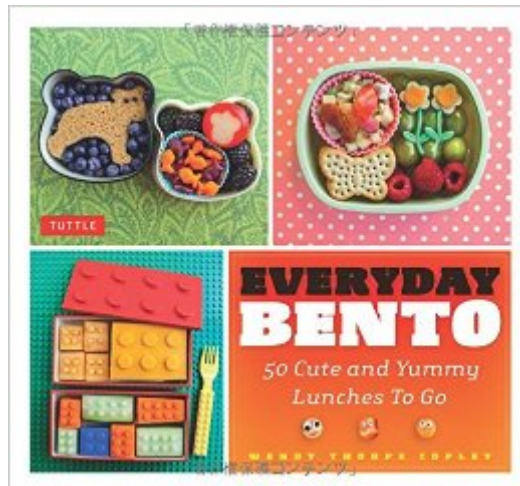


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# Everyday Bento: 50 Cute And Yummy Lunches To Go



## Synopsis

"[Everyday Bento] is packed with ideas for fun, delicious lunches."âAlphaMom.com Your kids will look forward to what's in their lunchbox every single day with the delightful collection of recipes in Everyday Bento! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try. For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for your budding ballerina. Create building bricks from healthy cheese, carrots and cucumbersâor a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, they'll try it! Wendy Thorpe Copley writes the popular bento blog Wendolonia, which takes the traditional Japanese concept of bentoâa single meal packed at home in a reusable containerâand Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento Rock and Roll Bento Snowman Bento Butterfly Bento Farm Yard Animals Bento Besides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check. Freshly-prepared lunches packed in portable, reusable bento boxes are also kind to the environment and easy on the walletâvery important in today's economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun themes that will appeal to children and adults alike. Follow the easy step-by-step instructions to recreate each bento box, or mix and match different elements from the book to make your own unique creations. Make lunch fun again with Everyday Bento!

## Book Information

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## Customer Reviews

When I first started making cute lunches I bought a bunch of bento books. They were so adorable and inspiring, but also completely intimidating. Even if I could make those lunches, my kid wouldn't have eaten them. I really wish I had had this book to get me started. The lunches are adorable AND easy to make, using foods my child recognizes and loves (but turned vegetarian with no problem!) I highly recommend this book for everyone

I'll be honest, I love bento and I don't pack lunches for kids. This book is a great resource for adults, too! I especially like the Idea List and the Foods by Color section - what a great way to quick-pick a lunch! The list includes things I usually already have in the refrigerator and pantry. Even if you don't have a supply of bento boxes, you'll see great examples of how to add a little flair to your lunch with the basics, too. The pictures are fun and descriptions are easy to follow, and the ingredients and equipment list make it easy to take a quick glance at what you'll need. What I find the most, though, is inspiration - following a few basic techniques (pack it tightly and neatly) and flipping through the pictures, I am ready to spruce up boring work lunches! A few items I'm definitely making: a rose from sliced deli meat, antipasti bento, radish roses, and strawberry hearts. I would recommend this book to anyone wanting to add interest to their own lunches (or for the kids, too, sure!). You'll learn how to make packing a bento quick and easy, find a wide variety of examples, and you'll probably think of some of your own ideas.

At first, when I looked through the book, I thought it was designed to make me feel like a bad parent for not putting this much work into my kids' lunches. But the more I read, the more I realized how many of the lunches Wendy made her kids were actually not that difficult to put together, and that with an extra 30 seconds or so I could do some similar things for my daughter. The photos are great, the text funny and straightforward. More than anything, though, this book shows us a new way to wake up creativity in our kids ALL the time - not just when they are drawing or painting. Even at snacktime, when kids are usually focused so much on consuming their lunch, there is an opportunity to show them something different and creative. And, of course, in doing this for our children, we wake up that same creative spirit in ourselves - which makes us better (and happier)

people and parents. I expected a cutesy collection of photos; I got something much more interesting and useful than that. I recommend the book very highly for any parent preparing lunch for schools or picnics or other trips, no matter how crafty (or non-crafty, like myself)!

I discovered that my children enjoy lunches when I use Bento box ideas. They take more interest in their sandwiches, meat, and vegetables. However, some of the items photographed in this book my children would never realistically eat. I have often placed "sacrificial vegetables" on my kids plates (items that I know they will try, but won't wholly consume without bribery or argument, so they get sacrificed to the garbage disposal) but I wouldn't make an entire meal out of them. I recommend this book for moms/dads looking for ideas to change up the regular pb&j to use as inspiration! Actually, I can see my husband using this book or even the kids helping to recreate these meals when they are older. I do love the beautiful photos!

This book is a great resource for anyone who makes their kids or themselves lunches and wants to break from the monotony. It offers clear steps for quickly and cheaply getting into packing bento style lunches. Guides on what tools to use and where to get them. Food lists for when you are stuck for ideas and beautiful photography of step by step instructions to recreate 50 very cute and yummy lunches. I have already tried a couple of ideas and my kids loved them. The steps are easy to follow and have pictures to guide you. It is also a great book to give to a picky eater to look through you may be surprised at what they want to try when it's presented in such a fun and colorful way. My kids looked through and asked for several lunches right away that I would not have thought they would touch! All in all a wonderful book and I look forward to making more of the lunches. I received this copy gratis as an early reviewer all thoughts are my own.

I knew from reading Wendy's blog for many years that this was going to be a great book with easy to follow instructions and fun photography. What I didn't expect was how much my kids would love it! They pick it up again and again and study each page while pointing out things they want me to make for them (our copy is a veritable porcupine of post-it note bookmarks). A fun and useful book that makes a great gift -- but be sure to get a copy for yourself as well!

What an awesome book! We have been fans of Wendy's blog for a long time and could not wait to get our hands on a copy of her book. This is a great book for people wanting to learn more about packing bento lunches or for people who just want to make their kids lunches cuter! This book has

lots of details, step by step instructions, and wonderful photos! My daughter(9yrs) likes to go through and pick out the ones she wants, and thanks to the step by step instructions it makes it easy for her to pack her own lunch too.Wonderful themed lunches such as Star Wars, Snow White, and Holiday themes too!My daughter says "Mrs. Wendy knocked it out of the park with this book Mom! It's amazing!"We love this book and recommend it to anyone that loves to pack their kids lunches!

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