

Newsletter Webpage [Click here](#)



Working for a sustainable future.  
Advocating for better food in schools.

[There's Still Time!](#)

[Let's Meet Up](#)

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[Upcoming Events](#)

August 11, 2pm EST  
LIVE Webinar w/ Amy Kalafa  
Friend's Health Connection  
[Register Here](#)

August 18  
**LUNCH WARS**  
Book Release in Stores

August 23 10AM  
LIVE interview w/Amy Kalafa  
"Whole Living" on  
SIRIUS XM Radio

September 8 and 15, 12pm  
Institute for Integrative  
Nutrition  
LIVE webinar w/Amy Kalafa  
(see article)

[LUNCH WARS](#)  
[AUTHOR BOOK TOUR](#)

Aug 29-[Changing Hands](#) in  
Phoenix

Aug 31-[A Great Good Place for](#)  
[Books](#) in Oakland

## August, 2011

[www.angrymoms.org](http://www.angrymoms.org)



Dear Amy,

As I write this letter, my youngest child is packing for her first year of college. It's a bittersweet moment for me. I'm sharing it with you because ... just when you might think I could be

distracted from the school food issue... there's the college dining hall! My daughter has resolved to take up the cause as her social action this year. She hopes to connect the campus with local farms and help connect fellow students with their food. Whether your child is 18 months or 18 years old, it's never too late to become an advocate for better food in schools. This newsletter is all about connecting you with the resources you need to get the school food revolution going in your community.

Let's keep our grassroots growing,

Amy Kalafa

**THERE'S STILL TIME**

Sept 1-[Tattered Cover Highlands Ranch](#) in Denver

Sept 20-[A Real Bookstore](#) in Dallas

Sept 21-[King's English Bookshop](#) in Salt Lake City

Sept 22 - [Books Inc](#) in San Francisco

Sept 26 - [Wellesley Books](#) in Boston

Sept 28 - [Quail Ridge books](#) in Raleigh

### Upcoming Screenings

September 7, 7pm  
Two Angry Moms Screening  
[Fairfield Public Library](#)  
Fairfield, CT

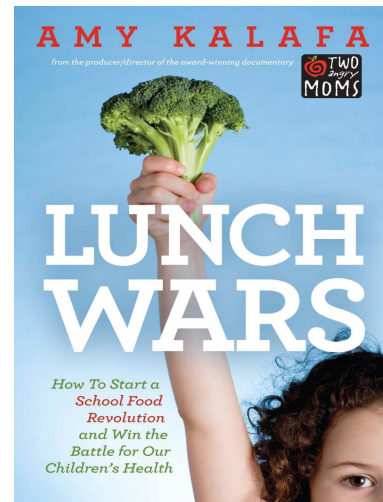
September 14, 7-9pm  
Two Angry Moms Screening  
**Ridgewood, NJ**  
Sponsored by Valley Hospital  
and Whole Foods in  
Ridgewood, NJ

## Our Sponsors



## to pre-order my new book Lunch Wars and join a free teleclass!

I am partnering with the world's largest nutrition school, the Institute of Integrative Nutrition to offer a very special sneak peak into the pages of my new book, Lunch Wars. Everyone who pre-orders a copy of Lunch Wars will be invited to attend **A 2-PART TELECLASS** where I will be discussing how you can make a change in your community and answering any questions that you may have. We have also put together this flyer for you to reference as you go fight for change in your child's cafeteria. Don't miss out - pre-order your copy from one of the retailers listed on my [website](#) and email your receipt to [lunchwarsbook@gmail.com](mailto:lunchwarsbook@gmail.com) to receive your teleclass invite, along with a coupon for 30% off your purchase of a Two Angry Moms DVD.



## LET'S MEET UP

Come meet me on my Lunch Wars book tour! Check out the sidebar listings to find out if I'll be in your area. If so, use the event as an opportunity to rally your circle of school food advocates. Are you a member of a local organization? Invite your fellow Slow Food chapter members, PTO, PTA members, environmental group, wellness or health care agency associates to join you and hear me speak and answer questions about the school food revolution locally and around the world. Don't see your community on the list? [Contact us](#) to ask about a visit.

