Health Happens in Libraries

**Community Health Engagement – St. Charles Parish Library materials on display**

Below is a list of the library materials put on display during the Making Healthy Food Choices event held on April 9, 2015.

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| **Title** | **Author** |
| Food rules : an eater's manual / Michael Pollan | Pollan, Michael |
| Eat well / author Charity Ferreira, general editor Chuck Williams, photographer Kana Okada | Ferreira, Charity |
| Budget bytes : over 100 easy, delicious recipes to slash your grocery bill in half / Beth Moncel | Moncel, Beth |
| The Mayo Clinic kids' cookbook : 50 favorite recipes for fun and healthy eating | Mayo Clinic |
| How to read food product labels / Kim Etingoff | Etingoff, Kim |
| Nutrition and food safety : a guide to nutrition / Terry L. Smith | Smith, Terry L. (Terry Lane) |
| Vegucated / [videorecording] / producers, Frank Mataska, Demetrius Bagley | Wolfson, Marisa Miller |
| Planeat / [videorecording] / Studio at 58 and Dartmouth Films present a Studio at 58 production ; directed, filmed & edited by Shelley Lee Davies, Or Shlomi ; produced by Shelley Lee Davies, Or Shlomi, Christopher Hird | Davies, Shelley Lee |
| Foodmatters : you are what you eat / [videorecording] |  |
| Hungry for change / [videorecording] / Permacology Productions presents a FoodMatters film ; a film by James Colquhoun and Laurentine ten Bosch ; directed by Carlo Ledesma and Laurentine ten Bosch ; producer, James Colquhoun | Ledesma, Carlos |
| Forks over knives / [videorecording] / Monica Beach Media presents ; producer, John Corry ; written and directed by Lee Fulkerson | Fulkerson, Lee |
| The simple art of eating well cookbook : 400 easy recipes, tips and techniques for delicious, healthy meals / by Jessie Price & the Eating Well Test Kitchen ; principal photography by Ken Burris | Price, Jessie |
| Quick & easy meals | John Wiley & Son |
| The family cooks : 100+ recipes to get your family craving food that's simple, tasty, and incredibly good for you / Laurie David ; foreword by Katie Couric | David, Laurie |
| Weeknight wonders : delicious healthy dishes in 30 minutes or less / Ellie Krieger ; photography by Quentin Bacon | Krieger, Ellie |
| Fresh food superfast / [senior editor, Heather Averett] | Averett, Heather |
| Eating well on a budget : amazing meals for less than $3 a serving : 140 delicious, healthy, affordable recipes / by Jessie Price & The EatingWell Test Kitchen | Price, Jessie |
| The all-natural diabetes cookbook : the whole food approach to great taste and healthy eating / Jackie Newgent | Newgent, Jackie |
| A good food day : 125 recipes for great food and great health / Marco Canora, with Tammy Walker ; photographs by Michael Harlan Turkell | Canora, Marco |
| Snack attack! : over 150 guilt-free treats for healthy munching / Ruth Glick | Glick, Ruth, 1942- |
| $5 a meal college cookbook : good cheap food for when you need to eat / Rhonda Lauret Parkinson, with B.E. Horton | Lauret Parkinson, Rhonda |
| The $5 a meal college vegetarian cookbook : good, cheap vegetarian recipes for when you need to eat / Nicole Cormier | Cormier, Nicole |
| Come to the table / [sound recording] / Neta Jackson | Jackson, Neta |
| What to eat | Quinlivan, Rachel |