

# MICHAEL O'MARA BOOKS

## Eating for Victory

### Healthy Home Front Cooking on War Rations

Foreword by Jill Norman

- Original World War II Information leaflets - never before published in book form – reproduced in full colour
- These gorgeous, nostalgic collections are not just a fascinating document of wartime austerity – much of the information is still relevant today
- Healthy, economical and environmentally friendly tips from the days before the obesity epidemic, rocketing food miles and GM crops
- The population has never been so healthy since rationing stopped - find out whether your family could cope on rations
- Showcase of delightful 1940s design and illustration



#### Media Opportunities

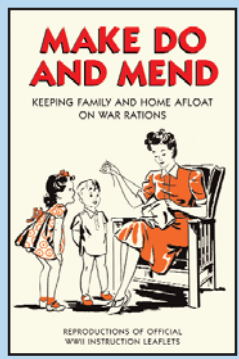
- Serial and extract rights are available - why not encourage your readers to try some recipes?
- Jill Norman is available for interview
- Feature on modern family living on rations
- Perfect nostalgic gift in gorgeous clothbound cover
- Ideal for kids learning about home front history

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