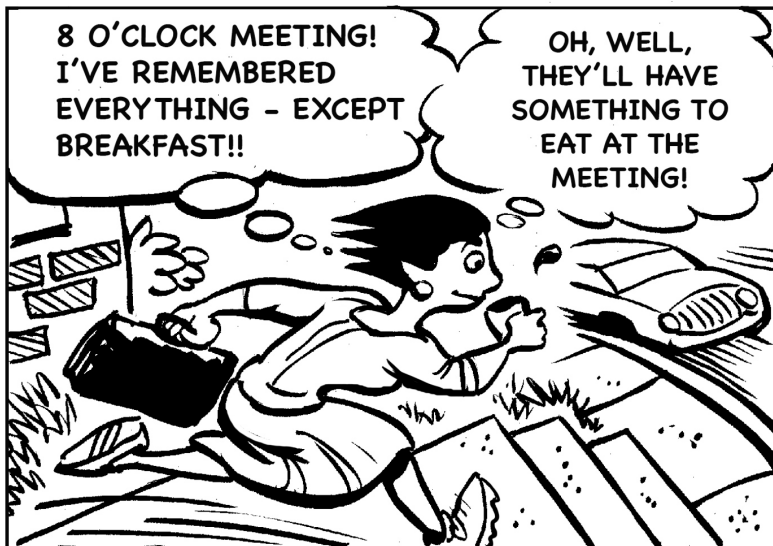


CARLA THE CAMPAIGN WORKER IN DOWN THE DONUT HOLE



TWO DONUTS and 25 MINUTES
LATER....



HERE'S THAT BOX LUNCH: BASICALLY JUNK FOOD!

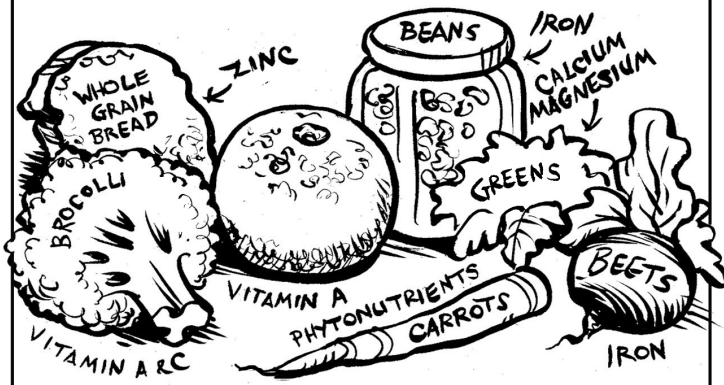


LOTS OF FAT (CHIPS, HAM, CHEESE, BROWNIE)
LOTS OF SUGAR (SODA, BROWNIE)
LOTS OF REFINED WHITE FLOUR
(WHITE BREAD, BROWNIE)

EVEN THE FRUIT IS THE
BLAND, MUSHY RED
DELICIOUS APPLE - THE
MOST OVERPROCESSED,
UNAPPETIZING INDUSTRIAL
FRUIT AVAILABLE!

BUT...

IT'S NOT JUST WHAT YOU EAT – IT'S WHAT YOU AREN'T EATING, TOO. CAMPAIGN JUNK FOOD KILLS CARLA'S APPETITE FOR NUTRITIOUS FOOD, SO SHE MISSES OUT ON ESSENTIAL MINERALS, VITAMINS, & PHYTONUTRIENTS.



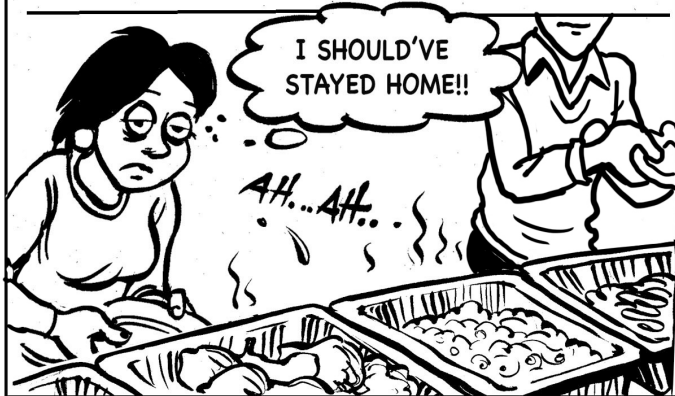
CARLA, ARE YOU OKAY?

JUST A LITTLE TIRED & RUN-DOWN. ISN'T EVERYBODY?



