



**ENERGETIC CHEFS** from ShopRite markets are eager to teach kids how to cook healthy dishes. On Saturday and on July 23 and 26, the chefs will help youngsters try a recipe from Ariane Smith's new book *Enchanted Thyme*. The chefs are, left to right, Sheila Suerrig, Margaret Dobbs and Susan Lang-Saponara.

## Storyteller To Share Healthy Food Fun

Ariane Smith of California is an interactive storyteller who enjoys seeing kids act with her as she creates stories and characters at parties throughout the tri-state area. She's been at this craft for many years and mainly works in New York City, though she calls a stone cottage in California her dream come true. She was raised in Kingwood Township, the daughter of two ballet stars. She says her roots have always been here in Hunterdon, and she finds a well of creative inspiration here.



**Smith**

Ms. Smith's storytelling has now gone to print and she will soon release *Enchanted Thyme, Book One in a Delicious Adventure Series*. It's the first of six books themed on healthy food and cooking for kids. The idea of teaching kids to eat well through a fairy tale filled with recipes caught the attention of Colaiullo's ShopRites and the stores will be sponsoring three events blending Ms. Smith's storytelling with actual cooking demonstrations involving the kids who attend. Chefs Margaret Dobbs, Sheila Suerrig and Susan Lang-Saponara, R.D., will feature a recipe from the book.

Storytelling demos will be held at the three area ShopRites: Saturday from 10 to 11:15 a.m. in Franklin Township (730-6800); Wednesday from 6:30 to 7:45 p.m. at the store in Greenwich (454-8086); and Saturday, July 26, 10:11:15 a.m. at the Raritan Township store (782-2553). A book signing will immediately follow each event. Suitable for children ages 5-

and we didn't dumb them down for the kids, though parent supervision is recommended. They're real recipes that will encourage kids to eat better," said Ms. Smith. "ShopRite has done wonders with the 'Live Right' pro-

See **KIDS COOK** next page

## Kids Cook

Continued from previous page

grams, and this fits well in that. I want to inspire and empower kids, so the books aren't preachy about how to eat. They teach by example."

Nor do the books shy away from using "big words" like "aplomb," "demeanor" and "farkleempt," and you'll have to buy the book to learn what that last one means. The text teaches kids their meaning, backed up by a well-examined glossary at the back. Ms. Smith goes beyond the age level of her readers to challenge them with new words and ideas. A quarterly magazine and online presence, [www.EnchantedThyme.com](http://www.EnchantedThyme.com), follows through with more for kids to do, like challenging word games and an ever-growing, interactive, kid-friendly dictionary.

"I believe that kids learn more when they laugh. They eat healthier when it's fun. And they treat each other and the world around them better when they understand how exciting that can be," said Ms. Smith.