LET’S COOK!
The Book with a Recipe for Success

What can this book do for me?
Let’s Cook! Healthy Meals for Independent Living can help you—
- Create nutritious dishes.
- Plan healthy meals.
- Respect food and kitchen safety.
- Eat well, today and every day!

For whom is this book written?
Let’s Cook! Healthy Meals for Independent Living promotes self-reliance and reinforces life skills for independent living. This book is designed for—
- Teens and young adults, who are learning how to put meals together, by themselves for the first time.
- Adults with special needs, who wish to gain confidence in the kitchen, acquire cooking skills, and make recipes using all the MyPyramid food groups.
- Individuals learning English as a second language, who are learning how to cook and need to learn basic concepts of nutrition.
- Seniors, who need simple, easy-to-read and prepare recipes.

Inside Let’s Cook! you’ll find—
- More than fifty, healthy “I can cook” recipes—
  in large print and written at an early elementary reading level.
- Recipes in an easy-to-follow style of—
  What I Need  •  What I Use  •  What I Do
- Full color photos that showcase each recipe.
- Step-by-step preparations that take the guesswork out of what to do.
- Complete nutrient information.

Bulk Pricing Schedule

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<th>Books</th>
<th>Price</th>
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<tr>
<td>1 book:</td>
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<td>2 books:</td>
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<tr>
<td>24+ books:</td>
<td>$15.00/each</td>
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This pricing is available only from the publisher and doesn’t include shipping. Call (800) 322-5679 or email eatwell@hickorytech.net for more information.