**BHM 2024 Theme: RESOURCES (Books, Videos, Other)**

**Cookbooks**

**Alice Randall, Caroline Randall Williams: “Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family**

A mother-daughter duo reclaims and redefines soul food by mining the traditions of four generations of black women and creating 80 healthy recipes to help everyone live longer and stronger.  
  
NAACP IMAGE AWARD WINNER • “Soul Food Love has preserved our traditions but reinvented how they’re prepared. Its focus on health is a godsend.”—Viola Davis

**(read more)**

[**https://www.amazon.ca/Soul-Food-Love-Healthy-Inspired/dp/0804137935/ref=asc\_df\_0804137**](https://www.amazon.ca/Soul-Food-Love-Healthy-Inspired/dp/0804137935/ref=asc_df_0804137)

**Great Food, All Day Long: Cook Splendidly, Eat Smart: A Cookbook**by [**Maya Angelou**](https://www.amazon.ca/Maya-Angelou/e/B000AQ8Q00/ref=dp_byline_cont_book_1) (Author)

Renowned and beloved author Maya Angelou returns to the kitchen—both hers and ours—with her second cookbook, filled with time-tested recipes and the intimate, autobiographical sketches of how they came to be. Inspired by Angelou’s own dramatic weight loss, the focus here is on good food, well-made and eaten in moderation. When preparing for a party, for example, Angelou says, “Remember, cooking large amounts of food does not mean that you are obligated to eat large portions.” When you create food that is full of flavor, you will find that you need less of it to feel satisfied, and you can use one dish to nourish yourself all day long.

**(read more):**

<https://www.amazon.ca/Great-Food-All-Day-Long/dp/1400068444/ref=sr_1_1?dib=eyJ2IjoiMSJ9.yO7pQ0GO>