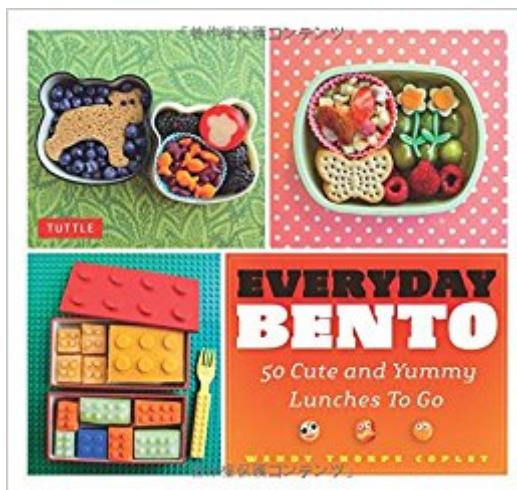


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# Everyday Bento: 50 Cute And Yummy Lunches To Go



## Synopsis

"[Everyday Bento] is packed with ideas for fun, delicious lunches." [AlphaMom.com](#) Your kids will look forward to what's in their lunchbox every single day with the delightful collection of recipes in Everyday Bento! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try. For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for your budding ballerina. Create building bricks from healthy cheese, carrots and cucumbers—or a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, they'll try it! Wendy Thorpe Copley writes the popular bento blog [Wendolonia](#), which takes the traditional Japanese concept of bento—a single meal packed at home in a reusable container—and Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento Rock and Roll Bento Snowman Bento Butterfly Bento Farm Yard Animals Bento Besides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check. Freshly-prepared lunches packed in portable, reusable bento boxes are also kind to the environment and easy on the wallet—very important in today's economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun themes that will appeal to children and adults alike. Follow the easy step-by-step instructions to recreate each bento box, or mix and match different elements from the book to make your own unique creations. Make lunch fun again with Everyday Bento!

## Book Information

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## Customer Reviews

"Blogger Wendy Copley, author of *Everyday Bento: 50 Cute and Yummy Lunches to Go*, provides the basics on these packed meals, common in Japan, where devoted moms will sometimes spend an hour or more transforming rice and ordinary lunch ingredients into elaborate animals and cartoon characters."  Chicago Tribune "Everyday Bento will show you how easy it can be to make fun lunches your kids will look forward to eating every day."  EasyLunchBoxes.com blog "Copley's clear, simple instructions and creative approach will help you produce adorable boxed lunches with a variety of healthful fresh foods. I'm looking at my cookie cutters, Play-doh tools, and kitchen containers in a whole new light!"  Heather Gibbs Flett, co-author of *The Rookie Moms Handbook and Stuff Every Mom Should Know* "Wendy Thorpe Copley is the Willie Wonka of school lunches. Her fun, colorful, and whimsical bento lunches are guaranteed to entice even the pickiest eaters to gobble up a wide array of fruits, vegetables, and whole grains happily. Her strawberry mice, fish-shaped carrots, and chicks made from hard-cooked eggs are an absolute feast for the senses."  Liz Weiss, MS, RD, co-author of *No Whine with Dinner* "Who knew lunch-packing could be this much fun? *Everyday Bento* is packed with inspiring ideas that have me looking forward to packing lunches for my kids! The photos are so delightful  I have a whole new perspective on what can go into a lunchbox."  Whitney Moss, co-author of *The Rookie Moms Handbook and Stuff Every Mom Should Know* "Banish the boring with the following hip lunch bags, boxes and totes  and get your kids to eat better in the process."  Washington Post "If you make lunches, you definitely need a copy. If you have picky eaters, you need this book. If you just like to play with food and make cool things for your kids, you should probably check it out as well."  HeyJenRenee.com blog "Full of colorful and creative kid's lunch ideas, with easy to follow step-by-step instructions, Wendy does a beautiful job inspiring beginning and pro cute-lunch-makers alike."  MakerMama.com blog

Wendy Thorpe Copley was introduced to the art of bento when her husband gave her a bento box for Christmas. Since then, she has packed thousands of bento lunches for her family. She lives in Northern California with her husband and two sons.

