

Kindy Kitchen Breaks Christmas Candy Tradition

With the release of the latest *Kindy Kitchen* book, *Tomato Santa*, children might wake up to vine-ripened tomatoes in their stocking rather than the usual sugar-coated cane sticks they are used to.

Kindy Kitchen creator Jessica Rosman, believes her *Tomato Santa* book is the perfect food activity for Christmas - not only does it provide children with a fun holiday story, it encourages the young ones to snack on wholesome red tomatoes.

"It's not easy getting children to eat healthily, especially at Christmas," says Jess, "that's why I deliberately made Tomato Santa, to remind children that healthy food can be fun too."

The *Kindy Kitchen* recipe series, uses zany stories and wonderful illustrations to bring everyday fruit and veg to life.

It's not surprising this little series is such a hit, with recipes such as a *Grape Necklace*, *Watermelon Cupcake* and *Pineapple Crocodile*. And now there is a little man made from tomatoes who has an extra special job to do this Christmas... inspire children to eat well!

The *Kindy Kitchen* series will be available as eBooks from Apple iBookstore as well as through Jessica's site at www.kindykitchen.com as a PDF, with each eBook expected to retail at \$2.99 each. There will also be hard copies available from Jessica's website for \$6.99 each, plus postage. And as part of a special Christmas promotion, you can buy the first four hard copy books in the series for just \$20 from the website. Offer ends Dec 25th!

For more information about the *Kindy Kitchen* series, please visit www.kindykitchen.com or contact Jess Rosman on 0451 021 227 or by email at info@kindykitchen.com

You can also see each recipe in action by visiting our YouTube channel at <https://www.youtube.com/user/KindyKitchenTV>.

About the Author

Jess Rosman, or "Big Jess", is a qualified preschool teacher who has been running an early childhood, healthy eating program, called *Kindy Kitchen*, for over three years.

With the addition of fun food rhymes, Big Jess has made healthy food both entertaining and engaging.

She has decided to publish her *Kindy Kitchen* program, so that by sharing these recipes everyone can play a role in fostering future generations of healthy, happy children.

Jessica Rosman currently gives talks and demonstrations at kindergartens to help parents understand how easily kids embrace healthy food if you make it fun for them.

Why I wrote them - Jess

The original concept for *Kindy Kitchen* was a book of stand-alone recipes with some very sweet illustrations. And yet I felt the book didn't really speak to the child, it spoke predominantly to parents. So I decided to add stories before each recipe, as a way to spark a child's imagination and engage them in a fantasy world that inspires them to eat well. This whole project comes from a very personal health journey, but also, as a teacher, I know that the early years are some of the most formative ones and so I was propelled by an urgent need to get this out to children as quickly as possible. (It only took us a whole year!)
- Jess Rosman



About the Illustrator

For the past seven years Nettie Lodge has been writing and illustrating children's books. In 2005, her children's picture book *BIRD*, published by ABC Books, won a NOTABLE BOOK MERIT at the Children's Book Council of Australia Awards. Her most recent book *NATEMBA*, published by ABC Books, is based on the plight of orphaned animals in Africa, for which she researched as a volunteer at a Vervet Monkey sanctuary in South Africa. Her current project is a picture book called *DAVE* about the plight of a Tasmanian Devil. Nettie lives and paints in her studio on Scotland Island in Pittwater. See: www.annettelodge.com

