

Media Release

Anyone Can Cook Dinner by Sandi Richard



Anyone can Cook dinner

The Best of Sandi Richard
Easy, affordable and insanely
delicious meals, even your
teens will love to cook and eat.

by Sandi Richard

192 pages • \$26.99 CDN

10 weeks of meals

Color photographs throughout

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Available at bookstores and
retailers across the country.

Easy, affordable and insanely
delicious meals, even your teens will love to
cook and eat.

Sandi Richard's *Anyone Can Cook Dinner* is a compilation of Sandi's **BEST** and **EASIEST** meal recipes from her entire collection (with a twist)! They have been **updated**, **revised** and **retested** to meet a very high standard for flavor, speed, ease and affordability (and all are around 500 calories)!

In this edition, Sandi focuses on young adults and teens living at home. Families are busier than ever and can't always cook together so she's created a new **At-a-Glance™** system so that they are able to be **Cooking Together/Apart™!** **Watermarks**, **Sticky Notes** and **Take 5™** symbols make cooking dinner easier than ever! Test families couldn't believe how much their teens and young adults loved doing their part! If you have a family, *Anyone Can Cook Dinner* will become the new family classic for getting to the table during your busy work week!

Sandi Richard is the three-time award winning meal planning expert on Food Network Canada, American Life and Discovery Asia. She is the author of six international best selling books and has helped hundreds of thousands of families get back to the dinner table. Whether Sandi is speaking to employees through wellness providers or junior high students through her cKinect-Ed program, there's no doubt she is determined to get everyone cooking at home!

To book an interview with Sandi, contact *Cooking for the Rushed* by phone at (289) 362-3772 or email info@cookingfortherushed.com. Information is also available online at cookingfortherushed.com or sandirichard.com.

Cooking Together/Apart™ will help you to eat healthier, save a ton on groceries and save you swacks of time all while removing the, "What's for Dinner?" mind chatter in the work week! It's the ultimate in taking dinner off your mind!

