



## Braintree consultant launches line of children's books

TEACHING KIDS ABOUT SAFE FOOD

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By Lana Lagomarsini  
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BRAINTREE — CINDY RICE-ANDREA

Convincing children to wash their hands could get much easier for parents now that a Braintree consultant has created a line of books that stress the importance of food safety.

Cindy Rice-Andrea launched Green Apple Tales, a new line of children's books that emphasize food safety, about six months ago.

The Braintree resident, 56, has been involved in food safety since 1993. The idea to write children's books came to her a year ago.

"Rather than writing a food safety book for the public, I thought I would write it for the kids," Rice-Andrea said. "It's important for us to start with our children."

Rice-Andrea started Dining in the Light Co. in 1993 as a catering business. She then opened two cafes in corporate office buildings, and started a brownie baking company. In 2002, Rice-Andrea sold the cafes and brownie businesses, and started Eastern Massachusetts Food Safety, a teaching and consulting branch of Dining in the Light.

"I realized that there is a huge gap of knowledge in the public," Rice-Andrea said.

People are not inclined to cook as much as they were 20 years ago, and because of that, the knowledge of food safety has gone down, according to Rice-Andrea.

She used Eastern Massachusetts Food Safety's logo, which is a green apple, as the title for her book series. She has published six of 10 Green

Apple books so far; they cover topics from hand-washing to food temperatures and practicing safe coughing around food.

"I want to get these children trained early on, so the information is intrinsic," Rice-Andrea said.

Each book features a central barnyard animal character, and the characters appear in multiple books.

Rice-Andrea plans to sell her books to libraries, bookstores, and preschools, and wants to perform readings to children of her books as well. For now, her self-published books are available online for \$6 apiece.

"I just want to get the word out, because the information is so important for families," Rice-Andrea said.

When not working on the books, Rice-Andrea teaches food safety seminars six to eight times a month and writes food safety articles for a monthly newsletter published by Ecolab, a sanitation supply company. She also plans to present her books at a U.S. Department of Agriculture conference in March.

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