

Two Beans Productions
presents

The Jack Sprat LOW-FAT WORLD TOUR

News headlines about the alarming increase in childhood obesity appear nearly every day. Two Beans Productions joins the battle against this epidemic with *The Jack Sprat Low-Fat World Tour*. This fun-filled musical production commissioned and endorsed by the American Cancer Society drives home the importance of healthy eating and exercise in the fight against heart disease and obesity.

Jack Sprat can eat no fat. His wife, Gloria, can eat no lean. Jack enlists the help of MC Hubbard, who rids Gloria's cupboard of junk food and takes her on a whirlwind tour of the grocery store, where Gloria learns a world of knowledge about good living through nutritious food choices.

This 45-minute educational musical program features lots of audience participation... Your students can pretend to be antibodies fighting disease, dish their feelings about vegetables on "The Okra Winfrey Show," and even dance the Vitamin C conga! And best of all, your students will come away with the ability to make wholesome food choices for the rest of their lives!

For more information on this program,
please contact:

TheatreworksUSA

151 West 26th Street
New York, NY 10001
(212) 647-1100
www.TWUSA.org

"A wholesome, healthy, happenin' hip hop treat!"
Cheriann Frederich, The Children's Theatre Festival at
Kingsborough Community College

"*The Jack Sprat Low-Fat World Tour* is an exciting,
stimulating way to teach young people about the
importance of good nutrition. It stresses the basics of the
American Cancer Society's guidelines for cancer risk
reduction through healthy eating."

David A. Lehmann, Director of Education
American Cancer Society, New York City Division, Inc.



TWO BEANS PRODUCTIONS, LLC.

Rob Barron, Artistic Director

THE JACK SPRAT LOW-FAT WORLD TOUR

by John Forster and Michael Mark

John Forster (Author of *Jack Sprat*) wrote the music and lyrics for *How To Eat Like A Child*, the most produced children's show in the Samuel French catalog. Originally an NBC special starring Dick Van Dyke, a new CD of the show came out June 2004. For Theatreworks/USA, he provided book and lyrics for the musical version of *Freaky Friday*, with music by Mary Rodgers, and lyrics, book and/or music for four other shows, including *First Lady*, which became the basis for *Eleanor - An American Love Story*. This July *Eleanor* came out in the Rodgers & Hammerstein Theater Library catalog, having had major productions at Ford's Theater, Pittsburgh Public Theater, Marriott Lincolnshire and other regional theaters. John received his third Grammy nomination for writing and producing *Making Good Noise*, the most recent album in a long collaboration with children's artist Tom Chapin. With *Family Tree*, *Billy The Squid*, *This Pretty Planet* and six other award-winning CDs, John has created a body of children's songs that turn up everywhere. He wrote and produced three albums and several multi-platinum videos for the Olsen Twins as well as producing the seminal tot-rockers Rosenshontz. Off Broadway he wrote the scores for *Both Barrels and Pretzels* (also an HBO special) and contributed songs to *Upstairs At O'Neals*. On Broadway he wrote lyrics for *Into The Light*. Among his shows for young audiences are *The Jack Sprat Low Fat World Tour*, *Attention To Prevention*, an anti-drug show that has toured to schools for the past 15 years, *Grown-ups - The Musical* and *Clever Jack*, also filmed with Lucie Arnaz. As a recording artist John has released three CDs of his unique brand of musical satire. His debut, *Entering Marion*, on Rounder Records, received an Indie Award for Best Comedy Album in 1994 followed by *Helium* and *The Official Bootleg Album*. He is also an occasional contributor of topical songs to NPR's *Morning Edition*.

Michael Mark (Author of *Jack Sprat*), as a musician and actor, received a Drama Desk Award for the Broadway production of *I Love My Wife* and later became musical director for the national tour starring Tom and Dick Smothers. In 1981, he was cast in the original production of *Cotton Patch Gospel* by Harry Chapin where he met Tom Chapin. Michael and Tom have since collaborated on the score for the children's musical *The Magic Fishbone* and on songs for Tom's *Family Tree*, *My Hometown*, *This Pretty Planet* and *Making Good Noise* albums. They, along with pianist Jon Cobert, perform in venues all over America and share in some gratifying recognition for their work, from Parents Choice Awards to four Grammy nominations. Michael collaborated with John Forster on *The Jack Sprat Low-Fat World Tour*, originally commissioned by Lenox Hill Hospital as part of a nutrition and health outreach to the New York community. The show has been endorsed by the New York Chapter of the American Cancer Society. Michael's most widely heard composition is undoubtedly the theme for TV's *Entertainment Tonight*.