

Newsletter Webpage [Click here](#)



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

It's a Book!

Angry Mom(s) of the Month

New Rules

Upcoming Events

July 18, 12 Noon
School Lunch Webinar with
Amy Kalafa
Institute for Integrative
Nutrituon (see article below)

August 18
LUNCH WARS
Book Release in Stores

LUNCH WARS
AUTHOR BOOK TOUR

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

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

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

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

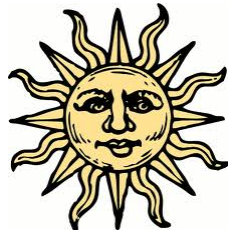
Sept 22 - [Books Inc](#) in
San Francisco

Sept 26 - [Wellesley](#)

Summer Solstice 2011

www.angrymoms.org

Dear Amy,



It's been quite a while since our last newsletter. Much has been happening in the school food world -- in fact, so much that I've spent the past year writing a book to help guide you through the wilds of school food advocacy. As this school year draws to a close, you can begin planning for next year by pre-ordering **LUNCH WARS: How to Start a**

School Revolution and Win the Battle for Our Children's Health. Check out the articles below to find out how you can participate in a series of LUNCH WARS teleconferences for free.

In the fall, the federal government will have some new school food rules and regulations in place. Read on to find out how our Angry Mom of the Month, Patricia Messer, has brought the gardening indoors at one Salt Lake City School. The school food revolution is happening in communities where advocates and administrators are making it a priority. So as always...

Let's keep our grassroots growing,

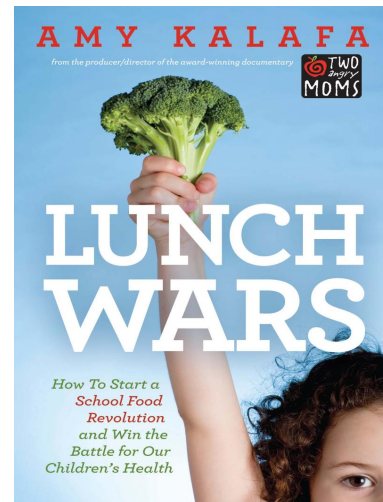
Amy Kalafa

It's a Book!

Booksin **Boston** (tentative)Sept 28 - [Quail Ridge books](#) in **Raleigh**Upcoming ScreeningsSeptember 7, 7pm
Two Angry Moms Screening
[Fairfield Public Library](#)
Fairfield, CTSeptember 14, 7-9pm
Two Angry Moms Screening
Ridgewood, NJ
Sponsored by Valley
Hospital and Whole Foods in
Ridgewood, NJ**Our Sponsors**

Francine's Organic Kids

LUNCH WARS: How to Start a School Food Revolution and Win the Battle for Our Children's Health was written by popular demand in the wake of the movie Two Angry Moms. The book is full of information on what to look out for in the school cafeteria and how to organize and advocate on both the school district and national level. You'll find chapters on what parents and advocates need to understand about federal, state and local regulations that govern the school meals programs, detailed information on how to organize and set-up a farm-to-cafeteria program, school gardens, and how to incorporate food culture and food systems education into the curriculum. It's also filled with personal stories and inspiring examples of successful programs from Baltimore to Kansas City to Berkeley.



Available in stores August 18.

Special Offer

Pre-Order your copy of LUNCH WARS at any of these links:

- [Barnes & Noble](#)
- [Amazon](#)
- [Indie Bound](#)
- [Borders](#)
- [Books-a-Million](#)

E-mail a copy of your pre-order confirmation to LunchWarsBook@gmail.com and we'll send you an invitation to join a FREE Lunch Wars Teleconference Series scheduled for early September. The series will offer an in-depth discussion based on some of the chapters in the book, and you'll have an opportunity to get answers to some of your school food questions.

When we receive your pre-order confirmation, we'll also send you a coupon code for a **30% discount** on any of our DVDs



- the Feature length edition of Two Angry Moms, the Conference edition or the Spanish edition.

Angry Mom(s) of the Month



Late Bloomin' HEIRLOOMS

Patricia Messer and her business partner Heidi Williams of Salt Lake City wanted to expand their farmer's market, heirloom seed and spice company into a food-in-the-classroom educational program. It took three years to implement their vision; this year they've installed "growing carts" in nine of their local elementary school classrooms. These carts act as indoor growing stations for cafeteria salad bars. The carts have five tiers, each with its own ceiling grow light, and five removable racks. Students use the racks to grow greens in their micro stage. Patricia says that these micro-greens, "have twenty to fifty times the nutrition," compared to fully matured vegetables.

The result of the students' efforts is an array of lettuces, pea tendrils, red amaranth, swiss chard and more delicious salad options. In implementing her plan, Patricia has made friends with a principal who's now started her own garden, and the district nutritionist who is baking whole wheat bread from scratch for the students.

Patricia says that her future plans include teaching students and staff how to compost with worms. She says, "This year we grew sweet potatoes and I learned you can eat the sweet potato greens...we made chili powder with a yellow pepper we grew and that turned out to be a premium item at the farmer's market because no one had ever done that before." It seems that as Patricia's knowledge grows, so does the movement she is creating in Salt Lake City! To find out more about Patricia and Late Bloomin' Heirlooms, visit www.latebloominheirlooms.com.



New Rules

When President Obama reauthorized the Child Nutrition Act in December of last year, many lawmakers agreed that it was an important step in a healthier direction for school foods. The new policy mandates the following:



- A 10-year gradual decrease in the amount of sodium allowed in each meal.
- In addition to existing calorie minimums, a maximum limit to calories per meal, specified by age group.
- Replacing whole milk with skim or one percent.
- An increase in the amount of legumes and fresh green and orange fruits and vegetables.
- Eligibility for free meals to an additional one hundred thousand children.
- Regulation of all foods sold in schools including vending machines and a la carte items.
- A preference for local sourcing of fresh items.
- Assistance for Farm to School programs and school garden projects.

Although many of these steps are positive ones, Congress has only authorized a six-cent funding increase on individual lunches. Some school food service directors say implementing the new policy will cost more. That means schools will most likely either continue to use processed foods or get creative. In **LUNCH WARS**, you'll learn how some districts are making cost effective and delicious changes to their school meal programs.

LUNCH WARS Webinar

Mark your calendar! Join me **Tuesday, July 19, at 12PM EDT** for a one-of-a-kind webinar with the world's largest nutrition school, the Institute for Integrative Nutrition. I'll be speaking with Integrative Nutrition about my experience as a student in their Health Coach Training Program and how I found the confidence to embrace the 'angry mom' in me. You'll also get a sneak peak of my upcoming book *Lunch Wars*. Don't miss out - I'll be sharing some top tips on how you can get started making a difference in your community today. [Find out more here.](#)

Follow Up Links

[Two Angry Moms](#)

[Institute for Integrative Nutrition](#)

[Marion Institute](#)

[Weston A. Price Foundation](#)

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.

[NY Coalition for
Healthy School
Lunches](#)

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

[The Fledging Fund](#)

[Altrusa International,
Inc of Downtown
Dallas](#)

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