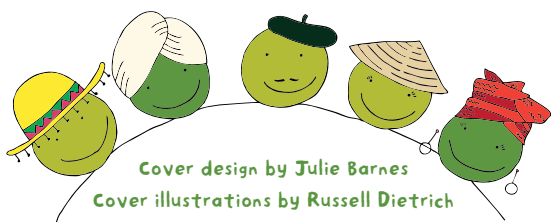




**Shannon Payette Seip** and **Kelly Parthen** are the cofounders of **Bean Sprouts**, a hip and healthy café and cooking school with a mission to spark children's appetites with good-for-you food and delight parents with a happier mealtime. Find out more at [www.beansproutscafe.com](http://www.beansproutscafe.com).

**Shannon** and **Kelly** also write "Bean Appétit," a syndicated column that appears in parenting magazines across the country. **Shannon** lives in **Madison, Wisconsin**, and **Kelly** in **Colorado Springs, Colorado**.



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