

Read Book My Fridge My First Of Food Pdf For Free

My Fridge My Fridge Maddi's Fridge The Shivers in the Fridge There's a Monster in My Fridge Fridge Love Duck in the Fridge The Magical Fantastical Fridge The Girl on the Fridge Life on the Refrigerator Door When You Eat at the Refrigerator, Pull Up a Chair Finding It Round Ireland with a Fridge Leaving Home with Half a Fridge Chilled Life On The Refrigerator Door My First Time Life on the Refrigerator Door My First Coup d'Etat Refrigerator The Day I Ran Away My First Dictionary Fridge Straight from the Fridge, Dad The Refrigerator Monologues Ferret in the Bedroom, Lizards in the Fridge My First Book of Growing Food A Fridge for a Picasso Monsters: The 1985 Chicago Bears and the Wild Heart of Football Deep Run Roots A Mammoth in the Fridge My Very First Book of Food Summary of Kristen Hong's Fridge Love Ants in the Fridge Fridge-opolis Penguins in the Fridge Sorrows Can Swim Duck on a Disco Ball From Black Sox to Three-Peats The Midnight Fridge

Stories in rhyme. With humor and warmth, this children's picture book raises awareness about poverty and hunger!--?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" /-- Best friends Sofia and Maddi live in the same neighborhood, go to the same school, and play in the same park, but while !--?xml:namespace prefix = st1 ns = "urn:schemas-microsoft-com:office:smarts" /--Sofia's fridge at home is full of nutritious food, the fridge at Maddi's house is empty. Sofia learns that Maddi's family doesn't have enough money to fill their fridge and promises Maddi she'll keep this discovery a secret. But because Sofia wants to help her friend, she's faced with a difficult decision: to keep her promise or tell her parents about Maddi's empty fridge. Filled with colorful artwork, this storybook addresses issues of poverty with honesty and sensitivity while instilling important lessons in friendship, empathy, trust, and helping others. A call to action section, with six effective ways for children to help fight hunger and information on antihunger groups, is also included. From the bestselling author of *Women Food and God!* Geneen Roth's pioneering books were among the first to link emotional eating and perpetual dieting with deeply personal issues that go far beyond weight and body image. In *When You Eat at the Refrigerator, Pull Up a Chair*, Roth tackles the secret ways in which we undermine our best intentions. She shows us fifty simple, effective ways to feel gorgeous and powerful no matter what--in chapters such as: Learn to Recognize a Fat-and-Ugly Attack Retail Therapy Is as Important as the Other Kind Carry a Chunk of Chocolate Everywhere Remember that Thin People Have Cellulite, Get Old, and Die and much more *When You Eat at the Refrigerator, Pull Up a Chair* is the book for anyone who has ever had a second thought about their body appearance or weight. Please note: This is a companion version & not the original book. Sample Book Insights: #1 The first step to fridge love is to appreciate the gift of modern refrigeration. We have the infrastructure and technology to make the healthiest foods possible, and we take this for granted. #2 Refrigeration is only about 150 years old. Before that, drying, smoking, salting, slathering foods with honey, pickling, and fermenting were the predominant ways to preserve food. #3 The first icehouses and refrigeration were in desert civilizations, where getting your hands on some chilled wine or a cool breeze on a stifling day was largely reserved for royalty and the wealthiest citizens. By the early 1800s, American businessmen were jumping into the budding natural ice business. #4 The first fridges were huge, hulking machines that required trained technicians to operate. They contained chemicals known to be poisonous, and tended to spontaneously explode. It would take over one hundred years of experimenting to find the right combination of gas and machinery. *Life on the Refrigerator Door* is a poignant and deeply moving first novel about the bonds of love and frustration that tie mothers and

daughters together. Told entirely in a series of notes left on the kitchen fridge—some casual, some intimate, some funny, some angry—it is the story of nine months in the life of 15-year-old Claire and her single mother. Preoccupied with their busy separate lives, rarely in the same room at the same time, they talk to each other in a series of short snippets that reflect the daily drama of school, boyfriends, work and chores that make up their days. Yet the mundane soon becomes extraordinary when a crisis overtakes their lives—a momentous change that will redefine their relationship and unfold in their exchanges on the refrigerator door. Short, powerful and unforgettable, Kuipers' novel looks deep into the complex relationship between mothers and daughters, and the distances that can open up between people who live together but exist in their own worlds. Unfolding in a wonderfully simple and intimate narrative, *Life on the Refrigerator Door* will appeal to readers across the generations, delivering universal lessons about love. From the New York Times bestselling author Catherynne Valente comes a ferocious riff on the women in superhero comics. *The