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iEat Green: An Interview with Lisa Suriano

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Hi All,

This morning I had a great interview with [Lisa Suriano](#), the Founder and CEO of [Veggiecation](#), an organization dedicated to introducing children to the wonderful world of vegetables through hands on cooking classes while empowering them with knowledge of



the health benefits of eating vegetables. What started out as a small local program in schools, has expanded nationwide through an online training program. Their model is to train people who already have a love for cooking and children, to be “Veggiecators,” which means they are given the tools, portable cooking equipment and educational materials, to start their own Veggiecation program in their local region. They then can go out and promote their business as an Veggiecation Program for schools, with Boys and Girls Clubs, Girls Scouts and Boy Scouts, and for individual birthday parties. So far, they have trained over 60 Veggiecators, with another training coming up on March 18th. If you are interested in getting involved, or for more information, send Lisa an email at info@veggiecation.com or listen to the complete interview by clicking.

[Click here to listen](#)

Remember, my show is recorded live, every Thursday, from 10-11 am, EST. To tune in, navigate to [PRN.fm](#) and click the “Listen Live” button on the left. Also try downloading the PRN mobile app, and take the station with you wherever you go! If you want to call in during the show with any questions for me or my guest, the call in number is 888-874-4888.

If you can't tune in at that time, you can listen to the show in the PRN archives, or on my website, or through iTunes. You can also access the show by calling in to The Progressive Radio