
National School Lunch-In

The *Two Angry Moms* National School Lunch-In will run from October 15th - 19th. It will be held concurrently with the School Nutrition Association's (SNA) annual National School Lunch Week and follows the USDA guideline suggesting that every parent should go to school and have lunch with their child.

How is the *Two Angry Moms* National School Lunch-In different? We are asking every angry mom/dad in the country to "do lunch" with their kids that week, to do it with their eyes open and to ask a lot of questions.

While you're there read more than the menu.

- Ask to see a list of ingredients for every item in the cafeteria.
- Read labels, check out what's in the vending machines.
- Don't be fooled by health claims and "low calorie" branding. How much of the food being served is real food and how much of it includes flavorings, artificial sweeteners, preservatives, binders and unpronounceable ingredients?
- Find out from your child if this is normal fare or if the school is sprucing things up to make a good impression for your visit.
- More tips of what to do/look for while you are visiting for lunch: Kate Adamick - [Searching For Food In The School Cafeteria](#), Better School Food – [Lunch In Check List](#)

Ask yourself how healthy you would be if you ate this food as your primary source of nutrition for ten months of the year.

Then ask your school board for a wellness policy that requires real food, not junk! Let us know how your visit goes (producers@angrymoms.org) and send us your favorite school food photos (photos@angrymoms.org) - we'll post them on our site.

