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Little Bento: 32 Irresistible Bento Box Lunches for Kids

Michele Olivier

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Your dilemma: picky eaters and a jam-packed schedule. Your solution: the bento box!

Little Bento picks up where best-selling Little Foodie left off?mom and food blogger, Michele Olivier shows parents how to turn their picky children into healthy, adventurous eaters through creative, easy-to-assemble bento box lunches.

Little Bento is the ultimate bento guide to planning, preparing, and assembling yummy, healthy, and easy bento box lunches that your kids will love…no tricks or treats required! Michele Olivier, author of the best-selling Little Foodie, shows you how the #1 selling kids' lunch box can inspire you to make balanced bento box meals. Little Bento contains over 100 recipes and 32 photos of fully-composed, seasonally-organized bento box lunches, which include:

- Comprehensive bento box ingredient lists that will allow you to make safe decisions for allergy and food sensitive eaters
- Ideas for transforming family dinner leftovers into tomorrow’s bento lunches
- The pros and cons of various bento box options?and how to decide which bento lunch box is right for your family
- Bento meal planning tips and a weekly meal planning worksheet you can download

Say “goodbye” to the stress of choosing between getting your kids to eat and getting your kids to eat healthy, and “hello” to the deliciously simple bento box.

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