Refrigerator Monologues* is a collection of linked stories from the points of view of the wives and girlfriends of superheroes, female heroes, and anyone who's ever been "refrigerated": comic book women who are killed, raped, brainwashed, driven mad, disabled, or had their powers taken so that a male superhero's storyline will progress. In an entirely new and original superhero universe, Valente subversively explores these ideas and themes in the superhero genre, treating them with the same love, gravity, and humor as her fairy tales. After all, superheroes are our new fairy tales and these six women have their own stories to share. This colourful first dictionary introduces over 200 essential first words. Each word is illustrated and explained with a simple definition as well as a contextual sentence. There are icons to show which words can be 'sounded out' easily and Letterland phonics stories to help children learn and remember new spelling patterns. When the fire department comes to remove a mammoth from the refrigerator, he bolts from the fridge with the family and firefighters chasing him. Do you know where milk and eggs come from? And that protein makes you stronger? This amusing board book, which is shaped like a refrigerator, shows many of the foods you typically find inside one, from plump strawberries and yummy apples to delicious milk, yogurt, fish, tofu, cheese, and many other treats. The playful illustrations and fun text will satisfy all the mini-eaters, hungry bookworms, and curious future chefs out there. Kid foodies rejoice!

Sometimes in the mornings, a little boy notices things look a little off-like when he sees a disco ball in the kitchen...with his toy duck on it. So one night he decides to stay up in this high-energy, pun-filled companion to "Duck in the Fridge." Full color.olor. Collects early short stories by the Israeli author, on various topics including war, relationships, and aging. *My First Coup D'Etat* chronicles the coming-of-age of John Dramani Mahama in Ghana during the dismal post-independence 'lost decades' of Africa. He was seven years old when rumours of a coup reached his boarding school in Accra. His father, a minister of state, was suddenly missing, then imprisoned for more than a year. *My First Coup D'Etat* offers a look at the country that has long been considered Africa's success story. This is a one-of-a-kind book: Mahama's is a rare literary voice from a political leader, and his stories work on many levels - as fables, as history, as cultural and political analysis, and, of course, as the memoir of a young man who, unbeknownst to him or anyone else, would grow up to be vice president of his nation. Though non-fiction, these are stories that rise above their specific settings and transport the reader - much like the fiction of Isaac Bashevis Singer and Nadine Gordimer - into a world all their own, one which straddles a time lost and explores the universal human emotions of love, fear, faith, despair, loss, longing, and hope despite all else. Upper and lower halves of divided pages can be turned separately, to match words having to do with words and pictures of various animals with various types of food. Welcome back to chez Bertinelli, where life is as crazy and comical as ever. In revealing talks with her longtime boyfriend, Tom, Valerie gets even more personal about her inner worries: her maternal anxieties about her son, Wolfie (he's fallen in love and, as she writes, "getting your sex talk from Eddie Van Halen wasn't recommended in any of the parenting books I read"); the challenges of dealing with a blended family; her mother's own new diet adventure; and a craving for a deeper relationship with a Higher Power ("I have experienced days of inner peace and connectedness with a larger spirit -- twice," she writes. "Why not more often?"). And

as if these everyday challenges weren't enough, Valerie is work-ing to maintain her own very public weight loss. She even gets to thinking she might kick it up a notch, shed more weight and get so buff she can wear a bikini -- in public. In this new, inspiring memoir from the beloved actress and author of the bestseller *Losing It*, Valerie tells the story of what happens after you change your life. It's not all peaches and cream, or even non-fat yogurt. In *Finding It*, Valerie comes face-to-face with hard questions of family, faith, and beachwear, and realizes that she's hungering for another transformation -- to become better, not just thinner. Forget the scale; the real change is happening inside, and Valerie realizes that this is the part of dieting that no one ever talks about -- the reality of keeping the pounds off. Dieting fixes one problem, she discovers, but to maintain that weight loss, she has to work on everything else -- all the reasons she got fat in the first place. Warm and friendly, honest and self-aware -- like a talk with your BFF -- *Finding It* tells of the common worries and frustrations, the funny and fabulous moments in Valerie's publicly private life. Humorous and humble, it is also the emotional story of family and the deep bonds and patterns that persist through generations: for as Valerie transitions to her latest role of motherhood with an increasingly