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## Lunch Wars: How to Start a School Food Revolution and Win the Battle for Our Children's Health

By Amy Kalafa

Tarcher, United States, 2011. Paperback. Book Condition: New. Original. 226 x 150 mm. Language: English . Brand New Book. There s a battle going on in school lunchrooms around the country.and it s a battle our children can t afford for us to lose. The average kid will eat 4,000 school lunches between kindergarten and twelfth grade. But what exactly are kids eating in school lunchrooms around the country? Many parents don t quite know what their children are eating-or where it came from. As award-winning filmmaker and nutritionist Amy Kalafa discovered in researching her documentary film Two Angry Moms: Fighting for the Health of America s Children, these days it s pretty rare to find a piece of fresh fruit in your average school lunchroom amid all the chips, french fries, Pop-Tarts, chicken nuggets, and soda that s being served. But what, if anything, can parents do about it? Written in response to the onslaught of requests she received from parents who saw her film and asked, If I want to attempt to change the food culture in my kid s school, how on earth should I get started?! this empowering book arms parents with the specific information and tools...



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