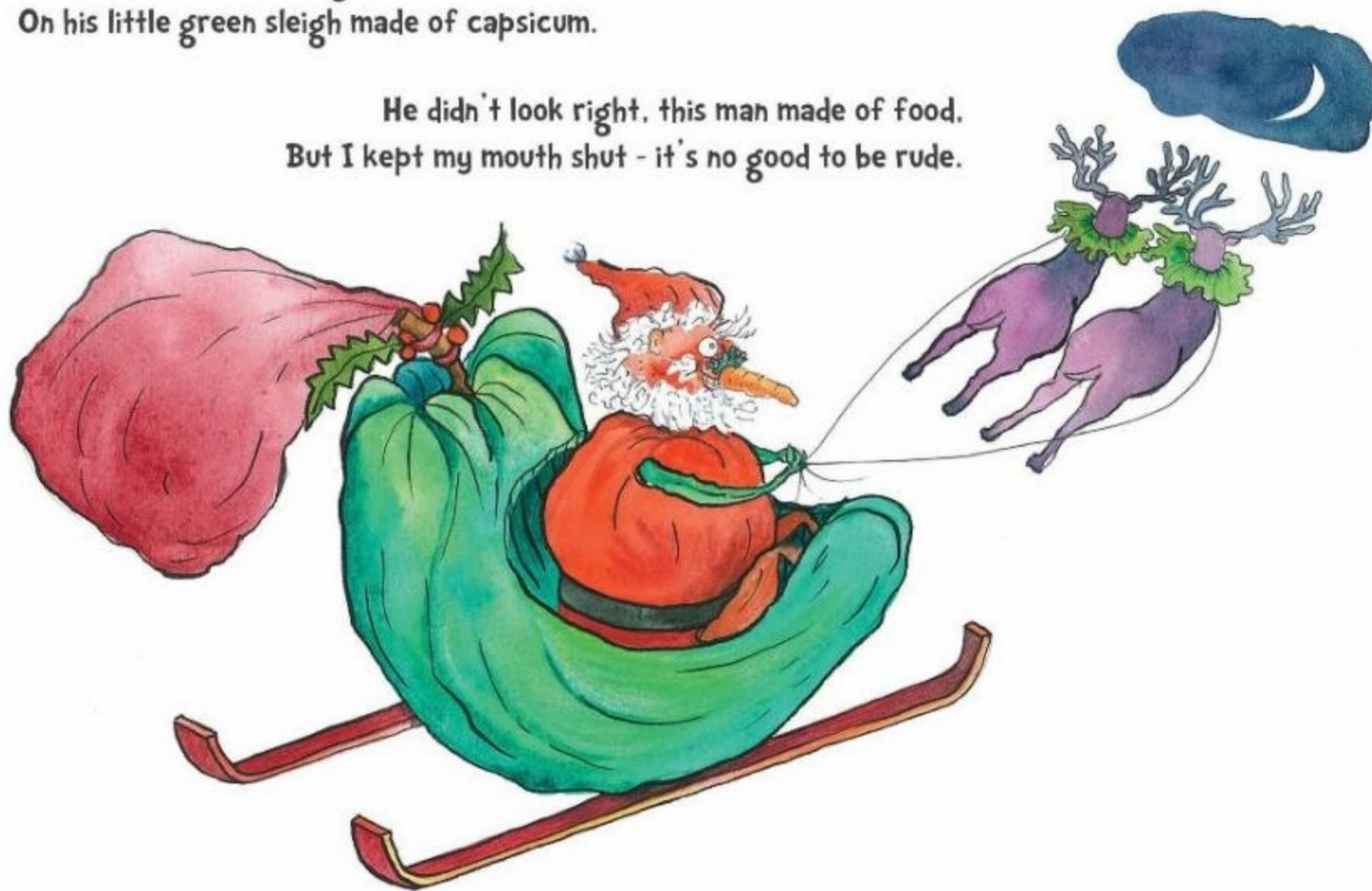
Why I illustrated them - Nettie

"I loved the concept of KINDY KITCHEN and when Jess wrote the wonderful evocative and funny poems I was inspired to illustrate them with the cheeky irreverence that is the nuance of the text in a way that, hopefully, kids can relate to. IE: playing with food. It was a great pleasure to illustrate such a visual narrative."
-Nettie Lodge



It was just after midnight when Santa flew in
On his little green sleigh made of capsicum.