independent son, she connects with her own mother in a profound new way. With the same winning wit and candor that touched several generations of fans in *Losing It*, *Finding It* is an optimistic story for trying times. It's about believing in love and happiness, having faith that both are possible, and finding out that God does want you to enjoy life's desserts -- even when you're on a diet. Bears, Bulls, Cubs, Sox, Blackhawks—there's no city like Chicago when it comes to sports. Generation after generation, Chicagoans pass down their almost religious allegiances to teams, stadiums, and players and their never-say-die attitude, along with the stories of the city's best (and worst) sports moments. And every one of those moments—every come-from-behind victory or crushing defeat—has been chronicled by Chicago's unparalleled sportswriters. In *From Black Sox to Three-Peats*, veteran Chicago sports columnist Ron Rapoport assembles one hundred of the best columns and articles from the Tribune, Sun-Times, Daily News, Defender, and other papers to tell the unforgettable story of a century of Chicago sports. From Ring Lardner to Rick Telander, Westbrook Pegler to Bob Verdi, Mike Royko to Hugh Fullerton, Melissa Isaacson to Brent Musburger, and on and on, this collection reminds us that Chicago sports fans have enjoyed a wealth of talent not just on the field, but in the press box as well. Through their stories we relive the betrayal of the Black Sox, the cocksure power of the '85 Bears, the assassin's efficiency of Jordan's Bulls, the Blackhawks' stunning reclamation of the Stanley Cup, the Cubs' century of futility—all as seen in the moment, described and interpreted on the spot by some of the most talented columnists ever to grace a sports page. Sports are the most ephemeral of news events: once you know the outcome, the drama is gone. But every once in a while, there are those games, those teams, those players that make it into something more—and great writers can transform those fleeting moments into lasting stories that become part of the very identity of a city. *From Black Sox to Three-Peats* is Chicago history at its most exciting and celebratory. No sports fan should be without it. Alice hasn't been home for a while – for seven years, in fact. But when her little sister Lo tries to take her own life, she has to return to the life she left behind. The change of scenery from London to Norfolk proves quite the culture shock, however, and Alice has to confront what she left behind all those years ago. The sisters' relationship hasn't evolved in Alice's absence, and when she steps through the door she's plunged back into the same world she escaped from. Set against Norfolk's bleak landscapes, but masquerading as childhood nostalgia, *Fridge* is an all-too-familiar exploration of the broken promises of youth, and a bitter exposition of a generation left behind. 'Zadow offers a powerful and thought-provoking look at the intricacies of memory, nostalgia and the tribulations of early adulthood.' James Bell, *A Younger Theatre* This debut picture book is a humorous introduction to recycling and composting for young readers! There is rioting, rotting, and reeking. Please send us your Lemon Fresh group! Bring all your top sponges and cleaners. Our city smells worse than . . . pea soup! In the jam-packed city of Fridge-opolis, Swiss cheese has turned moldy and bleu. The broccoli is in a bad mood downtown in the crispers. And the Eastside high-rises are full of dressings cloudy with gloom. With the city in chaos, Mayor Mayonnaise calls on Doctor Baking Soda at Undersink Labs for help. Will they be able

to save Fridge-opolis from utter rancid ruin? Recounts the author's experiences hitchhiking on a bet all the way around Ireland with a small refrigerator, and shares his impressions of the people and places along the way. #1 New York Times Bestselling novelist Harlan Coben partners with a talented debut illustrator in this fantastical and funny adventure for fans of David Wiesner and William Joyce It's family dinner night, and Walden would like to be anywhere other than the kitchen in the middle of chores. Suddenly his wish is granted: He is magically swooped into one of his own drawings on the fridge, and finds himself on a one-of-a-kind adventure. After battling a crayon monster, he catches a plane ride into an old photo, escapes a troop of monkeys by cannonballing into an aquarium ticket, survives an ice-maker earthquake, and more. Kids will love studying the dynamic, comic-book-inspired illustrations in this zany, surprise-filled journey that culminates in a heartfelt appreciation of family. Mom, I went to the store. See inside the fridge. I watered the plants. I cleaned out Peter's cage. I tidied the sitting room. And the kitchen. And I did the washing up. I'm going to bed. Your live-in servant, Claire Life on the Refrigerator Door is told exclusively through notes exchanged by Claire and her mother, Elizabeth, during the course of a life-altering year. Their story builds to an emotional crescendo when Elizabeth is diagnosed with breast cancer. Stunningly sad but ultimately uplifting, this is a clever, moving, and original portrait of the relationship between a daughter and mother. It