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CHILDREN'S ADVENTURE COOKBOOK RACKS UP 7 AWARDS

MEET AUTHOR OF THE BOOK CRITICS ARE RAVING ABOUT

May 20th, HOUSTON TX Following its release in September, *Eat it! Food Adventures with Marco Polo* has earned seven awards, sending author and childhood obesity activist, Gracie Cavnar to BookExpo America in New York May 29 through June 1, 2013 to collect several prestigious prizes.

The 160-page book is an adventure story that attracts young readers to the fun of healthy cooking and eating through the eyes of central character, Ottavio Fornero, a pint-sized member of Marco Polo's famous expedition. It is available for sale at www.recipe4success.org, www.Amazon.com and www.Barnes&Noble.com, and at independent bookstores nationwide.

Early praise for the book:

"A fabulously fun read and a great way to teach kids about healthy homemade food!"
—**Norah O'Donnell**, Co-host, *CBS This Morning* and co-author, *Baby Love*

"The pages are as colorful and appealing as the meals described in them. I dog-eared at least a dozen to cook with my own niece and nephew."
—**Lauren Purcell**, Editor-in-Chief, *Every Day with Rachael Ray*

"...love the illustrations and how they weave into the recipes. I look forward to reading it with my kids."
—**Amanda Hesser**, Author, *The Essential New York Times Cookbook* and editor, *Food52*

Awards for *Eat it! Food Adventures with Marco Polo*, include:

- 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, The 2013 Bill Fisher Award for Best First Book (Children's/Young Adult)--Silver Medalist (Gold Medal winner TBA, May 29)
- Next Generation Indie Book Awards--2013 Finalist, Parenting/Family
- Mom's Choice Awards 2013 Silver Award, Cooking & Food, Juvenile Level Books
- New England Book Festival—2012 Honorable Mention, Children's Books

Meet the Author:

You can meet Gracie during the following days and times:

Thursday, May 30

11:45 a.m - *Mom's Choice Filming Studio*

4:00 p.m. - *Book signing at the Mom's Choice booth #2767/2768 (map of booth location)*

Mrs Cavnar is also available by appointment throughout the show for interviews or meetings by contacting Stephanie Hill at 713-520-0443 or Stephanie@recipe4success.org.

ABOUT THE AUTHOR: Gracie Cavnar is a lifelong cook and gardening enthusiast. She 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 their own healthy food can be easy, tasty and fun—an adventure! Cavnar's enthusiasm for making healthy food fun for children inspired the *Eat It! Food Adventures* series. Follow Gracie on twitter @graciecavnar

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