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Fighting for the Health of America's children.

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Joint Fundraiser

Bedford, NY

Wednesday, June 14th

Westchester Coalition for Better School Food and Northern Westchester Holistic Moms Network first annual joint fundraiser featuring Steve Cowan MD who will be speaking about his perspective on Kids, ADD/ADHD and Food.

Space limited. Cost: \$25.00 per person. Reservations required call Jennifer Dembro 914.261.7417 by June 12th.

IT'S A MOVIE, IT'S A MOVEMENT.

Spring/Summer 2006 Update

May 2006

Dear Amy,

It's been a full year since I began filming TWO ANGRY MOMS. I've had a lot of challenges - obtaining permission to film in school cafeterias, learning new camera equipment on the fly, managing a family, a production company, and now what has become a full-time job of its own - this movie has truly become a movement. Fortunately, I've had lots of support and encouragement from family, friends, and all of you to keep me going. As filming draws to a close and we move into the editing phase, I'm still angry about the poor quality food our children are offered in most schools across America. I'm also heartened by the many wonderful programs we documented, all of them models for what could become the norm!



Thanks for All Your Support!

Amy Kalafa

WHY ANGER? By Susan Rubin, DMD, HHC

Many people have asked us why use "angry" in the title of this film? They feel uncomfortable with the word. Anger is probably the single most repressed emotion in our culture, especially for women. We've all been told, "nice women don't get angry".



Thanks to Kate Adamick of Food System Solutions, LLC for the terrific Berkeley photos

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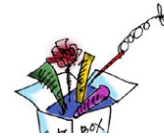
Yet anger can be protective, not aggressive. Think of the mother bear and what she will do to protect her cubs. When the going gets tough, so does mama bear. Although we may not think of ourselves as fighters, we moms can be fierce in protecting the people we care about, especially our children.

Some things are just worth getting angry about. Poor quality school food is one of those things. When you see what's going on with junk food in your child's school, it's like second hand smoke. There comes a day when packing your kids' lunch is not enough anymore.

Anger's true purpose is to set us into motion. Each one of us has mother bear instincts. As human mothers, we can use our anger as fuel to make our world a better place.

GIFT EXCHANGE

This film is a labor of love, one year in the making so far, and the bills are piling up. Filming will be finished by the last day of



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school and from there we move into the editing phase. **Our goal is to raise \$40,000** over the next month to cover the growing expenses.



We need all the angry moms, dads, friends and relatives to help us spread the word about what's eating our nation's kids. Right now, you can help us finish the film on schedule by sending us your tax-deductible lunch money!

Two Angry Moms is not only a movie, it's a movement to get parents to understand what's going on with school food. Our promise is to make a movie that will inspire, entertain and excite every parent who sees it.

As our gift to all the angry moms who make a contribution of \$25 or more, Dr. Rubin has prepared an e-booklet, **"The Busy Mom's Guide to Better Food"**, that is filled with great tips, recipes and lunch box ideas that will please even your picky eaters.

For a limited time, Dr. Rubin is also offering 45-minute health consultations via phone for donations of \$125 or more. If you or anyone in your family has a health issue, or if you just want to lose weight, gain more energy and have a healthier family, Dr. Rubin can help you with food and lifestyle recommendations.

And as a thank-you to all our contributors, we'll send you one of our hot-off-the-press TWO ANGRY MOMS static logo stickers.

Please be generous with your lunch money – your contribution will go a long way toward raising awareness about school food and what can be done to make it better.

www.angrymoms.org

EDIBLE EDUCATION

There were signs of a Delicious Revolution in the desert East of L.A. recently when we filmed a school garden and farm-fresh local salad bars in the Riverside Unified School District. Food Services Director Rodney Taylor is bringing marketing strategies learned in Big Food to little kids.



In Berkeley, California we filmed Chef / Restaurateur Alice Waters in the original Edible Schoolyard. She showed us the kitchen classroom at the Martin Luther King, Jr. Middle School where we taped a class of eighth-graders wielding very sharp knives – peeling fava beans and chopping chives!

Also in Berkeley, Ann Cooper, the Renegade Lunch Lady, is in month 7 of her high speed citywide cafeteria clean up. She's



month 7 of her high-speed citywide cafeteria clean-up. She's got the kids lining up for greens, and her staff cooking from scratch and loving it (mostly). Wait 'til you hear her insider's take on school food and children's health.

Look for new movie clips on our website.

www.angrymoms.org



NUTRITION POLICY

School District Wellness Guidelines must be in place for every district in the country by the end of this school year. Beyond asking your district to get the trans fats, corn syrup, hormones and additives out of the school food, you can help write a policy that connects the cafeteria with the classrooms. You don't have to be a nutritionist to ask your school to:



- offer meals using fresh, seasonal, locally grown ingredients (suggest a percentage, depending on the season)
- educate the staff as well as the students – field trips to farms or farmers markets are a great way to discover where food comes from and to see the variety of seasonal produce.
- get every student involved in preparing and tasting new foods
- limit food rewards in the classroom
- reduce, re-use, recycle in the kitchen and cafeteria

For more information on establishing a wellness committee go to the cool resources page on our website.

www.angrymoms.org



HELP WANTED

We are looking for a couple of key helpers:

- College student interested in a summer internship in many aspects of film production, especially producing and marketing.
- Animator to create Flash or other animations in exchange for credit in an exciting documentary feature film with national distribution.



If you are interested, e-mail the Two Angry Moms producers at producers@angrymoms.org.



CALLING ALL ANGRY MOMS





Please forward this newsletter to all the angry moms on your e-mail list. Everyone who makes a contribution will be named on the credit roll at the end of the movie. **We hope to have a credit list longer than the ones on a Hollywood blockbuster!!**



Many of you have asked what else you can do to help. One suggestion is to hold an event – a smoothie sale, a party, an auction or a dinner with proceeds to benefit the Angry Moms. Or, if you have a business, you can ask clients if they'd like to add an extra dollar to their bill as a donation.

www.angrymoms.org

Follow up Links

- angrymoms.org
- [Institute for Integrative Nutrition](#)
- [Marion Institute](#)
- [Weston A. Price Foundation](#)

TWO to TWO MILLION

Texas Commissioner of Agriculture Susan Combs said it's going to take TWO MILLION angry moms to change school food. That's where YOU come in! Please join us.

email:producers@angrymoms.org producers@angrymoms.org
<http://angrymoms.org>

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