is about how we live our lives constantly rushing, and never making time for those we love. It is also an elegy to how much can be said in so few words, if only we made the time to say them. A new edition of this simultaneously heartbreaking and heart-warming novel by Alice Kuipers. This raw and powerful autobiography follows the life of a registered nurse who turns to alcohol to help chase away her demons brought on by persistent physical and mental domestic abuse, rape, workplace bullying, and deteriorating mental health. At first, it seems like a magic cure, and she is able to live nearly a normal life. But as the siren call of the bottle increases, her dependence on drinking grows. Soon she is unable to work, and what was left of her social life disappears. After attempting suicide and spending time recovering in the hospital, she begins her long and difficult road to recovery, focused on building a new life. Sorrows Can Swim is a dramatic reminder that addiction and trauma can affect anyone, even those educated in how to treat them. It is a rallying cry for those fighting addiction and dealing with trauma, and brings an inspiring message of hope for us all. When Dad was a boy, he found a duck in the fridge, and so begins his explanation as to why he reads Mother Goose rhymes to his own son every night. Introducing Terra Babies at Home, a new board book series that presents plants, animals, and the environment to early readers from the intimacy of their home and helps them connect to the natural world. My First Book of Growing Food is a beautiful introduction for babies and toddlers to the benefits of growing food, helping them to develop a connection with the natural world. Like other titles in the earth-friendly series Terra Babies at Home, this book is made with FSC materials and nontoxic inks, and it is recyclable. Simple and quirky text pairs with charming art by Åsa Gilland (The Perfect Shelter) in this book where future nature lovers will learn about growing simple foods in a friendly and easy way while being introduced to basic concepts of the environment. Tots will learn that lettuce and tomatoes are easy to grow; herbs like rosemary, mint, and cilantro grow happily next to a bright window; and yes, tots can grow their own strawberries. And that's not all: The book shows readers how to start their own herb garden in twelve easy steps! A one-of-a-kind guide to organizing your fridge--including practical tips for meal prep and storage, plus more than 100 recipes--that makes it easier to eat better, save money, and get the most out of your food Practicing "fridge love" is a roadmap to eating healthier, saving money, and reducing food waste while enjoying a beautiful and harder-working fridge. This book--part organizational guide and part food-prep handbook--is your guide. Author Kristen Hong adopted a nutrient-dense, plant-based diet in an effort to lose weight and improve her health. But amidst the demands of day-to-day life and a busy family, she found it impossible to stick to. The solution? A smarter, better-organized fridge that served her real-life needs. In this invaluable resource, you will discover how a beautifully organized fridge can make your life--including healthy eating for the whole family--easier. It covers general fridge organization (for all models and configurations) as well as shopping tips, storage guidelines, the best meal-prep

containers, and more than 100 easy plant-based recipes made for meal prepping. A gallery of famous and eccentric figures animate this entertaining and informative autobiography. Not least is John Jesse who treats life as fun yet established himself as a respected specialist in his field of Art Nouveau and Art Deco. The book is richly illustrated with some of the works he has collected and sold. Joe wants a pet. Joe's mother doesn't. "They're too expensive, ' she says. Or too big, or too smelly, or too noisy.' But Joe thinks up a way to get round these problems; he takes out his scissors and glue and his paint and some tubes of cardboard, and he makes a pet penguin called Pingwing, who is allowed to live in the fridge. Pingwing is such a success that Joe makes some friends and family to keep him company. But once he's started making penguins, he doesn't know when to stop ... Righteous jive for all you weedheads, moochers, b-girls, gassers, bandrats, triggermen, grifters, snowbirds, and long-gone daddies. Much of the slang popularly associated with the hippie generation of the 1960s actually dates back to before World War II, hijacked in the main from jazz and blues street expressions, mostly relating to drugs, sex, and drinking. Why talk when you can beat your chops, why eat when you can line your flue, and why snore when you can call some hogs? You're not drunk—you're just plumb full of stagger juice, and your skin isn't pasty, it's just caf? sunburn. Need a black coffee? That's a shot of java, nix on the moo juice. Containing thousands of examples of hipster slang drawn from pulp novels, classic noir and exploitation films, blues, country, and rock 'n' roll lyrics, and other related sources from the 1920s to the 1960s, *Straight from the Fridge*, Dad is the perfect guide for all hep cats and kittens. Think of