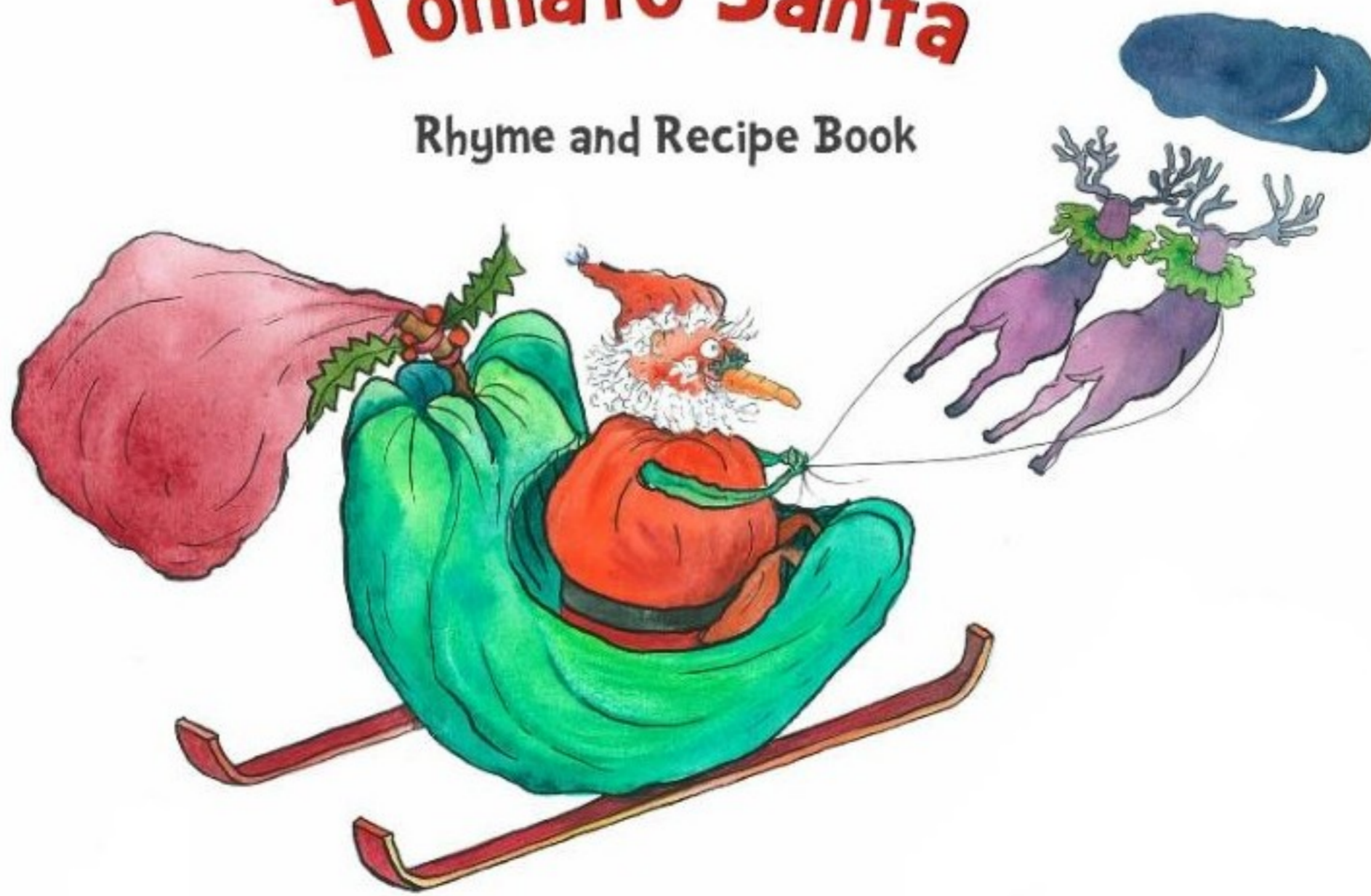
He didn't look right, this man made of food,
But I kept my mouth shut - it's no good to be rude.



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Tomato Santa

Rhyme and Recipe Book



Written by Jessica Rosman

Illustrated by Nettie Lodge

Tomato Santa Rhyme and Recipe Book

It was just after midnight when Santa flew in
On his little green sleigh made of capsicum.

Find out what happens the night a little red Santa made from tomatoes and green beans flies into the kitchen... only problem is, to deliver the presents, he has to find the bean children first!

Tomato Santa is the exciting Christmas book in a wonderful new series called *Kindy Kitchen*™, which inspires children to eat well, purely by sparking their imagination.

This little cookbook series, features beautiful illustrations by award-winning author/illustrator Nettie Lodge and imaginative stories and recipes that are intended to enchant even the fussiest eater.

Collect all ten in the series and you will have all the inspiration you need to make healthy food fun and enticing for young children.

Visit www.kindykitchen.com today.

Hard copy: \$6.99 PDF: \$2.99

Also available as an eBook for \$2.99 from iTunes – click here for the link:

<https://itunes.apple.com/au/book/tomato-santa/id728238969?mt=11>

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