



Cool Fuel for School eCookbook Available Free on MrFood.com

FOR IMMEDIATE RELEASE

Fort Lauderdale, FL (August 1, 2014) — Give your kids the fuel they need to conquer the school day with the Mr. Food Test Kitchen's latest free eCookbook, [*Cool Fuel for School: 30 Recipes for Kid-Friendly Meals*](#) sponsored by the [National Frozen & Refrigerated Foods Association, Inc.](#) Featuring kid-friendly recipes for breakfast, lunch, dinner, dessert, and even snack time, this free eCookbook uses the convenience of frozen and refrigerated foods to provide nutritious, delicious, and convenient meal solutions without the mealtime battle with your kids.

The [USDA's MyPlate Kid's Place](#) encourages parents and educators to help kids make healthier choices, in order to live a healthier lifestyle. The USDA recommends that half of your plate should be comprised of fruits and veggies, stating that "fresh, frozen, and canned fruits and vegetables are all smart choices." The Mr. Food Test Kitchen's latest eCookbook allows parents to serve their kids healthy and balanced meals, while still enjoying the convenience of frozen and refrigerated shortcuts.

The [Cool Fuel for School](#) eCookbook is filled with convenient, quick 'n' easy kid-friendly recipes, for every meal of the day. Some of the recipes included in this eCookbook collection are: **Super Breakfast Sundaes** (page 6), **PB&J Waffle Sandwiches** (page 10), **Magical Mac 'n' Cheese** (page 13), **Family-Favorite Tuna Noodle Casserole** (page 16), **Tutti Frutti Dessert Pizza** (page 23), **Mini Fruit Pockets** (page 25), and more! Now you can cook easy meals at home that the whole family will enjoy. You'll have everyone saying "OOH, IT'S SO GOOD!!®"

Download the free [Cool Fuel for School](#) eCookbook today!

<http://www.mrfood.com/Editors-Picks/Cool-Fuel-for-School-30-Recipes-for-Kid-Friendly-Meals-free-eCookbook>

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Recipes and photos available upon request.

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About Mr. Food Test Kitchen:

The Mr. Food Test Kitchen is an established, diversified, media brand that has championed the benefits of quick and easy cooking at home for more than 30 years. Today, the Mr. Food Test Kitchen TV segment is nationally syndicated through CBS Television Distribution, boasting a daily audience of nearly 3.5 million viewers between broadcast and TV digital platforms. Through its publishing division, Cogin, Inc., the Mr. Food Test Kitchen has sold millions of books, making it one of the nation's most successful cookbook authors. In addition to print and video, the Mr. Food Test Kitchen has MrFood.com, one of the country's fastest growing recipe websites with millions of page views weekly and more than 1.8 million unique visitors monthly. (www.mrfood.com)