

Hello Friends,

I love all things food related! I love to learn about new foods, I love to eat them, and I love to grow food.

I never thought that I would be an author. However, I was inspired by real life events with my family to write a children's book about trying new foods. When I came up with the idea, I immediately knew two things. The first being, I wanted my family to be illustrated into the story. Second, I would have a series of books where each one of my children would be the main character of a book. That's how the Delicious and Nutritious series was born.

My wish for you and all my readers is to cultivate a deep appreciation for learning about foods both familiar and unfamiliar and to realize that it is important to feed yourself with foods that nourish both your body and mind.

Always remember that trying new foods can be delicious and nutritious!

With Love,

Stacey