



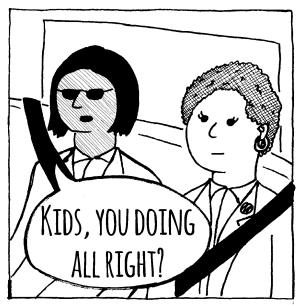
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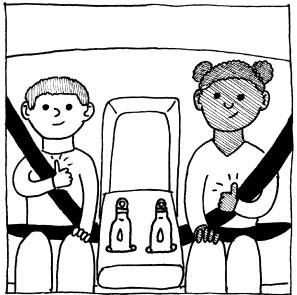
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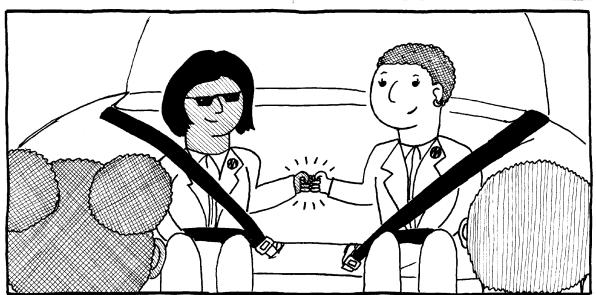
WRITTEN BY MOMSRISING ILLUSTRATED BY DAVID MANSFIELD

THE TEXT OF THIS BOOK, WHERE NOT HAND-LETTERED BY THE ILLUSTRATOR, IS SET IN "AMATIC" BY VERNON ADAMS, UNDER THE GUIDELINES OF THE SIL OPEN FONT LICENSE









A PASSIONATE
GROUP OF MOMS WHO
BELIEVE THAT ALL
CHILDREN DESERVE TO
BE HEALTHY AND LIVE
UP TO THEIR FULL
POTENTIAL...

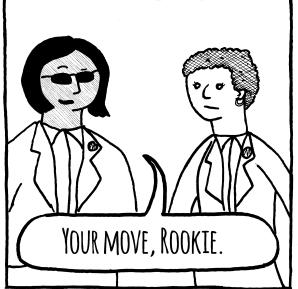
WORKING TOGETHER
TO BUILD HEALTHY
SCHOOLS AND
COMMUNITIES...

USING THEIR
SMARTS TO
TAKE ACTION
WHEN IT COUNTS.









CHILDREN TODAY COULD BE THE FIRST GENERATION TO LIVE SHORTER LIVES THAN THEIR PARENTS. THAT'S BECAUSE ONE IN EVERY THREE KIDS IN THE U.S. IS AT RISK FOR HIGH BLOOD PRESSURE, HIGH CHOLESTEROL AND DIABETES — DISEASES THAT USED TO ONLY AFFECT ADULTS.

We've made great progress in schools, through the updated healthy school meal and snack standards. But there's so much more to do to ensure that every child enjoys a healthy school day.

CHOOSE YOUR ADVENTURE BELOW:











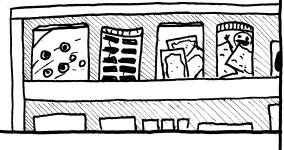




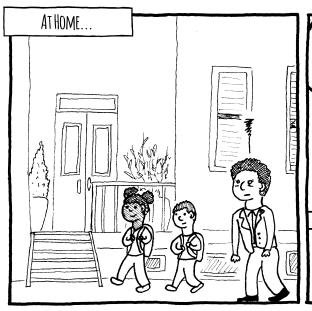


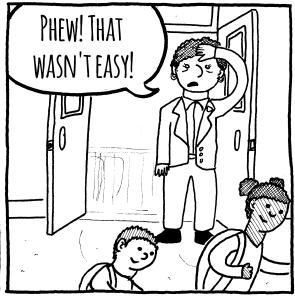
Turn to page 14!

TAKE ACTION AROUND CHARACTER - BASED PRODUCT DISPLAYS



Turn to page 16!











THINK YOU CAN CONTROL THE MARKETING YOUR CHILD SEES?
THINK AGAIN.
COMPANIES SPEND
TWO BILLION DOLLARS A YEAR
FINDING YOUR CHILD WHEN YOU
AREN'T AROUND.

THINK, ROOKIE! ACROSS THE COUNTRY, PARENTS AND FAMILIES ARE LEADIG THE WAY TO CREATING PLACES WHERE ALL CHILDREN CAN GROW UP HEALTHY, NO MATTER WHERE THEY LIVE.



WE CAN DO THIS!

JOIN THE ADVENTURE! WHATEVER PATH YOU CHOOSE MAKES A BIG DIFFERENCE.



YOU'VE REACHED THE END OF THIS ADVENTURE, BUT THAT DOESN'T MEAN YOU'RE DONE! WHY NOT GO BACK TO THE BEGINNING AND SEE HOW DIFFERENT CHOICES MIGHT HAVE PLAYED OUT?









*Demand they stop: moms.ly/DigitalTargeting













WE CAN'T JUST DISTRACT OUR KIDS
FROM THE TIDAL WAVE OF MARKETING
THEY EXPERIENCE EVERY DAY.
COMPANIES NEED TO BACK PARENTS
UP. JOIN US IN TELLING THEM TO
STOP TARGETING OUR KIDS AT:
moms.ly/NoJunkMarketing



JOIN THE GOOD FOOD FORCE TO BUILD HEALTHY SCHOOLS AND COMMUNITIES: moms.ly/JoinGFF

MOMSRISING.ORG IS AN ON-THE-GROUND AND ONLINE GRASSROOTS ORGANIZATION OF MORE THAN A MILLION PEOPLE WHO ARE WORKING TO ACHIEVE ECONOMIC SECURITY FOR ALL MOMS, WOMEN, AND FAMILIES IN THE UNITED STATES. ESTABLISHED IN 2006, MOMSRISING AND ITS MEMBERS ARE ORGANIZING AND SPEAKING OUT TO IMPROVE PUBLIC POLICY AND TO CHANGE THE NATIONAL DIALOGUE ON ISSUES THAT ARE CRITICALLY IMPORTANT TO AMERICA'S WOMEN AND FAMILIES.

DAVID MANSFIELD IS A CALIFORNIA-BASED WRITER AND ILLUSTRATOR WHO HAS HAD THE PRIVILEGE OF KNOWING SOME AMAZING MOMS. HE STUDIED CREATIVE WRITING AND VISUAL NARRATIVE AT HAMPSHIRE COLLEGE, AND IS CURRENTLY WORKING ON HIS FIRST NOVEL FOR YOUNG READERS.

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