

# J Stephen Sadler

Keynote Speaker | Author | Executive Chef |  
Restaurateur | Epicurean Travel Host

## Happy Veggies Happy Fruits

- ▶ **Happy Veggies** - Who knew veggies could taste so good
- ▶ **Quest For The Best** - Searching the world for the finest offerings
- ▶ **Healthy... Kid Style** - Simple ways to convert even the pickiest kids to eat well
- ▶ **Happy Fruits** - The upcoming series on children's fruit gardening

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- Founder Owner Crumbzz International Bistro
  - Travel TV Reporter CBS News, FOX News
  - Member National Speakers Assoc.
  - Best Selling Author - Quest For The Best, Happy Veggies & Happy Fruits children's books



## About Mr Sadler

Chef J Stephen Sadler has spanned the culinary world as an executive chef, speaker, epicurean travel host and best selling author.

His ability to make healthy eating fun, has made him a sought after speaker for elementary schools and youth organizations across the country. His "secret dishes" teach children that vegetables can not only be fun to grow and cook but can actually taste good. Who knew eggplant can make delicious brownies or broccoli, crunchy tater tots. Every participant learns hands-on how to do just that!

J Stephen's Happy Veggies and upcoming Happy Fruits series of books bring vegetables and fruits to life for young readers. Both his Happy Veggies and Happy Fruits stories help children not only overcome the many challenges children face such as being different, feeling lonely and not fitting in but also excite children about growing, cooking and eating healthy vegetables and fruits.

A unique feature of each one of J Stephen's books is the simple recipe at the end of each book that allows mom's, dad's and kid's to make a unique, kid's friendly dish from the Veggie/Fruit star of the book.

### **J Stephen Sadler's Agent - Speaking of Success, Inc.**

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### **MANTRA**

"You only live once...  
but, if you do it right, once is enough"

J Stephen Sadler