

# Creating Healthy Change: An eye-opening discussion of the current food system, how it's affecting our health, and what we can do about it

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Join us for a panel discussion with Robyn O'Brien, founder of The AllergyKids Foundation and author of *The Unhealthy Truth*, Ann Cooper, "The Renegade Lunch Lady," Director of Nutrition Services for Boulder Valley School District and founder of The Lunch Box, and Kim O'Donnel, long-time food writer for top publications, including The Washington Post and USA Today and author of *The Meat Lover's Meatless Cookbook*, and learn how making small changes to your diet can create widespread change in overall human health, the environment and food system. Alex Bogusky, ad guru and social change advocate, will moderate the discussion.

**DATE:** Tuesday, June 7th

**TIME:** Doors and local food sampling at 6pm, presentation at 7pm-8:30pm

**COST:** \$15 per person

*\*All proceeds will be donated to The School Food Project and The AllergyKids Foundation*

**WHERE:** Metro State University King Center, Recital Hall 855 Lawrence Way Denver, CO 80204

**PARKING:** Please park in Lot H. The entrance is located on Curtis Street which can be accessed from Seventh Street. <http://www.ahec.edu/parking/ParkingMap.pdf>

**REGISTER:** [www.regonline.com/creatinghealthychange](http://www.regonline.com/creatinghealthychange)



**About Robyn** – Robyn O'Brien has been called "Food's Erin Brockovich" by the New York Times, and in her first book, *The Unhealthy Truth*, she sheds light on the food industry and the impact that new ingredients and additives now found in our favorite foods are having on the health of our families. She is

working to restore the health of the American children and founded the AllergyKids Foundation, an organization designed to protect the 1 in 3 American children with autism, allergies, ADHD and asthma from additives in the food supply. [www.RobynOBrien.com](http://www.RobynOBrien.com) [www.AllergyKids.com](http://www.AllergyKids.com)



**About Ann** – Chef Ann Cooper is a celebrated author, chef, educator, and enduring advocate for better food for all children. In a nation where children are born with shorter estimated life expectancies than their parents because of diet-related illness, Ann is a relentless voice of reform by

focusing on the links between food, family, farming and children's health and wellness. [www.chefann.com](http://www.chefann.com), [www.thelunchbox.org](http://www.thelunchbox.org)  
[www.saladbars2schools.org](http://www.saladbars2schools.org)



**About Kim** – Kim O'Donnel is a trained chef, nationally recognized online food personality and longtime journalist. Formerly of The Washington Post, Kim has also written for Real Simple, Huffington Post, CivilEats.com, True/Slant and Smithsonian.com. She's a regular contributor to Culinate,

where she hosts a weekly cooking chat. Kim is the founder of Canning Across America, a collective dedicated to the revival of preserving food. Her latest project is Family Kitchen, a twice-monthly column that appears alternating Wednesdays in USA Today. [www.kimodonnell.com](http://www.kimodonnell.com)



**Moderator, Alex Bogusky** – After making advertising history as a founding partner of the world's most awarded agency (Crispin Porter + Bogusky), Alex Bogusky changed course to pursue a new way of doing business. In 2010, Adweek's

Creative Director of the Decade turned his focus from being a brand advocate to a consumer advocate by launching the Fearless Revolution. He is changing the way we look at capitalism with a new approach, COMMON.

[www.fearlessrevolution.com](http://www.fearlessrevolution.com) @commonworks



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Questions? Contact Adriane Little at [Adriane@AspireTrue.com](mailto:Adriane@AspireTrue.com)