HARD WORK & LONG HOURS WITHOUT GOOD NUTRITION MEANS CARLA'S IMMUNE SYSTEM IS WEAKENING!

THAT NIGHT, AT A CAMPAIGN FUNDRAISING EVENT: FRIED CHICKEN, MACARONI SALAD, GREENS COOKED TO MUSH, and JELL-O!



ELECTION DAY NEARS -- AND THE POLLS ARE SO CLOSE!!

A FINAL GRASSROOTS PUSH IS OUR SECRET WEAPON, FOLKS!!

WE GOTTA GIVE THIS 100 %!!

GO GIT 'EM!



BUT CARLA'S UNDER-NOURISHED, VIRUS-INFECTED CAMPAIGN CAN ONLY GIVE 80%!!



DON'T LET THIS HAPPEN TO YOUR CAMPAIGN!

FEED YOUR WORKERS AND VOLUNTEERS NUTRITIOUS FOOD!

JOIN the CONVERSATION

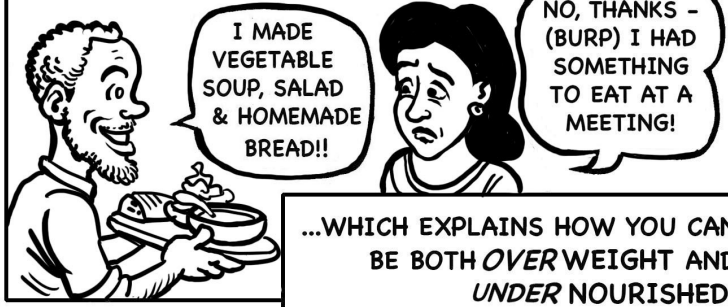
HealthyCampaign.org

JUNK FOOD vs Your DNA

SURE, FOOD LIKE THIS* CAN SATISFY YOUR HUNGER...



YOU ALREADY KNOW HOW HARD THIS STUFF IS ON YOUR WEIGHT, ON YOUR ARTERIES, AND YOUR HEART. IT ALSO *CROWDS OUT* HEALTHY NUTRITIOUS FOOD!



...WHICH EXPLAINS HOW YOU CAN BE BOTH *OVERWEIGHT* AND *UNDER NOURISHED*!

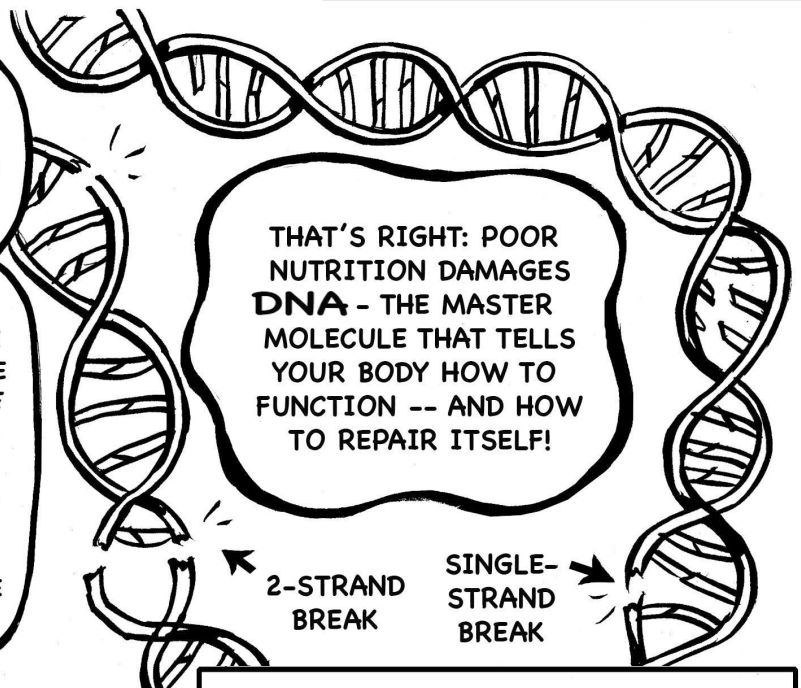
... AND *SICK*, TOO!!

"HALF THE [U.S.] POPULATION MAY BE DEFICIENT IN AT LEAST ONE OF THESE MICRONUTRIENTS: VITAMIN B-12, FOLIC ACID, B6, NIACIN, C or E, OR IRON, OR ZINC!!"***

"COMMON MICRONUTRIENT DEFICIENCIES ARE LIKELY TO DAMAGE DNA BY THE SAME MECHANISMS AS RADIATION AND MANY CHEMICALS [AND] APPEAR TO BE ORDERS OF MAGNITUDE MORE IMPORTANT!"***



THAT'S RIGHT: POOR NUTRITION DAMAGES **DNA** - THE MASTER MOLECULE THAT TELLS YOUR BODY HOW TO FUNCTION -- AND HOW TO REPAIR ITSELF!



