



Yummy in my Tummy DVD from The Liandrea Company helps Canadians raise healthy, happy eaters

- DVD recommended by Danone Institute of Canada -

TORONTO (November 4, 2008) - Should I introduce vegetables before fruits? When can I give my baby juice? I can't cook for myself, how can I possibly make my own baby food? The Liandrea Company, makers of the award-winning DVD *Bringing Baby Home*, makes it easy for new parents to learn how to introduce new foods to their baby with their latest award-winning DVD. The bilingual DVD, *Yummy in my Tummy*, dishes up the best way to introduce solid foods to your baby and is garnished with sage expert advice, step-by-step cooking demonstrations and a side order of handy tips.

Yummy in my Tummy is now available for all Canadians to borrow at libraries across the country, courtesy of the Danone Institute of Canada, a non-profit organization whose mission is to improve the health and well being of Canadians through better nutrition.

“Knowing what foods to introduce to babies, and when to introduce them, can be challenging for new moms,” says Lianne Castelino, co-founder, The Liandrea Company. “*Yummy in my Tummy* guides parents through the introduction of solid food to their babies from six months to 18 months.”

“The bilingual DVD also contains menu-planning pointers, delicious, taste-tested homemade recipes and much more to start parents and babies on the right track to solid foods,” says Andrea Howick, co-founder, The Liandrea Company.

In addition, *Yummy in my Tummy* features leading Canadian experts Dr. Denis Leduc, past-president of the Canadian Paediatric Society, and world-renowned nutrition expert Louise Lambert-Lagacé, who provide advice on more than 80 topics including hunger cues, obesity, allergies and vitamins.

“The Danone Institute of Canada is proud to make the *Yummy in my Tummy* DVD available to all families across Canada through public libraries,” says Peter Jones, PhD, President, The Danone Institute of Canada and Canadian Research Chair and Professor of Nutrition, University of Manitoba. “This DVD helps parents make good food choices for their babies which will help children develop a lifetime of healthy eating habits.”

The *Yummy in my Tummy bilingual* DVD is also available for purchase at WalMart stores across Canada and online for \$19.95 at www.liandrea.com.

About The Liandrea Company:

The Liandrea Company was founded in 2003 by two Canadian moms, Lianne Castelino and Andrea Howick, to produce simple, how-to DVDs designed to take the guesswork out of parenting.

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