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tempt those rather "particular"

little dinners in your house-

hold to venture outside of old

standbys, try Whining and Din-

ing, Mealtime Survival for Picky

Eaters and the Families Who

Love Them by Emma Waverman.

IF you're determined to nurture

a junior foodie, you might enjoy

reading Hungry Monkey, A Food-

loving Father's Quest to Raise an

Adventurous Eater by Matthew

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Library Notes

Acton Branch Halton Hills Public Library



By Vicki Firth

Like many households, we have staff members who must deal with special diets for either their own health reasons or those of a family member. For some, it is a result of life-threatening food allergies or medical conditions such as celiac disease. For others, it is a matter of making an ethical choice for vegetarianism or dealing with an upsetting intolerance.

Then, of course, there are the picky children and fussy teens to try to accommodate. Fortunately, at the Halton Hills Public Library we have a vast array of books dealing with specific digests and offering recipes and meal suggestions for everything from gluten-free cupcakes to vegan ice cream.

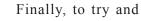
Those living with food allergies can find some great recipes to try out in titles such as The Allergen-Free Baker's Handbook by Cybele Pascal or Babycakes by Erin McKenna. Parents may find some treats to whip up in the My Kid's Allergic to Everything Dessert Cookbook by Mary Harris. For a better understanding of what it's like to live with food allergies, check out Don't Kill the Birthday Girl, Tales from an Allergic Life by Sandra Beasley.

There is a wide choice of books for those who have had to eliminate gluten from their diets. The Intolerant Gourmet by Barbara Kafka has a section of recipes without gluten and lactose.

The Gloriously Gluten-Free Cookbook by Vanessa Maltin is "spicing up life with Italian, Asian, and Mexican recipes."

If you're making the move to become a vegetarian or simply want to add more meatfree meals to your week, there are many titles from which to choose. Check out our newest acquisitions such as Herbivoracious by Michael Natkin, The Meat-Free Monday Cookbook with foreword by Paul, Stella, and Mary McCartney and The Vegetarian's Complete Quinoa Cookbook from the Ontario Home Economics Association. Those who want to try eliminat-

ing all animal products from their diets can take The 30 Day Vegan Challenge by Colleen Patrick-Goudreau.







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