



**SOS! THE SIX O'CLOCK SCRAMBLE TO THE RESCUE:
Earth-Friendly, Kid-Pleasing Dinners for Busy Families
by Aviva Goldfarb**

Dinner with kids shouldn't be a battleground. And it shouldn't make a martyr out of the parent whose job it is to get it on the table fast, fresh and hot every day at 6 PM. Aviva Goldfarb's cheerful Scramble system takes the hassle and worry out of mealtime. Her readers rely on her organized grocery lists, weekly meal plans and fast and easy recipes not just for the healthy dinners themselves, but for taking the stress out of dinnertime. She wants families to actually enjoy their dinners together!

Building on the major success of the first SCRAMBLE cookbook, **SOS!THE SIX O'CLOCK SCRAMBLE TO THE RESCUE: Earth-Friendly, Kid-Pleasing Dinners for Busy Families** is taking an extra of-the-moment stress away from meal planning for busy families: concern about the environment, about the cost of shipping out-of-season food halfway around the world and about needlessly wasted food.

SOS: THE SIX O'CLOCK SCRAMBLE TO THE RESCUE: Earth-Friendly, Kid-Pleasing Dinners for Busy Families:

- Has more than 300 new recipes and side dishes for Scrambling families
- Helps readers eat seasonally and locally to save money and enjoy better flavor
- Includes more meatless recipes for better health and a lighter environmental footprint
- Saves money through more efficient planning, purchasing and storing, and avoiding waste
- Makes grocery trips count with suggestions for weekly plans and shopping lists

Praise for THE SIX O'CLOCK SCRAMBLE:

- *“Creative, healthy, unprocessed, and kid-friendly without being adult-alienating...a whole new kind of happy meal.”* — O, The Oprah Magazine
- *“The Fastest and the Freshest: The simple, seasonal recipes pack more flavor with fewer ingredients in less time.”* — Real Simple
- *“Recipes are geared toward people who want a good, healthy meal but don't want to spend too much time thinking about it.”* — Reader's Digest:

Author Aviva Goldfarb also is the founder and publisher of THE SIX O'CLOCK SCRAMBLE (<http://www.thescramble.com>), a weekly online meal planning system that helps people survive the dinnertime hour with five days' worth of recipes, side dishes, and a grocery list. She is the author of the successful THE SIX O'CLOCK SCRAMBLE cookbook and the co-author, with Lisa Flaxman, of PEANUT BUTTER STEW AND COUSCOUS, TOO. Goldfarb lives with her husband and two children in Chevy Chase, Maryland, a suburb of Washington, DC. Contact her at heather@banduraetc.com or aviva@thescramble.com.

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