

# First bites

This month's top buys, new products, trends and what's hot to watch

## OFF THE SHELF Healthy Lunchboxes for Kids

Stuck for ideas for the kids' back-to-school lunchboxes? With so many government guidelines, it's hard to know what makes the grade. Fortunately, new cookbook *Healthy Lunchboxes for Kids* by Amanda Grant (Ryland Peters & Small, £10.99) is a one-stop solution for busy mums. Its easy, imaginative recipes and weekly menu planner tick all the right boxes. *Eat In* readers can buy the book for the special price of £8.99, including postage & packaging (rrp £10.99), by calling Macmillan Direct on 01256 302 699 and quoting the reference GLR 4AJ.



Photograph of Katherine Jenkins, Judi Dench, Warwick Saint; Judi Dench, Andrew Zuckerman; Lunchboxes, Tara Fisher

## BEDTIME STORY

Fancy a cuppa in bed without the early-morning trip to the kitchen? The new turbo-charged Swan Teasmade is at your service! Its rapid-boil function means there's not as much spluttering and gurgling as the earlier models of the 1960s and 1970s. This updated model makes two cups of either coffee or tea and comes with an LCD alarm clock and reading light. Available from Lakeland, £59.99; [www.lakeland.co.uk](http://www.lakeland.co.uk).

**GOTTA GET IT GADGET.**

## Sweet way to support charity



Join Katherine Jenkins and Judi Dench in raising funds for Macmillan Cancer by hosting or taking part in the Biggest Coffee Morning on 24 September. Stars have provided sweet recipes — for Katherine's truffles, left, Judi's fudge and details of how to take part, visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee).



## WIN A Kitchen Classic

This retro American Waring Waterfall blender was invented in the USA by the multi-talented composer and musical director Fred Waring. In 1937, Waring introduced its blender to the American public, selling one million by 1954. It comes in this brilliant red, and also green. This machine makes light work of soups and ice, and is great for making smoothies; the blade comes with a lifetime guarantee. We have one red Waring Blender to give away to one lucky reader. To enter, send your answer to the following question, together with your name, address and phone number to *Eat In*/Waring, 24-28 Oval Road, London NW1 7DT or enter online as [www.eatinmagazine.co.uk/competition](http://www.eatinmagazine.co.uk/competition). Closing date: 6 September 2010.  
**Who invented the Waring Blender?**

