



THE MCDUGALL NEWSLETTER | *It's the food.*

The Secret Life of Mitch Spinach

Is there a way to solve the age-old problem of getting your children and grandchildren to eat their fruits and vegetables? Now there is! There's a new kid on the block . . . Mitch Spinach, a healthy super hero, who solves mysteries using the strength and brain power he gains by eating plant foods. A fun children's book series for kids ages 3-9, *The Secret Life of Mitch Spinach* gets kids ASKING for fruits and vegetables so that they can be more like Mitch Spinach.

Mitch Spinach seems to be an ordinary kid, but his classmates have begun to suspect something when he is so often called to Principal Lycopene's office. The notes in his custom-made, temperature-controlled Nutripak lunchbox appear to have been written in code, and he receives secret messages on his futuristic watch. While other kids eat their usual chicken fingers and pepperoni pizza, Mitch Spinach mixes up his meal in a battery-powered blender and boosts his brain power with various super-foods, such as dinosaur kale and bean soup. The truth is that his high-powered meals give him special powers, such as super-sonic hearing and amazing night vision, which help him tackle problems and solve mysteries at Sunchoke Elementary.

Every kid wants to be a super hero, and every kid can, if they eat as Mitch Spinach does. Kids don't like to be lectured about what to eat. Get the kids in your life excited about eating plant foods by introducing them to Mitch Spinach books.

T-shirts and book packages available at <http://www.MitchSpinach.com>.

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