

# Sally J King



Helping families  
get back in  
the kitchen  
and **LOVING** it!

*A high energy, funny, inspirational and relatable voice in the busy world of parenting advice and experiences, Sally J King is known for cutting to the chase and getting real with the everyday food choices impacting families' health and quality of living.*

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Along with all its joys, becoming a mother brought with it some sobering realizations for Sally and her husband. Both her sons faced severe health challenges and her own body had changed with the pregnancies creating new limitations in her own quality of life as well.

In short order, Sally started learning about food and the incredibly important part it played in her family's health and well-being. She had unleashed **a new passion for creating healthy, nutrient-dense, tasty recipes that her kids LOVED – building a lifestyle of wholesome eating and robust health.** Soon people were asking about the secret to her success and she drew upon her natural enthusiasm to write her first book, ***Lunchbox Love***, and launch her new career as a sought-after author, speaker and educator.



**Sally is privileged to share her hard-won knowledge about conventional food, additives and production methods that rob people of their innate right to health.** Once informed of the problems with modern industrial food, many people find they are unable to go back to pre-packaged, over-processed 'Franken food'.

But rather than feeling overwhelmed, Sally **leaves audiences empowered, entertained and motivated** with easy ideas on how to turn healthy-eating and cooking into easy and tasty family fun, instead of a daily chore.

## Loving Life Back in the Kitchen

Sally educates audiences how cooking can be fun for the whole family. Take control of your diet, your time together and your health. Learn the truth about conventional foods, how to deal with picky eaters and why all this is so, so worth it!

## Rolling with Life's Punches

Sally shares her personal experiences and challenges dealing with the highs and lows of family life. Health, career and, well, life...everyone has a story and Sally is delighted to share hers and how she navigates through whatever comes her way and sets a course for the best possible outcome.

## Cooking Demonstrations

Audiences learn recipes from *Lunchbox Love*, how to incorporate the best possible ingredients into daily eating and the power and simplicity of sprouting and smoothies.