

# The new cookbook from Julemærkehjemmene (Christmas seal homes) creates great value for the whole family

The cookbook, titled “Mad i fællesskab” (“Cooking together”), is designed to bring families with children aged 7–14 into the kitchen to make delicious everyday food and learn healthy eating habits.

Cooking provides an opportunity for cosy and intimate moments that inspire the whole family to be curious about enjoying, sensing, tasting and experimenting with new taste experiences. Children become aware of the choices they make in the kitchen and take a hands-on role in adjusting flavours, which gives them positive and important experiences with food.

## **Togetherness and healthy habits give us an appetite for more**

Food is one of the cornerstones of the Christmas seal homes’ work with children, and should provide the same sense of togetherness as an active outdoor activity or game. The same feeling needs to be integrated into the family kitchen, making healthy habits and good food a great experience and creating dishes that give us an appetite for more.

The cookbook contains 128 recipes and provides inspiration for learning about food waste, seasonal vegetables, shopping lists, etc., and of course the story of the Christmas seal homes. Stibo Complete has produced this beautiful cookbook with spiral binding, which makes it easier to use when following recipes.



*Stibo have been excellent advisors in the making of our new cookbook. It's great to have a partner who takes an active role in the process so that we achieve the best possible end product.*

**Hanne Nielsen**  
Strategic Project Manager

