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Available: [mrsmegstorytime.com](https://mrsmegstorytime.com)

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# Filled Bellies, Full Hearts

Some grandparents show their love by hugging their grandchildren. Some show their love by speaking kind words or saying “I love you.” Some show their love by buying many presents. In many Asian cultures, our elders show their abundant love by inviting us to their kitchen and cooking foods that have been passed down from generation to generation.

Filled Bellies, Full Hearts is a collection of different stories told by the voices of grandchildren about their unique and special relationships with their grandparents centering around being in the kitchen.

This beautifully illustrated book not only introduces young readers to rich and diverse cuisines of Asia but also celebrates the vibrant cultures behind each dish. A must-have for any future foodie and traveler!

-Katrina, Former Educator

## About the Author

Having been a primary school teacher for a number of years, Meagan loved reading multicultural books to her students. She saw how engaged and interested her students were in learning about diverse cultures and learning more about people that didn't look like themselves.



Meagan realized that there needed to be more stores that represent the Asian American community. She had the idea to write books that would help children feel seen, heard and represented. She hopes to write more stories in the near future. Meagan lives in Texas with her husband and daughter. She can be found on Instagram [@mrsmegstorytime](https://www.instagram.com/mrsmegstorytime)