

It's Time To Start Eating Smart



Written by
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Illustrated by
Vector Family (Ananta Mohanta)

It's Time to Start Eating Smart

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ISBN: 978-1-63848-247-5

First Edition

Welcome to the Town of COOL GREENZ



Hi! I am **Brandon Broccoli!**
I am a **GREEN** member of the
Cool Greenz bunch.
It is our job to keep you excited
about eating **VEGETABLES**
when you munch.



Please give them a try, and always remember **VEGETABLES** are a healthy blessing.



But before we go, please
join us in singing the
**Cool Greenz Vegetable
Song.**



It's Time to Start Eating Smart

Get ready to explore the Town of Cool Greenz as Brandon Broccoli, Cathy Cabbage, Calvin Corn, Cedric Celery and Crystal Carrot are “brought to life” to encourage children to eat their vegetables every day. Their favorite clock will be featured throughout the story as a reminder that it is time to start eating smart. Before the story



closes, the vegetable characters will share their Cool Greenz Vegetable Song.



Iva B. Carter and Sheila A. Padgett are founders of Knowledge IS, LLC, which was established based on their personal desire to assist children and families with embracing a holistic lifestyle (mind, body and soul). This vision was inspired by an abundance of love for their children in hopes that they will aspire to pursue their dreams. Their first project is “It’s Time to Start Eating Smart”, which centers on children eating healthy. Carter and Padgett are residents of Tampa, Florida where both are married and mothers of two sons.

