

HOME EC for the DOMESTICALLY CHALLENGED REVISED EDITION

"This common sense guide of great tips and sensible advice is a must-have for any first time cook."

CANADIAN LIVING MAGAZINE

HOME EC for the DOMESTICALLY CHALLENGED

PETER WRIGHT

*Author of **Cook Like A Mother! Clean Like A Pro!***

"To develop an appreciation of the advisability of careful planning of meals to meet the needs of the various members of the family and yet conserve time, energy and money".

"To develop the ability to plan balanced meals for a family on a low-level income so that the highest nutritive value may be obtained for the money expended".

– from chapter 2, *Stuff Mom Knew: Home Ec Defined*. Quotations from Specific Aims of High School Home Economics Curriculum, 1937

Economic concerns are forcing a return to home cooking and an emphasis on the basics; **Home Ec for the Domestically Challenged (Revised Edition)** delivers timely and useful information for a generation largely ignorant of how to feed themselves or their family on a budget, let alone different cooking methods designed to enhance less expensive cuts of meat.

Home Ec for the Domestically Challenged Revised Edition contains:

"Know How to Plan Like a Mother" provides key elements on how to save money based on nutritional needs – and what's on sale.

How to save electricity and thaw foods quickly without using the microwave.

"How to Shop Like a Mother" arms you with how to get the most out of your grocery store and the least from your wallet, providing newcomers with tactics on creating a meal planning chart, how to make a list based on store flyers and understanding Unit Pricing.

"Fridge Management" lets you know how long food can stay in the fridge and still be edible.

"Kitchen and Food Safety" advises you of how to avoid food borne illnesses by knowing how to handle food properly.

Home Ec for the Domestically Challenged Revised Edition

by Peter Wright

194 pages 6" x 10"

ISBN 0-9689462-1-6

Trade paperback \$17.95 Published April 2007

Published by Guerilla Gourmet Corp

Distributor: White Knight Dist. Services

Order online: www.cooklikeamother.com

What they're saying about the **Revised Edition**:

"Pages of great tips and sensible advice."

Canadian Living Magazine

"**Home Ec** is a 194 page survival guide that demystifies shopping, cooking for company, storing food, kitchen safety . . ."

Edmonton Sun

"If you've endured too many nights of mac and cheese, check out this book!"

Memphis Parent

All recipes are written like Ikea instructions: they assume the reader knows nothing. First thing in all recipes: "Wash your hands."

About the author:

Peter Wright is also the author of **Cook Like a Mother! Clean Like a Pro! The**

Single Dad's Guide to Cooking and Cleaning, a book www.singleparents.about.com considers one of the 5 best books for single parents, a book his new wife thinks is part fiction (the cleaning part). Peter is newly married with a young daughter and runs Guerilla Gourmet Corp, a food sampling company, with his two grown sons in a suburb of Toronto, Ontario.