it as a sort of *Thirty Days to a More Powerful Vocabulary* for the beret-wearing, bongo-banging set. *Solid*, Jackson. *Object Lessons* is a series of short, beautifully designed books about the hidden lives of ordinary things. Have you ever thought seriously about your refrigerator? The box humming in the background actually displays who you are and the society in which you live. This book examines the past, present, and future of the electric household refrigerator with an eye towards preventing its users from ever taking it for granted again. No mere container for cold Cokes and celery stalks, the refrigerator is actually more like a mirror—and what it reflects is chilling indeed. *Object Lessons* is published in partnership with an essay series in the *The Atlantic*. Vivian Howard, star of PBS's *A Chef's Life*, celebrates the flavors of North Carolina's coastal plain in more than 200 recipes and stories. This new classic of American country cooking proves that the food of Deep Run, North Carolina -- Vivian's home -- is as rich as any culinary tradition in the world. Organized by ingredient with dishes suited to every skill level, from beginners to confident cooks, *Deep Run Roots* features time-honored simple preparations alongside extraordinary meals from her acclaimed restaurant *Chef and the Farmer*. Home cooks will find photographs for every single recipe. Ten years ago, Vivian opened *Chef and the Farmer* and put the nearby town of Kinston on the culinary map. But in a town paralyzed by recession, she couldn't hop on every new culinary trend. Instead, she focused on rural development: If you grew it, she'd buy it. Inundated by local sweet potatoes, blueberries, shrimp, pork, and beans, Vivian learned to cook the way generations of Southerners before her had, relying on resourcefulness, creativity, and the traditional ways of preserving food. *Deep Run Roots* is the result of years of effort to discover the riches of Eastern North Carolina. Like *The Fannie Farmer Cookbook*, *The Art of Simple Food*, and *The Taste of Country Cooking* before it, this is landmark work of American food writing. Recipes include: Family favorites like Blueberry BBQ Chicken Creamed Collard-Stuffed Potatoes Fried Yams with Five-Spice Maple Bacon Candy Chicken and Rice Country-Style Pork Ribs in Red Curry-Braised Watermelon Show-stopping desserts like Warm Banana Pudding, Peaches and Cream Cake, Spreadable Cheesecake, and Pecan-Chewy Pie. You'll also find 200 more quick breakfasts, weeknight dinners, holiday centerpieces, seasonal preserves, and traditional preparations for all kinds of cooks. The gripping account of a once-in-a-lifetime football team and their lone championship season For Rich Cohen and millions of other fans, the 1985 Chicago Bears were more than a football team: they were the greatest football team ever—a gang of colorful nuts, dancing and pounding their way to victory. They won a Super Bowl and saved a city. It was not just that the Monsters of the Midway won, but how they did it. On offense, there was high-stepping running back Walter Payton and Punky QB Jim McMahon, who had a knack for

issing off Coach Mike Ditka as he made his way to the end zone. On defense, there was the 46: a revolutionary, quarterback-concussing scheme cooked up by Buddy Ryan and ruthlessly implemented by Hall of Famers such as Dan "Danimal" Hampton and "Samurai" Mike Singletary. On the sidelines, in the locker rooms, and in bars, there was the never-ending soap opera: the coach and the quarterback bickering on TV, Ditka and Ryan nearly coming to blows in the Orange Bowl, the players recording the "Super Bowl Shuffle" video the morning after the season's only loss. Cohen tracked down the coaches and players from this iconic team and asked them everything he has always wanted to know: What's it like to win? What's it like to lose? Do you really hate the guys on the other side? Were you ever scared? What do you think as you lie broken on the field? How do you go on after you have lived your dream but life has not ended? The result is *Monsters: The 1985 Chicago Bears and the Wild Heart of Football*, a portrait not merely of a team but of a city and a game: its history, its future, its fallen men, its immortal heroes. But mostly it's about being a fan—about loving too much. This is a book about America at its most nonsensical, delirious, and joyful. What happens when you realize you have kissed the wrong frog? Do you stop kissing, find another frog or learn how to live without one? *Leaving Home with Half a Fridge* is a heart-warming tale of one woman's journey - about how she handled the dissolution of her marriage and her subsequent life as a singleton. The book follows the breakdown of the marriage, her decision to get a divorce, the trauma of doing so, depression and finally overcoming it all to become a stronger, happier person. Written with much wit, wisdom and warmth, here is a memoir which anybody who has loved and lost will relate to. The refrigerator. This white box that sits in the kitchen may seem mundane nowadays, but it is one of the wonders of 20th century science - life-saver, food-preserver and social liberator, while the science of refrigeration is crucial, not just in transporting