GOOD NUTRITION - NATURALLY-OCCURRING VITAMINS, MINERALS, AND PHYTONUTRIENTS - ACTUALLY *REPAIRS* DAMAGED DNA. BUT UNCHECKED DAMAGE TO DNA WEAKENS YOUR IMMUNE SYSTEM AND ACCELERATES THE AGING PROCESS!

* "JUNK FOOD" includes REFINED WHITE FLOUR, which lacks natural nutrients and fiber
 ** SOURCES: <http://www.ncbi.nlm.nih.gov/pubmed/11295149>
<http://www.ncbi.nlm.nih.gov/pubmed/10668486>
<http://www.ncbi.nlm.nih.gov/pubmed/10022226>

IN SHORT, YOU CAN BE HEALTHIER AND LIVE LONGER BY KICKING THE JUNK FOOD HABIT and REDISCOVERING FRESH FRUIT, VEGETABLES, NUTS, BEANS, & WHOLE GRAINS



We can eat better! See other side!!

LOVE YOUR CAMPAIGN CREW? FEED 'EM RIGHT & KEEP 'EM HEALTHY!

HERE'S AN EASY, NUTRITIOUS, AND DELICIOUS RECIPE. FOR MORE: HealthyCampaign.org

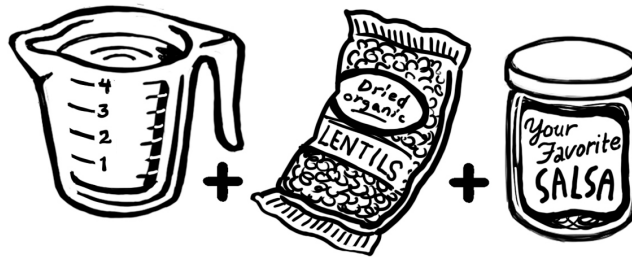
AWESOME LENTIL TACOS

TASTE GREAT
WITH JUST
THREE
INGREDIENTS!



PUT THESE INGREDIENTS INTO AN INSTANT POT:

4 CUPS WATER
2 CUPS DRIED LENTILS
2 CUPS SALSA



TASTY
TOPPING IDEAS:
CHOPPED TOMATOES
CHOPPED AVOCADOS
CHOPPED ONIONS
CILANTRO
LIME JUICE



Low Pressure High
Less Normal More

Pressure
Cook



COOK IN
INSTANT POT
FOR 12 MINUTES
ON HIGH PRESSURE.
LET COOL FOR AT
LEAST 5 MINUTES
BEFORE EATING.



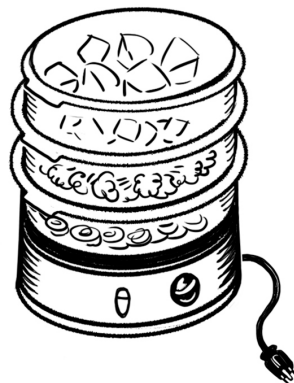
THIS AWESOME FILLING
CAN BE USED INSTEAD OF
MEAT TACO FILLING –
IN TACO SHELLS,
ON SALADS,
OR WRAPPED IN
LETTUCE OR A
COLLARD LEAF.



SIMPLE TOOLS FOR A HEALTHY CAMPAIGN KITCHEN



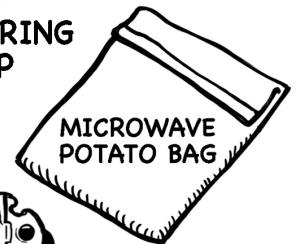
INSTANT POT



VEGETABLE STEAMER
Just add water!



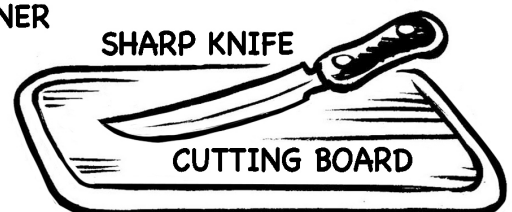
MEASURING
CUP



MICROWAVE
POTATO BAG



CAN
OPENER



SHARP KNIFE

CUTTING BOARD