



#GivingTuesday is just around the corner!



On **December 2nd** HealthStart will participate in the 3rd annual #GivingTuesday with an Indiegogo campaign. Funds raised will take our **What Are YOU Feeding? (WAYF?)** program to low-income school districts so students can learn to make healthy food choices. **WAYF?** is a cafeteria-based nutrition education program that helps elementary school students make a direct connection between what they eat at school and their health.

Keep an eye out for our campaign and we hope you will consider spreading holiday cheer with HealthStart!



Come check out our new website!

We have completely revamped our website and will be launching our online store this month! Come check out **HealthStart's** new and improved web presence ([here](#)), which emphasizes our core mission of educating, empowering and changing the community for the better. Our new **shopping cart** feature also allows schools to purchase our curriculum and accessories online. We're celebrating our launch by giving our newsletter subscribers **5%** off their first purchase! Just use the code **shoph5** at checkout.

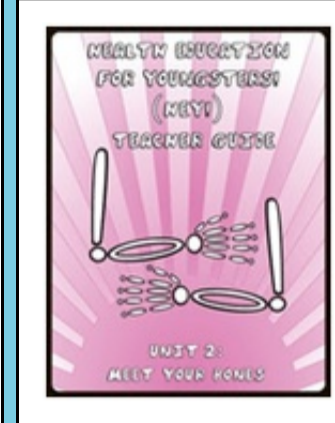
Thank you to the University of Texas Child Development Center and to the Texas Farmers Markets!

We had a wonderful time representing HealthStart at the Mueller and Cedar Park Texas Farmers Markets and the University of Texas Child Development Center's Fall Festival this month. We taught the children how different parts of their lunchboxes fed different parts of their bodies and we put that learning into practice by making veggie flowers for everyone to enjoy!



Our curriculum has gone digital!

We put the finishing touches on the digital versions of our curriculum! Soon customers will have the option of purchasing licenses for digital copies available on Mac, PC and tablets in addition to our paper sets! Keep an eye on our store for more details.



Perfectly Potent Pumpkin

Pumpkins are superfood staples this fall waiting to be baked into healthy baked goods, casseroles or soups. Pumpkins are low in calories even though they are packed with fiber, antioxidants, zinc, beta-carotene, healthy fats, potassium and more. Pumpkins are good for just about every part of your body so consider giving a can of pumpkin puree a try today!

Have a healthy, happy holiday season!

Sincerely,

All of your friends at HealthStart Foundation

