



COMING SOON!

Safe & Healthy Home Expert Sonja Grosser is about to launch the first digital book in the Step-by-Step Guide, Safe & Healthy Home – Series 1 Kitchen.

This step-by-step guide will empower you to be able to make educated and informed decisions about choices that can affect the health and safety of you and your family.

Kitchens are meant to be the heart of the home, a place where the family meets and eats together and enjoys one another's company.

In reality, the kitchen is one of the most dangerous rooms in the home where children, pregnant women and the elderly are especially vulnerable to poisoning, falls and burns.

This book contains over one hundred and thirty information packed pages which extensively identify the health and safety risks and hazards found in most household kitchens.

Safety in the kitchen is not just about putting child safety locks on cupboards or storing dangerous substances in secure places. It is also about the indoor air quality and the shocking affects it can have on your immediate and long-term health.

It is about the chemicals being introduced into your kitchen via cleaning products, food and out-gassing from building materials, cooking utensils, your stove and more.

It is about safe food practices, hygiene, safe food choices, food storage and the recycling of toxic products in a safe way.

It is about how to handle an emergency situation and to have your family prepared and trained in the event of a fire or other natural disaster.

It is about the water you drink. Some of the facts about what is in your drinking water may shock you!

Step-by-Step Safe & Healthy Home Series 1 Kitchen will be a must have guide in your home. It will help you to conduct a health and safety audit on your kitchen and access you to a range of resources and products that will help to make your kitchen the safe haven that it should be.

Do you know the protocol for calling 000?

Do you know the emergency number for poisonings?

What action would you take if your child's clothing was on fire?

Is your child's lunch box container a gender bender?

Do you know what is in your kitchen bench top?

Would you like lead or unleaded coffee?

Do you know how to safely dispose of your old refrigerator?

These and more less- known facts about kitchen health and safety are shared with you in Step-by-Step Guide, Series 1 – Kitchen.

Look out for this E-book. It will be launched just after Christmas. It is priced at \$9.97 to make it accessible to everyone.

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