## NETWORKING LOCALLY AND GLOBALLY

### A message from John Lippmann, New Media and Advocacy Coordinator:

We are about to make a major upgrade to our social networking site. The new site will allow you to communicate better with other interested advocates, learn from experts in the advocacy and school nutrition field, share questions and events with a nationwide audience and much more.



Francine's Organic Kids



Many of our current network members have already completed our brief survey, but to those of you who have not yet given us your input we welcome your help and opinions to assure that this new tool is one that you will get the most out of. The school food revolution has always been about you, the parents and other caring individuals who wage essential battles in your home communities to make school work better for your kids and those in your community.



Help us to help you by giving us your thoughts and opinion on a new Angry Moms social network. Please complete a brief survey:

<http://www.surveymonkey.com/s/BTS23NN>

If you participate by Friday August 15 we will enter you into a drawing for a free signed copy of "Lunch Wars."

Thank you for all you do and for your input into this important survey.

### ANGRY MOM(S) OF THE MONTH: Nancy Easton and Bill Telepan, Wellness in the Schools



Nancy Easton of New York City is a former principal and a mother of three. In 2005, Nancy started Wellness in the Schools, a three-pronged approach to improving the environment, nutrition and fitness of public school students. **Coach for Kids** provides trained coaches to

mentor the least active kids at recess. **Green for Kids** makes sure that schools use bio-based, effective cleaning products. **Cook for Kids** is Wellness in the School's effort to create a better food environment. Chef Bill Telepan, a New York restaurant owner, heads the Cooks for Kids program, which sends culinary school graduates to prepare fresh meals from scratch, and educate food service staff, along with kids and families, about the importance of unprocessed foods. This year, Cook for Kids chefs teach food in the classrooms and conduct seasonal tastings in school cafeterias around New York City. Nancy says, "We make applesauce in the fall, grains



in winter-oatmeal, then carrots and potatoes in spring." Cook for Kids integrates food into the science class curriculum, allowing chefs to interact with kids in hands-on lab exercises. Wellness in the Schools has come far since 2005, but Chef Bill says, "The job here in New York City is much bigger than food service management. We all need to be out there, raising funds. The fight continues." To join Chef Bill and Nancy Easton's fight, or to learn more about Wellness in the Schools, visit:

<http://www.wellnessintheschools.org/>.



See Nancy featured in a video about the NYC school rooftop science lab she helped [here](#).



### **FARM BILL 2012**

When the Farm Bill reaches Senate discussions every five years, supporters of healthy school food are normally left with a bad taste in their mouths. This year, however, could mean a step toward reform, and more food revolutionaries are getting

their voices heard. One is Dennis Englehard, a dried bean producer from Michigan who spoke with Senator Amy Klobuchar at last week's Senate Committee hearing, about how dried beans can be a healthy, affordable source of protein, as seen in the Farm to School Program. But this Bill doesn't only affect the beans (or lack thereof) on students' plates. The old policy subsidizes unhealthy foods, making them cheaper than healthy foods. Reforming the Farm Bill would change that, and create options for schools to choose the best quality food over the cheapest. The 2012 Farm Bill could be a giant driver in changing the way our nation's children eat in the lunchroom. To learn more or lend a hand, click [here](#), or visit [Farm to School](#).

### **Follow Up Links**

[Two Angry Moms](#)

[Institute for Integrative Nutrition](#)

[Marion Institute](#)

[Weston A. Price Foundation](#)

[NY Coalition for Healthy](#)

### **TWO to TWO MILLION**

Former 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.

School Lunches

email:[producers@angrymoms.org](mailto:producers@angrymoms.org) [producers@angrymoms.org](mailto:producers@angrymoms.org)

The Fledging Fund

<http://angrymoms.org>

Altrusa International, Inc  
of Downtown Dallas

[Forward email](#)



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Two Angry Moms | [producers@angrymoms.org](mailto:producers@angrymoms.org) | Box 783 | Georgetown | CT | 06829-0783