



Two Angry Moms is a documentary film that asks the question: What happens when fed-up moms try to change school food? Filmmaker Amy Kalafa crosses the country in search of alternatives to the toxic food environment found in many of our nations schools.

There are nearly seventy-three million school-aged children in America. The Centers for Disease Control predict that these children will be the first generation in history to live shorter lives than those of their parents. ***Two Angry Moms*** takes a look at the school food programs responsible for a large portion of each child's daily meals. ***Two Angry Moms*** explores the roles the federal government, corporate interest, school administration and parents play in the feeding of our country's school kids. The film offers successful and often inspirational examples of how to improve school food programs and make a difference in both the health of each child and the long-term health of the country.

Goals for the film:

- Tell the story of what has gone wrong with school food and feature strategies and models for getting real food into schools.
- Increase awareness of factors that influence what our kids eat everyday.
- Create a movement of two million "angry moms" (and dads) who will take a stand for their children's health and demand a change.
- Hold screenings in school districts nationwide with Q&A info sessions.

Texas Agricultural secretary Susan Combs said that it's going to take 2 *million* angry moms to change the school lunch program. Please join us!

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

For more information visit us at www.angrymoms.org

Your film has as much important information as Al Gore's film..... -Wayne and Lee Paull, Parents

WHAT CAN I DO?

TWO ANGRY MOMS ACTION PLAN FOR BETTER FOOD IN SCHOOLS

IN YOUR SCHOOL DISTRICT:

- 1) Host a Screening of Two Angry Moms:** With this first step you will meet, and join forces with, other like-minded people who recognize that our kids do better and feel better in a healthy school food environment. Download our [screening planner](#) and get started!
- 2) Sign and Circulate the Two to Two Million Angry Moms Pledge** to reach a national tipping point where healthy and delicious school food becomes the norm. Visit angrymoms.org.
- 3) Have Lunch With Your Child in the School Cafeteria:** Understand the strengths and weaknesses of your school's lunch program by experiencing the food your kids are taking in at school every day. Ask to see ingredient lists for all the food on the menu.
- 4) Join a Committee or Coalition.** Get involved with the nutrition committee in your school or a wellness committee in your district. Create one if none exist. Write or update a District Wellness Policy that specifies your needs. For more support, become a member of angrymoms.groupsite.com. Your wellness committee should:
 - Survey Your District:** Find out how many other parents, students, teachers and staff share your concerns about school food. A community-wide survey raises awareness and builds numbers.
 - Read Your Contracts:** Is your school self-operated or run by a food service management company? Read all the contracts and write a wellness policy that specifies your needs. Make sure the contracts reflect the policy.
 - Ensure the Lunch Staff has Training and Equipment:** Hold fundraisers, seek grant funds to get the new program started.
- 5) Market Your New Program:** Some kids are afraid of fresh food! So when positive changes are made in your district, work with sports teams and student leaders to help with "buy-in" from your entire community. Create and participate in school gardening and cooking classes that produce real food. Hold "tastings", make it fun!

AT HOME:

- 6) Build Your Food IQ.** Learn which foods are right for your family – not all foods are good for everyone!
- 7) Cook With Your Kids.** Read books, takes classes, watch cooking shows. Try new things, test recipes. Grow your own; get your kids connected to their food.

ACT LOCALLY AND NATIONALLY:

- 8) Speak Out:** Talk to friends, media and local leaders to raise awareness of the problems with school food and the solutions available when we work together to help our kids be the best and brightest they can be.
- 9) Call Congress:** Let them know you support legislation to get advertising and junk food out of schools, and USDA regulations that support sustainable agriculture, small farmers and local markets. Let's flood our schools with fresh fruits and vegetables.

Hold a house party or community screening of Two Angry Moms. Visit our website for more information.

Two Angry Moms • Box 783, Georgetown, Ct 06829-0783 • www.angrymoms.org



Two Angry Moms – Just the Facts

- 35% of American Children are obese or at risk.
- Centers for Disease Control: “We are facing a childhood obesity epidemic. This generation will be the first in the nation’s history to live shorter lives than those of their parents.”
- 30% of boys born in 2000 and 40% of girls will develop diabetes.
- There are soaring rates of asthma, ADHD, anxiety, autism, learning disorders and depression among children.
- 1 in 4 children take prescription medication daily for chronic illness.
- 2000% increase in amphetamine prescriptions for children since 1990.
- Americans spend \$200 billion per year in diet-related health care costs; twice as much per person, per year than any other developed nation.
- 50% of all cancer could be prevented through healthy diet and exercise.
- The average American life expectancy ranks 27th in the world.
- The cost of fresh fruits and vegetables has risen 40% in the past twenty years.
- The cost of soda, sweets, meat, dairy, fats and oils has decreased by as much as 20% in that same time.
- Americans spend less than 10% of their income on food, but 17% of our GDP is spent on healthcare.
- Europeans spend 17% of their earnings on food, but less than 10% of their GDP on healthcare.



Advocating for the health of America's kids.
Working for a sustainable future.

*The movie goes right to the heart and makes you realize how important this is to the future generations of our country. - **Melissa W., Mom***

Links to More information:

View movie clips, join the movement, purchase a dvd, download handouts and lots more info at <http://www.angrymoms.org>

Want to Start a School Food Revolution in your own backyard? View our [Getting Started Guide](#) to find out how.

Would you like to know more about our not-for-profit fiscal sponsor the [Marion Institute](#)?

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