



## Too Much Fast Food?

**34.3**

percent of U.S. children ages 2-19 who eat fast food daily.

**12**

percent who get more than 40 percent of their calories from fast food.

**13.1**

percent of non-Hispanic white children who consume fast food daily

**13.9**

percent of non-Hispanic black children who consume fast food daily

Source: National Center for Health Statistics.

## Pledge to Play with Your Kids

The Toy Industry Association has launched the Genius of Play campaign to raise awareness about the developmental benefits of play, and parents can sign up and pledge to play with their kids. The American Academy of Pediatrics recommends that children spend at least 60 minutes daily in open-ended play. Parents can pledge seven hours a week for play to help reach the goal of one million hours' of pledges. Once the goal is met, TIA will donate more than \$10,000 to The Toy Bank nationwide. To learn more, visit [thegeniusofplay.org](http://thegeniusofplay.org)



## Getting Ready for Black Friday

About a third of shoppers purchase most of their holiday gifts by Nov. 1, but most don't. Some 140 million consumers will shop in stores or online during Black Friday and Cyber Monday, according to the National Retail Federation. Plan ahead, and don't spend all your budget on Friday. Some retailers may offer better deals on Cyber Monday. The best deals tend to be on electronics, appliances, toys and travel.



## Make a Child Smile on Christmas Day

Make a difference and pack a shoebox for Operation Christmas Child. The organization has delivered gift-filled shoeboxes to more than 124 million children affected by war, poverty, natural disasters, and other crises in more than 150 countries and territories. Boxes will be collected Nov. 16-23. To learn more, visit [samaritanspurse.org](http://samaritanspurse.org).

## Two Teens Honored for Service Projects

**Mary-Pat Hector of Lithonia and Evan Barnard of Johns Creek**, both 17, are among the top 15 winners of the 2015 Gloria Barron Prize for Young Heroes. The prize honors kids making a positive difference to people or the planet, and each winner receives a \$5,000 award to support their



service work or higher education. Mary-Pat created Think Twice, a billboard campaign with graphic ads that encourage teens to think twice before picking up a gun. She placed 35 Think Twice billboards around Atlanta in 2014, and has spoken to more than 200 groups in 30 states about gun violence. She also is youth co-chair for Cities United, a group of 38 mayors working on the issue.

Evan builds Braille nature trails to improve access to the outdoors for adults and children who are visually impaired. Braille trails include guide ropes and Braille signage to allow the visually impaired to experience nature on their own. Evan uses donated materials and organizes volunteers to work on the trails and raises money to purchase Braille signage. For more about the Barron prize, visit [barronprize.org](http://barronprize.org).



## National Adoption Observance

National Adoption Awareness Month in November calls attention to the more than 400,000 children in foster care waiting to find permanent families. Almost half of all adoptions are private, 40 percent are through foster care and the rest are through international adoption. Learn more at [national-adoption-month.adoption.com](http://national-adoption-month.adoption.com).





MEMBERS  
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FUN

**Science at Hand Day**  
Saturday, Nov. 7  
Hands-on science adventures.

**Winter Wonderland Celebration Days**  
Saturdays, Nov. 21 – Dec. 19  
Holiday-themed programs for all ages.

**Weekend Wonders**  
Drop-in programs, including live science shows, animal encounters and more.

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