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<https://healthy-beginnings.com/> | Kickstarter Link: <http://kck.st/4rKgiyH>

Registered Dietitian Launches Kickstarter for Children's Book Series Celebrating Food, Culture, Cooking, and Different Abilities

LOGAN, Utah, October 1, 2026 - Lea Palmer, a registered dietitian and founder of Healthy Beginnings, is launching a Kickstarter campaign to support the beginning of a new children's book series designed to help families build positive feeding relationships, explore cultures, cook together, and celebrate different types of abilities.

The first book in the series, *Sally Eats Jambalaya*, invites children and families into a joyful story centered on food, connection, and curiosity. Created for children ages 6-10, the series is designed to go beyond nutrition education by helping children see food as part of culture, family, identity, sensory experience, and belonging.

"As a registered dietitian, I've seen how positive meal time can become when it is approached with curiosity instead of pressure," said Palmer. "This is about supporting parents through periods of picky eating by helping children feel safe exploring new foods, learning from different cultures, and seeing themselves and others represented in the kitchen and at the table."

The Kickstarter campaign will help fund production, printing, educational activities, and family-friendly resources that accompany the book. Palmer's long-term vision is to create a full children's book series and support group system with recipes, kitchen activities, discussion prompts, and community resources that support positive feeding relationships at home, in schools, and in community programs.

The series also highlights children with different strengths, needs, and abilities, offering families a more inclusive approach to food-based storytelling. Through relatable characters and culturally inspired meals, the books aim to support confidence, empathy, and hands-on learning.

Palmer brings experience as a registered dietitian, public health professional, and community nutrition leader. Her work has focused on nutrition security, positive feeding relationships, community empowerment, and creating environments where children and families can build healthy lives they love.

The Kickstarter campaign for *Sally Eats Jambalaya* launched October 1, 2026 and will be available at <http://kck.st/4rKgiyH>. Supporters can contribute by backing the campaign, sharing it with families and educators, or helping spread the word to local schools, libraries, parenting groups, and community organizations.

For more information, interviews, or media inquiries, contact Lea Palmer at leacpalmer@outlook.com or visit <https://healthy-beginnings.com/>.