I'll be honest, I love bento and I don't pack lunches for kids. This book is a great resource for adults, too! I especially like the Idea List and the Foods by Color section - what a great way to quick-pick a lunch! The list includes things I usually already have in the refrigerator and pantry. Even if you don't have a supply of bento boxes, you'll see great examples of how to add a little flair to your lunch with the basics, too. The pictures are fun and descriptions are easy to follow, and the ingredients and equipment list make it easy to take a quick glance at what you'll need. What I find the most, though, is inspiration - following a few basic techniques (pack it tightly and neatly) and flipping through the pictures, I am ready to spruce up boring work lunches! A few items I'm definitely making: a rose from sliced deli meat, antipasti bento, radish roses, and strawberry hearts. I would recommend this book to anyone wanting to add interest to their own lunches (or for the kids, too, sure!). You'll learn how to make packing a bento quick and easy, find a wide variety of examples, and you'll probably think of some of your own ideas.

I love this book because it takes everyday foods like bread, lunchmeat, fruits and veggies and shows you how to make a beautiful bento. I bought this as a gift for my daughter who is a very selective eater. She is 13, makes her own lunches and the directions in this book are easy to follow. The book does recommend a lot of accessories (like shaped cutters and molds) but that is part of what makes a bento box so beautiful. I purchased this in addition to bento accessories and found it to be a lovely accompaniment. This book is appropriate for a child about age 10 to adult. What a wonderful and creative way to get finicky eaters more interested in a larger variety of foods.

This is a great book! I bought it for my 9 year old son because he loves to cook. I was happy to see that there are so many ideas that include healthy foods we usually have. The instructions are easy to understand and include lots of pictures. The list of food suggestions by color is a great idea. My son has used this many times while making his own creations inspired by recipes in this book. He is very proud of his creations and I've noticed that he tends to eat more vegetables when they are presented in this way.

I knew from reading Wendy's blog for many years that this was going to be a great book with easy to follow instructions and fun photography. What I didn't expect was how much my kids would love it! They pick it up again and again and study each page while pointing out things they want me to make for them (our copy is a veritable porcupine of post-it note bookmarks). A fun and useful book

that makes a great gift -- but be sure to get a copy for yourself as well!

Such a cute book! I really hate packing lunches for school, but this makes it fun. She recommends buying a few bento supplies, but you probably have cookie cutters laying around that'll work fine. Every recipe has a photo and detailed instructions that are easy to follow. The recipes are totally kid (and budget) friendly. These are foods that your kid will actually eat, and you won't have to run around to find ingredients and supplies. There's also a chapter at the end for adult bento lunches, really nice idea. Overall, great book with cute ideas for lunches that my son loves.

I want the "On the Farm" Bento on Monday. The "Ballerina Bento" for Tuesday. The "Choo-Choo Train" Bento for Wednesday. "Hip to be Square" on Thursday and the "Rock 'n' Roll Bento" on Friday. And then I can start all over the next week. Wendy has crafted beautiful and delicious meals packed with veggies, fruits, meats and cheeses in such inventive methods that a child of any age would be tempted to eat lunch....or any meal! Wendy gives easy to follow directions and even tells you what to do with those pesky leftovers. Lucky Wyatt, Augie and Zach!!! It must be an adventure to open that Everyday Bento!

I am a grandmother of four and find this book a great resource for having fun while not sacrificing all good sense about what the kids eat when they are with me. The cute factor for each lunch is high but the ideas are simple enough for beginners to make. I loved the photo illustrations and clear directions for making each lunch. There are plenty of ideas that I can make along with my grandchildren and I plan to use the illustrations to let them "shop" for foods they'd like to try. This is one of the most creative and healthy food books I've seen in a long time.

most of the recipes are close to the same thing- I was hoping for more ideas which is why I bought the book with 50 ideas but even at that they were all mostly the same....

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