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CHILDREN'S BOOK SNARES PRESTIGIOUS AWARDS

"Gracie Cavnar cooks up a delicious tale destined to make readers of all ages hungry for more."

—Molly Glentzer, *The Houston Chronicle*

Dateline: June 1, 2013, Houston, Texas. After tiptoeing onto the scene in late 2012 with a low-key release, Gracie Cavnar's first book *Eat It! Food Adventures with Marco Polo* has steadily earned awards, including:

- Purple Dragonfly Book Awards—2013 Winner, Cookbooks/Food
- International Book Awards—2013 Winner, Children's Mind/Body/Spirit
- National Indie Excellence Awards—2013 Winner, Book Cover Design, Children's Fiction
- San Francisco Book Festival—2013 Winner, Best Cookbook
- IBPA Benjamin Franklin Awards, 2013 Silver Medalist, The Bill Fisher Award for Best First Book (Children's/Young Adult)
- Next Generation Indie Book Awards—2013 Finalist, Parenting/Family
- Mom's Choice Awards 2013—Silver Award, Cooking & Food, Juvenile Level Books
- Purple Dragonfly Book Awards—2013 Honorable Mention, Best Illustrations
- Purple Dragonfly Book Awards—2013 Honorable Mention, Historic Fiction
- New England Book Festival—2012 Honorable Mention, Children's Books

Critics and juries have embraced the book's versatile success as a thrilling children's tale, a teaching tool for parents and a cookbook for novice and advanced cooks alike. Research shows that youngsters who help cook family meals freely choose healthier foods. By making food fun, the book provides parents with an exciting way to read, learn and cook with their children as an engaging family activity. Cavnar's extensive research grounds the fictional culinary adventure story with historic accuracy.

About *Eat It! Food Adventures with Marco Polo*

The 160-page book, written for children age seven to eleven, is the first in a series of three. *Volume One: Leaving Home* engages young and old alike, setting the stage for parents to share their family's long-held food traditions and create new ones with their children. Deliciously descriptive, the reader can almost smell the famous rosemary-laced Fornero focaccia and cheesy, cinnamon-spiked losyns.

Using an adventure story to attract young readers to the fun of cooking and eating more fruits and veggies, the book follows Ottavio Fornero, a pint-sized member of Marco Polo's famous expedition as he discovers wondrous foods through the rich cultural traditions of people along the old Silk Road. A medieval world map showing Polo's actual expedition routes, 122 original watercolor illustrations by Anni Matsick, glossaries of cooking terms, techniques and utensils, and an extensive illustrated history of ingredients, along with adaptations, serving suggestions and historic trivia, complement the story and thirty recipes.

Distributed by Small Press United, *Eat It! Food Adventures with Marco Polo* can be purchased for \$19.99 online at recipe4success.org and through bookstores nationwide.

ABOUT THE AUTHOR: Gracie Cavnar spent the last 14 years researching, creating and perfecting the award winning and nationally recognized nonprofit Recipe for Success Foundation. She has received many honors and recognition for her work and grown her Seed-to-Plate Nutrition Education™ for children from a small pilot in Houston to one with national scope, teaching tens of thousands of children that growing and cooking healthy food can be easy, tasty and fun—an adventure! Cavnar's enthusiasm for making healthy food fun for youth inspired the *Eat It! Food Adventures* series. Follow Gracie on Twitter: @graciecavnar

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****Excerpts and visuals from the book, as well as photos and interviews with the author available****