

Pass the Veggies with Superpowers, Please!

Nutritionist, plant-based chef teaches young kids the amazing abilities of veggies with The Rootlets book series

The Rootlets by Vicki Marquez

When it comes to instilling healthy eating habits, kindergarteners through third graders are the most impressionable—but they also have the strongest opinions. That's why certified health coach, nutrition specialist, and plant-based chef Vicki Marquez is committed to turning kids (ages five and up) on to fruits and vegetables and empowering them to make healthy choices early on.

When Vicki introduced her first book *The Rootlets: Super Rootabilities* (2014), teachers and parents responded enthusiastically to her approach. "[*The Rootlets* is a] very creative idea, targeted at kids at the most important time when they are able to make their own decisions and understand things clearly, yet are still very impressionable," shared a parent in an Amazon review. Another parent reviewer said, "Don't let it's simplicity fool you—this book delivers a powerful message direct to the young minds that will benefit most from hearing it."

Now entering it's second installment, *The Rootlets: Trouble at Plantasy Land* (Fall 2016) continues to follow the adventures of Brocc, Carrotina, Cornelius and Kaley—best-friend superheroes named after their veggie hair—as they demonstrate healthy habits, like drinking their green power juice boxes. Brought to life with illustrations by Jeremy Russnak, the books combine storytelling, fun, humor, kindness, and good nutrition with a mission to inspire kids to read more, dream more, play more, laugh more—and eat more veggies.

At home in Chicago, Vicki hosts a healthy living cable TV show called "Nourished," where she shares advice and healthy recipes. She connects with kids, educators, and parents at Chicago-area schools through The Rootlets' School Rocks program and the Rooting For You initiative, both designed to inspire a new generation of lifelong readers and healthy eaters. A portion of the proceeds from Rooting for You benefit local school libraries and Lurie Children's Hospital.

About the Books

The Rootlets: Trouble at Plantasy Land (Fall 2016)

It's opening day at Mr. Fungo Fungi's magnificent amusement park, Plantasy Land...and The Rootlets couldn't be more excited! With special surprises and newly sprouted rides, this is sure to be the greatest day ever! But when The Rootlets arrive at the park, they realize that something is terribly wrong. Plantasy Land is in trouble! Someone—or something—is destroying the park. Could it be The Great Zucchini, Mr. Fungi's new magician? Or could there be an even greater danger lurking beyond the park? Most of all, can The Rootlets trust their new super rootabilities to help them save their favorite place on the planet?



BOOK DETAILS

By Vicki Marquez

Illustrated by Jeremy Russnak

Fall 2016

Paperback | 6 x 9 in.

\$12.99 US

www.therootlets.com

www.vickimarquez.com



The Rootlets: Super Rootabilities (Fall 2014)

In their first adventure, Brocc, Carrotina, Cornelius and Kaley are preparing for an exciting, once-in-a-lifetime event. That is, until Mr. Fungo Fungi arrives with shocking news, and the Rootlets learn that they have real magical super powers called rootabilities. In a determined effort to discover their powers, The Rootlets soon realize that solving the biggest mystery of their lives won't be easy - and time is running out. Will The Rootlets be able to uncover their super rootabilities without missing the big event?

About the Author



Vicki Marquez is a certified health coach, plant-based chef, author, and TV host whose mission is to inspire others to live a healthy, vibrant life.

Vicki earned her degree in nutrition and health science and continued her wellness education at the Institute for Integrative Nutrition where she studied over 100 dietary theories with the world's leading nutrition and holistic health experts. She went on to receive her culinary education and training at Rouxbe Cooking School where she earned her plant-based chef certification.

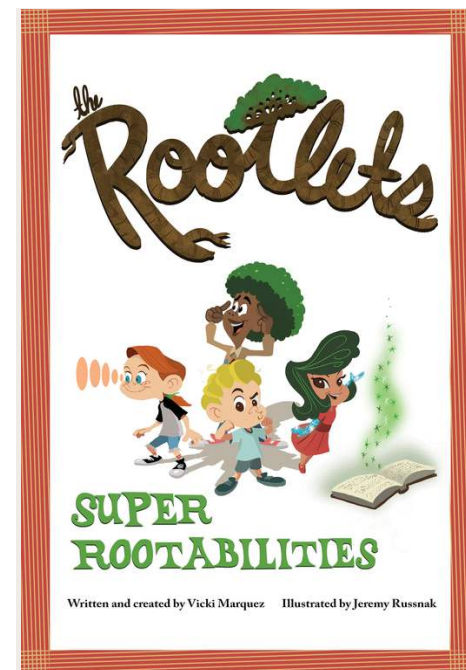
In 2013, Vicki launched Inner Figure, a health coaching practice that offers one-on-one lifestyle mentoring, robust corporate wellness programs, and a monthly plant-based cooking club all built around her philosophy to "live healthy from the inside out."

As Inner Figure's client base grew, so did Vicki's desire to help inspire and empower children to make healthier choices. From this inspiration, *The Rootlets* were born: four veggie-haired, cartoon superheroes on a quest to promote good nutrition by making veggies fun and exciting. Vicki launched The Rootlets, LLC, and authored the first book in her series, *The Rootlets: Super Rootabilities*, in October 2014.

As the creator and host of the Chicago-based healthy living cable show "Nourished," Vicki shares wellness how-to tips and veggie-centric recipes, structured much like her one-on-one coaching sessions. Through her private health coaching practice, children's brand and TV show, Vicki aims to make healthy eating and living easy, accessible, and entertaining for everyone.

Vicki is a founding member of The New Self-Health Movement; a member of the International Association for Health Coaches and the Society of Children's Book Writers & Illustrators; and is board certified by the American Association of Drugless Practitioners.

She lives in Chicago with her husband, stepdaughter and two Yorkies. Learn more about Vicki at www.vickimarquez.com.



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