## Bobbi's Book Corner by Bobbi Sheahan

## **Applesauce Grows on Trees**

by Phyllis Barrett Samara, OTR/L and Jennifer MacNeil Illustrated by Sarah Ruth Forde

o you have a child who only likes bland food or who refuses to eat fruits and vegetables? How about a kid who only likes food of a particular color or shape? Authors Phyllis Barrett Samara and Jennifer McNeil are here to help with Applesauce Grows on Trees.

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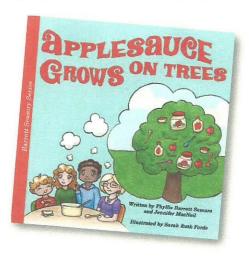
Junk food has the benefit of an entire advertising industry, but apples? Well, not so much."

In their adorable book, they have found a way to reach out to kids with anxiety and foodrelated sensory issues.

Children with anxiety or issues with food colors, tastes, or textures will relate with Sam, the main character. Sam loves applesauce, bread, and other white foods, but sees no point in eating anything else. Sam's parents take him to meet Ms. Phyllis, who demonstrates—in a non-stressful way—the merits of healthy foods with different colors and textures. Kids are also sure to love Sarah Ruth Forde's illustrations, which are cute and brightly colored.

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Given that it is a picture book, I asked my three kids for their reviews as well. All three of them gave a strong thumbsup. My eleven-year-old daughter, who has autism, loved reading it again and again to her little brother. She is also now obsessed with making applesauce, using the recipe from the back of the book. Her older sister remarked that Applesauce Grows on Trees could be helpful for children with autism or sensory issues because it might help them believe that new and healthy foods aren't all bad.



Applesauce Grows on Trees is a good resource for parents and professionals alike. Your kids will want to read this clever, engaging story over and over. •

Bobbi Sheahan is the co-author of What I Wish I'd Known about Raising a Child with Autism (Future Horizons, 2011).