food around the globe but in a host of branches on the scientific tree. Refrigerators, refrigeration and its discovery and applications provides the remarkable and eye-opening backdrop to *Chilled*, the story of how science managed to rewrite the rules of food, and how the technology whirring behind every refrigerator is at play, unseen, in a surprisingly broad sweep of modern life. Part historical narrative, part scientific mystery-lifter, *Chilled* looks at the ice-pits of Persia (Iranians still call their fridge the 'ice-pit'), reports on a tug of war between 16 horses and the atmosphere, bears witness to ice harvests on the Regents Canal, and shows how bleeding sailors demonstrated to ship's doctors that heat is indestructible, featuring a cast of characters such as the Ice King of Boston, Galileo, Francis Bacon, and the ostracised son of a notorious 18th-century French traitor. As people learned more about what cold actually was, scientists invented machines for making it, with these first used in earnest to chill Australian lager. The principles behind those white boxes in the kitchen remain the same today, but refrigeration is not all about food - for example, a refrigerator is needed to make soap, penicillin or orange squash; without it, IVF would be impossible. Refrigeration technology has also been crucial in some of the most important scientific breakthroughs of the last 100 years, from the discovery of superconductors to the search for the Higgs boson. And the fridge will still be pulling the strings behind the scenes as teleporters and intelligent computer brains turn our science-fiction vision of the future into fact. One-by-one, the members of the Shivers family disappear from the inside of their chilly refrigerator home. Extended care and assistance for the elderly is now classified as caregiving. In this world of caregiving there exists the good, the bad and the ugly. Who knew?... Winner: Mom's Choice Award While Dad tucks her in, a little girl named Grace calmly recounts her day—which was anything but calm. She had a tantrum (because of some injustices involving a purple shirt and breakfast cereal) and was banished to her bedroom before deciding to run away. Understanding that kids have ups and downs, Grace's mom wisely gave her daughter the space and time she needed to reach her own decision to return home—to open arms. *The Day I Ran Away* amusingly captures Grace's mutable moods and childlike logic. Warm, humorous digital paintings offer fun details to keep little listeners busy. Kids can compare the bedtime and daytime scenes and try to figure out how Grace got that purple paw-print on her cheek—and when it got washed away. They can mimic Grace's facial expressions or copy her poses for some soothing bedtime yoga. And of course, they can create a safe place to run away to when the

injustices of Pre-K existence become too much to bear. A pop-up tent in the yard and the haven beneath the dining room table are excellent run-away destinations, as long as you come home for dinner. Liz tells her zoologist father he must get rid of all the homeless animals he keeps at their house or she'll never win the sixth-grade class presidency, but when they're gone she misses them and learns there are more important things than winning. This fun split page book is full of scary monsters - doing silly things! A hilarious story from Caryl Hart with lovable yet atmospheric illustrations from Deborah Allwright, bestselling illustrator of *The Night Pirates*. Claire and her mother are running out of time, but they don't know it. Not yet. Claire is wrapped up with the difficulties of her burgeoning adulthood—boys, school, friends, identity; Claire's mother, a single mom, is rushed off her feet both at work and at home. They rarely find themselves in the same room at the same time, and it often seems that the only thing they can count on are notes to each other on the refrigerator door. When home is threatened by a crisis, their relationship experiences a momentous change. Forced to reevaluate the delicate balance between their personal lives and their bond as mother and daughter, Claire and her mother find new love and devotion for one another deeper than anything they had ever imagined. Heartfelt, touching, and unforgettable, *Life on the Refrigerator Door* is a glimpse into the lives of mothers and daughters everywhere. In this deeply touching novel told through a series of notes written from a loving mother and her devoted fifteen-year-old daughter, debut author Alice Kuipers deftly captures the impenetrable fabric that connects mothers and daughters throughout the world. Moving and rich with emotion, *Life on the Refrigerator Door* delivers universal lessons about love in a wonderfully simple and poignant narrative. Do you know where milk and eggs come from? And that protein makes you stronger? This amusing board book, which is shaped like a refrigerator, shows many of the foods you typically find inside one, from plump strawberries and yummy apples to delicious milk, yogurt, fish, tofu, cheese, and many other treats. The playful illustrations and fun text will satisfy all the mini-eaters, hungry bookworms, and curious future chefs out there. Kid foodies rejoice!