



HEALTHY: Mazzy, 4, with a Little Big Book Club reading pack.

Picture: MIKE BURTON

# Books are food for thought

## DEBORAH BOGLE BOOKS EDITOR

FOR the past decade, *The Advertiser* Little Big Book Club's free reading packs have been given away annually to thousands of parents and carers of babies and toddlers.

The highly popular packs help parents to engage with their children through reading, singing and play. This year, for the first time, preschool-age children will be included, with books from Adelaide publisher

Working Title Press, Bilby Moon and Bobbie Dazzler, and a family cookbook and meal guide book, prepared with the help of SA Health, to promote food literacy.

"The pack is designed to encourage conversations about different food types, to further an understanding of the nutritional requirements for young children and inspire families to try new foods together," Raising Literacy CEO Sue Hill said.

Hundreds of volunteers will

gather to assemble the 63,000 reading packs to be distributed.

Yesterday Mazzy, 4, got a head start, enjoying a picnic to celebrate the launch of the packs at the Little Sprouts Kitchen Garden at Adelaide Botanic Garden. Families can collect the 2016 pack from SA Public Libraries, DECD children's centres and selected outreach service providers from December 1.

For details or to volunteer to help book packers, go to [thelittlebigbookclub.com.au](http://thelittlebigbookclub.com.au)