Our hero, Carl, wasn’t always a super carrot. When our story begins, he hadn’t yet fully sprouted. He was smaller than most of the other vegetables in his class. Even the little lima bean gang would pick on him.
One day while being chased home from school (as usual), Carl ran into Mrs. Greene’s Grocery Store. He knew there were plenty of hiding spots inside. But just as soon as he stepped in the door, Mrs. Greene was waiting. “What are you legumes up to?” she roared.
WHAT ARE YOU LEGUMES UP TO?
The lima bean gang ran off and Mrs. Greene went back to sorting her food. She was taking loaves of bread off the shelves and putting them in the garbage. Carl wondered why she was throwing out so much food.
"You can come out now Carl. They're gone," said Mrs. Greene.

"Um, Mrs. Greene, what's wrong with that food?"

"Nothing. This bread is still good. It's just that the bakery prefers that we not sell it after a certain date."

"Oh..." mumbled Carl. But he was still confused as he waved goodbye and went on his way.
As Carl left the store he overheard the Celery Stalk family as they walked by.

"Is Dad bringing home dinner tonight?" asked Shirley Stalk.

"Maybe dear. We'll see when he gets home from work," replied Mrs. Stalk.

"Oh man, I'm so hungry I bet I could eat a million sandwiches!" grumbled Scottie Stalk.
After he heard the Stalk family worrying about dinner, Carl had a great idea!!
Carl went back to Mrs. Greene's Grocery Store and explained how the Stalk family needed food. Mrs. Greene happily gave him four loaves of day-old bread. It wasn't a million, but Carl knew it would help. He gathered the loaves of bread and hurried off to the Stalk family's house.
By the time Carl got to the Stalk’s house, he was so excited that he almost knocked the door down!
“Hi Mrs. Stalk!” Carl exclaimed as the door opened. “Mrs. Greene let me have these loaves of bread and I thought that you could use them.”
“Wow. Uh, thanks Carl. You are such a super helper. That was very thoughtful!” said Mrs. Stalk.

“Super?...Yeah. SUPER!” thought Carl.
He went back to his room to get a *real* superhero costume. He had the perfect one!
Carl thought about the look on Mrs. Stalk's face. Now that he was a superhero, he wanted to put his new powers to work.

Carl searched the whole city for extra food. He visited grocery stores, restaurants and farmers. He gathered all of the food and piled it in front of the Stalk Family's house as a surprise.
The next morning, as Mr. Stalk was leaving for work, he nearly jumped out of his overalls!

The food Carl collected had melted all over the lawn. It was, indeed, a surprise. Carl's messy disaster was known forever as the "The Great Cheese Flood."
Clearly, Carl needed help. What would be next? A swimming pool full of chicken noodle soup? So the towns veggies came together and decided to chip in. Even the Lima Beans had a change of heart. (Sort of.)
With all his super-sidekicks, Carl could make a difference against hunger in the community. A special warehouse was built in town so that every year millions of pounds of rescued food can be given to hungry families like the Stalks.

All thanks to one small carrot named Carl — who had an idea that really was super!