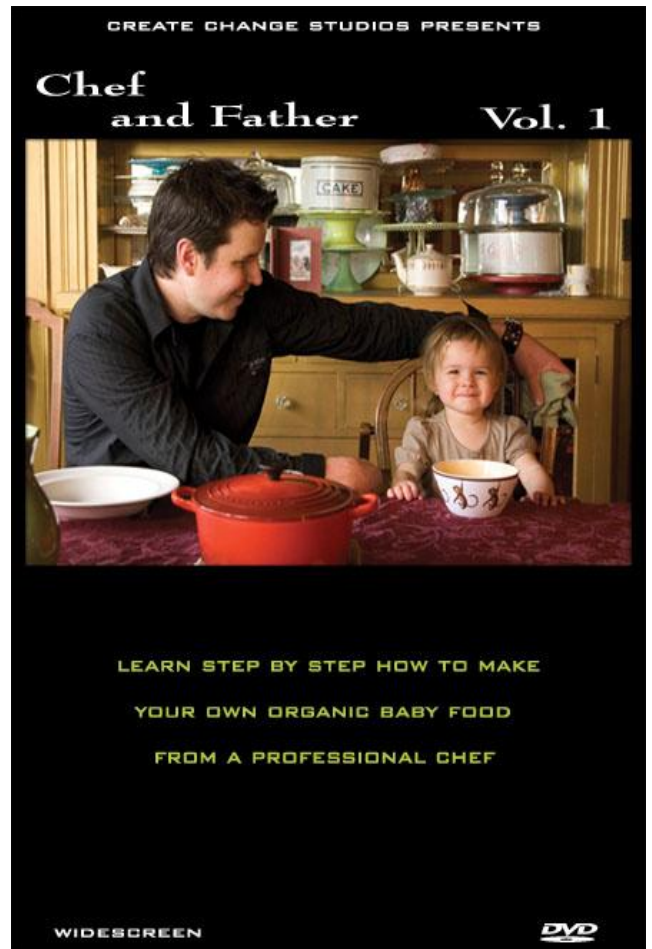
- Baby Food Basics
- **Simple and inexpensive equipment you can use to make baby food**

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



\$19.99 (gift wrap w/gift card available, just \$4.00)

BONUS FEATRUES INCLUDE:

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