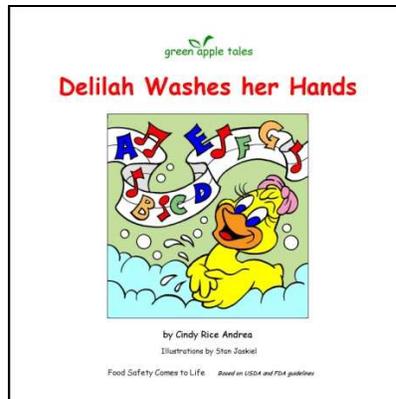


# Food Safety Comes to Life!

*Green Apple Tales* enlightens children, parents on Food Safety & Hygiene... one story at a time



**Braintree, MA . December 20, 2009 (PRWEB)** Recent outbreaks across the country, and the imminent onset of the H1N1 flu have raised fears about the safety of the foods that we eat and how infections can be spread in homes and schools. Eastern Mass Food Safety has launched a series of books aimed at teaching children the basics of food safety and hygiene, and preventing the spread of bacterial and viral diseases.

**Green Apple Tales** is a novel approach to delivering food safety information, through its lovable characters, full-color illustrations and easy-to understand principles. Based on USDA and FDA guidelines, a different principle is depicted in each story to help keep families safe, from handwashing to food allergies, to keeping foods safe at a holiday party. [www.greenappletales.com](http://www.greenappletales.com)

In the first book of the series, "Delilah Washes her Hands," follow Delilah in her entertaining and educational journey to the playground with her friends. But her lunch is ready and there is one important thing she must do before she eats...wash her hands. (Principle: Handwashing)

In "Tony the Pony's Big Dream," Tony has one wish.... he wants to be a rootin' tootin' cowboy! See how he lives the cowboy life, and what he does for fun with his 2 brothers. And how does he keep the foods he is cooking for their Rodeo dinner safe and delicious? (Principle: Preventing cross-contamination)

"There is a lot that we can do to keep our families safe from foodborne illness and the spread of flu virus," says Ms. Rice-Andrea. "Green Apple Tales" are meant to be shared by parents and children together. Our goal is to help parents teach their children, one story at a time, and obtain important food safety information for themselves as well. Teachers, pre-schools and nurses have already expressed the need for this information, especially on Handwashing, Allergies, and Illness behavior. Simple recipes at the end of each book allow parent and child to prepare dishes together using the principles and foods described in the story, fostering parent/child relationships at the same time."

## About Eastern Mass Food Safety

Cindy Rice-Andrea, RS, MSPH, CPFS is president of Dining in the Light, Inc dba/ Eastern Mass Food Safety, and author of "Green Apple Tales." An Epidemiologist and Certified Professional in Food Safety, she is a food safety educator and consultant to the foodservice and regulatory industry. She serves on the Massachusetts Dept. of Education Lifeskills Advisory Council, and the Partnership for Food Safety Education. Cindy is a speaker to national professional organizations and consumer groups on food safety, health and nutrition topics. Her articles appear regularly in the national publication "Food Safety Solutions" and her "Pocket Guide to Food Safety" is distributed internationally. [Green Apple Tales](http://www.greenappletales.com) advance copies available at [www.greenappletales.com](http://www.greenappletales.com)

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