

The Author

My name is Elisabeth Lendal; I am a freshman at Avon Lake High School and currently doing my **Girl Scout Gold Award Project**. A Girl Scout gold award project must have a long lasting impact on the community. My project is focused on CRS, with the goal of improving our community by helping CRS give out healthier food options to its clients.

I choose to do a project pertaining to food because I am an athlete (in the ALHS tennis team, cheerleading squad and lacrosse team), so I know the importance of eating well. I also love to cook! Making food is fun, relaxing and we can all enjoy the benefits of a good meal. I have been making food with my family for as long as I can remember.

Good food requires spices. When I realized there were no spices at CRS, I just knew what I wanted to do. With my two brothers in college, Noah and Cedrik, hearing about the struggles of making good food and the costs associated with eating out, the cookbook project came to life. Giving CRS and its clients a cookbook with tasty, easy to make and affordable recipes became my goal.

My father and his family are from Denmark, my mother and her family are from Canada and our friends are from everywhere! This cookbook will give you some local flavor as well as flavors from different countries but they all share a common denominator; they taste great!

So from my home to yours; **Bon Appétit!**

Elisabeth

