

Elaine B Good

Author's Bio-Backstory

Dated: March 2014

Release Party: *Let's Play With Food-Celebrate the Seasons*

Contact: Zahida 310-558-4644

“Isn't grandma's house the place you go because you love to eat the food your family has been eating for centuries? Right? So I wasn't giving that up to a clown that was feeding my grandchildren poison... No way.” And that is how organic Personal Chef Elaine Good put the ‘play’ in the first in her series of Cookbooks: *Let's Play With Food-Celebrate the Seasons*: This delightful cookbook for 2-8 year olds and their associates is filled with fun, healthy recipes; easy-to-handle food cartoons entice even the pickiest eaters. Developed for adults in charge of meals for children, *Let's Play With Food-Celebrate the Seasons* is the answer to easily create healthy foods and release children from fast food addiction.

Let's Play With Food-Celebrate the Seasons addresses the addiction to junk food with positive interactions and food allergies with What-We-Eat-Is-Better. Executive and Personal Chef Elaine Good was born allergic to dairy products, hypoglycemia (sugar puts her in a coma) was diagnosed before she was 22, gluten sensitivity was probably why the vegan macrobiotic diet she adopted replaced her family's traditional Italian dishes. Tired of feeling like an alien on her own planet and bored with the ‘what DO you eat’ response, she began to create meals that were so delicious she didn't feel ‘denied’ a thing, and neither did anyone else that ate them.

While the Executive Chef at Market Research Facilities www.ElaineGoodFood.com where she conducted taste-tests and gourmet meals for the executives of Fortune 500 companies, she began to include her gluten, dairy, sugar and salt free dishes on the organic buffet being offered to her advertising and research and development clients. Not only did these dishes receive unsolicited raves and requests for recipes, but also when asked if they'd be surprised to know that what they ate was gluten, dairy, sugar and salt free the response was initial shock followed by ‘What's Gluten?’ Her clients began to produce boxed gluten free items, starting with cake mixes and cereal that has now grown to the fastest growing segment of the food industry. Elaine's reputation grew and she got a call to become Bradley Cooper's Personal Chef to help him quickly change his physique for movie rolls. Bradley told Elaine that he couldn't wait to see what she prepared for him; “Every meal is like Christmas morning!” Not only did he love her food but he didn't notice when she had to drop 800 calories a day from his menu. The library of her unique recipes was in such high demand that she put them on a website www.good2eat4U.com.

When faced with grandchildren that were clearly addicted and living on fast food and junk food, Executive Chef and Organic Personal Chef (and ex-Nursery Teacher and mentor to teens) Elaine Good realized that she had to come up with something to compete with the circus-like atmosphere of fast food restaurants that were making a direct association with toys and movies and fun, to become children's favorite foods. The zombie effect of their electronic game play brought in the memories of mealtime as an opportunity of learning and conversation. How to choose ingredients came from her parents and grandparents and she wanted to use food as a platform for good life management choices for the next generation as well.

Elaine decided to turn an organic turkey burger into a famous Sesame Street Character: she used cranberry/orange relish to turn a turkey burger into Elmo with steamed zucchini eyes and mouth and a sweet potato nose. There it was, a perfectly delicious balanced plate of food. “I placed the plate in front of four year old Donut and Picky Princess age 2, they stared in silence, they looked up at me, laughed and ate the whole thing. If a picture is worth a thousand words, then these plates of food-art say it all.” Donut, who claimed that everything ‘looked nasty’ and declared ‘I don't eat that’, whose singular response to ‘What do you want to eat?’ was: ‘donuts’ for breakfast, lunch and dinner, decided, in two months of eating healthy Saturdays that he ‘doesn't eat the clown burger anymore because it's too salty’. And Picky Princess has developed an amazing instinct as a cook, cracking eggs and rolling meatballs like a pro at age 3. Elaine is winning this battle, and so can you.