

# TWO ANGRY MOMS ACTION PLAN

## What YOU Can Do

### IN YOUR SCHOOL DISTRICT:

- 1) Host a Screening of Two Angry Moms.** With this first step you will meet, and join forces with others 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 Petition** to reach a national tipping point where healthy and delicious school food becomes the norm. Add your name at [www.angrymoms.org](http://www.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. Use this information for policy and contract specifications.
- 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 [Beterschoolfood.org](http://Beterschoolfood.org). 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 The Food Contracts.** Is your school self-operated or run by a food service management company? Read all the contracts and make sure they reflect your Wellness Policy.

- 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 get "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:

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

### ACT LOCALLY AND NATIONALLY:

- 9) 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.
- 10) 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 fill our schools with fresh food!



Advocating for the health of America's kids.

Working for a sustainable future.