



*Samantha Gerbeau
Author of The ABC's of the Real Treat!
Nourishing young minds to eat good food.*



Samantha Gerbeau is the author and designer of The ABC's of the Real Treat! She first discovered the need to eat healthy for the environment once she had her own children. Samantha recognized how the marketing and advertising industries impact children's choices of food products. Offering fun and colourful choices of packaging without proper nutrition is costing our environment much more than just exhausted land fills.

Developed in March 2004, this book is part of an interactive new-media program that has helped hundreds of children in three main areas of learning: first, that the real treat is to eat good food; secondly, by eating food that is in its natural form we are helping the environment by cutting back on packaging; and third, the need to increase literacy. Samantha regards her real life experience of living with allergies as one of the main reasons for her in-depth knowledge of food. Growing up in Barbados, W.I. Samantha learned a great deal about fresh fruits, vegetables, and sugar. Recognizing the impact of the sugar industry on not only the third world, but also its affect on children of industrialized countries, Samantha has been pushed into the forefront to share her extensive knowledge.

Samantha is a mother of two children and lives in her native city, St. John's, Newfoundland Labrador. She has spent several years writing and researching issues related to sustainability, health, energy, global sustainable development, and the next generation.



Book the author
To come and read, The ABC's of the Real Treat! 😊
Only \$2.00 per child

For a book signing (optional) please request in advance

A portion of the proceeds goes back towards buying fresh fruits and vegetables for children

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