

Do You Have An Appetite For Adventure?

(NAPSA)—You don't have to cross the Congo, hike through the Himalayas or explore Egyptian pyramids to add some adventure to your life. All you need is a spatula, a can opener, a few measuring bowls—and, of course, your own sense of adventure.

Hold on tight and prepare to explore a hidden world of food and fun with the Canned Food Alliance's (CFA) *Adventures in the Kitchen Kid's Cookbook*. The action-packed cookbook features 25 kid-friendly recipes and includes dozens of wild and wacky games and activities. Several adventure-loving celebrities contributed their favorite recipes to the cookbook, including television personality Deborah Norville, Olympic snowboarder Shannon Dunn and "Survivor" winner Tina Wesson, as well as kid stars Carly Shroeder and Dakota Fanning. For each celebrity who submitted a recipe, the CFA made a donation to Share Our Strength's Children's Hour to raise awareness of childhood hunger nationwide.

"Cooking with my kids allows my family to have fun and is always an adventure!" said Deborah Norville, anchor of television's "Inside Edition" and cookbook participant. "And with the help of canned food, our adventures can be both nutritious and convenient. I was happy to donate a recipe to the CFA's *Adventures in the Kitchen Kid's Cookbook* since it benefits a great charity in Share Our Strength and encourages kids to discover hidden treasures in their kitchen."



The *Adventures in the Kitchen Kid's Cookbook* is available at www.mealtime.org.

Consumers can easily receive a free cookbook:

- Visit the CFA Web site at www.mealtime.org and click on the *Adventures in the Kitchen* icon;

- From there, consumers can follow the directions to make a donation to Share Our Strength's Children's Hour; and

- Once a donation is received, a free copy of the *Adventures in the Kitchen Kid's Cookbook* will be sent to consumers in appreciation for supporting the fight against childhood hunger.

Consumers who do not have access to the Internet can send a donation to: Share Our Strength, P.O. Box 991, Pittsburgh, PA 15230.

"The *Adventures in the Kitchen Kid's Cookbook* teaches kids that cooking can be a fun, action-packed, family affair," said Connie Evers, child nutrition consultant and author of *How to Teach Nutrition to Kids*. "Good eating habits start when kids get excited about cooking colorful, fun recipes with nutritious ingredients. Preparing

recipes with canned food is always a smart choice because of the variety of healthy fruits, vegetables, soups, stews, beans and meats available today. In fact, recent studies have shown that recipes using canned ingredients provide the same nutrition and taste appeal as those made with fresh or frozen foods."

The *Adventures in the Kitchen Kid's Cookbook* was created to benefit Share Our Strength's Children's Hour. Through the Children's Hour program, Share Our Strength challenges each American to donate one hour of their earnings to end childhood hunger and poverty in communities nationwide. Children's Hour contributions are invested in local, state and national agencies providing direct food assistance, growth and nutrition services, nutrition education programs, and public education and advocacy efforts.

About the Canned Food Alliance

The Canned Food Alliance is a partnership of the American Iron and Steel Institute's Steel Packaging Council, the Can Manufacturers Institute and selected food processors. The primary mission of the Canned Food Alliance is to serve as a resource for information on the convenience, contemporary appeal, nutrition and versatility of canned food, more than 90 percent of which is packaged in recyclable steel cans. For hundreds of mealtime solutions, you can visit the Canned Food Alliance online at www.mealtime.org.