



Pure Facts

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Do You Know Your Rights?

How many times have you wondered how hard to push for what you want in your child's education? The National Committee for Citizen's in Education (NCCE) helps parents to know when to stand and fight. NCCE is a membership organization for citizen participation in public schools which publishes an array of books and pamphlets which focus on parent's rights and how to effectively deal with the public schools. Here are just a few of their informative publications:

The Rights of Parents in The Education of Their Children

The book tells parents in plain terms what their rights are under law and helps parents to resolve educational conflicts without going to a lawyer. It was selected as one of the ten "MUST" books for 1980 by the *American School Board Journal*.

This 162 page softcover book sells for \$4.95.

Parents Rights Card

A wallet sized card which lists 21 rights parents have in the education of their children under federal or state laws, regulations, and court decisions. (The charge is 10¢ per card.)

cont. on page 2

Parents Surprised By School's 'Safe' Lunches

Does September mean packing your child's lunch every day because the school's lunch offerings come out of a test tube?

You just might be assuming the worst while your child misses out on a fresh, hot lunch.

Brenda Coe and Lucille Castro, Feingold moms from North Canton, Ohio, decided to take a better look at their school's lunch program to see if there were any "safe" meals.

They were surprised how easy it

was to talk with the school system's dietician and find out just what was being served. They then went to see the school's head cook who permitted them to read labels and supplied them with advanced copies of the menu.

The result was very satisfying. "It worked out great," Ms. Castro confessed. "We found that our children could often eat lunch at school--sometimes two or three days out of a week."

cont. on page 2

Shaklee Products Not Endorsed by Feingold Association

We have received reports from Feingold members that they have been told by Shaklee representatives that Shaklee products are endorsed by the Feingold Association. This is not true.

FAUS Product Information Committee has spent many hours over the past years in their attempts to obtain a response from Shaklee to our routine inquiry forms. At one time a Shaklee representative stated their products are not compatible with the Feingold Diet. More recently, Shaklee has filled out our inquiry

forms, but they refuse to sign them.

Until the Shaklee Corporation can provide the Product Information Committee with the necessary complete information, FAUS cannot evaluate these products for possible use by our members.

James Scala, Vice President for Shaklee Corp. represents Shaklee as a trustee of the Nutrition Foundation, the industry-financed organization that has spent an estimated \$1 million to attempt to discredit the Feingold Program. ■

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Roaches, Bleah

Are you letting the roaches party in your pantry because you don't want to use deadly pesticides? The University of California has concluded that a technical grade of boric acid powder, applied full strength to the infested areas, will cancel their tiny little tickets without the noxious fumes.

But they do advise that the boric acid be kept away from children. ■

School Lunches, cont. from page 1

For the child who is well established on the Feingold Nutritional Plan, this presents exciting possibilities.

If you have found a good way to work within your school's present menu, please write to *Pure Facts*. We will share your ideas with our readers.

The October issue of Pure Facts will have suggestions on how to change a school lunch program in such a way that everyone wins. ■

Rights, continued from page 1

Special Education Checkup: What Federal Law Requires in Educating Your Child

A checklist for parents of handicapped children shows whether local schools and school districts are following federal laws and tells what steps to take if they are not. Covered are the IEP (Individualized Education Plan), school records, due process and least restrictive environment requirements. (The charge is 25¢ per card.)

To order any of these materials or to obtain a list of other NCCE publications write to: National Committee for Citizen's in Education, Suite 410, Wilde Lake Village Green, Department WM 8642013, Columbia, MD 21044.

A \$1 postage and handling fee is required on all orders. ■

Is Your Child Ready For School?

Are we rushing children, pushing them too hard, asking them to do too much too soon? With all the emphasis on academics and back to basics, are we forgetting that even when children want to learn and do well in school work, they can only do what their eyes and bodies will enable them to do? Do you know that.....

- Most children's eyes are not mature enough to read until almost seven.
- Boys are six months to a year behind girls in almost every area of development (physical, social and emotional).
- The older a child is when he starts formal schooling, the greater his chance for success.
- You don't have to send your child to school at four years and nine months.
- The child's readiness, not his parent's or teacher's, will determine when and what he learns.
- School readiness is more than reading readiness.
- School readiness can be determined by measuring a child's developmental age (the age at which the total child is functioning).

Developmental age is determined by evaluating a child's motor skills and his social and emotional behavior. Rote counting has nothing to do with math readiness and reciting the alphabet has nothing to do with reading readiness. To determine readiness, we need to evaluate a child's visual perception and

Dear Editor:

Please put some information in your newsletter about formaldehyde—the most produced chemical in this country and the largest polluter of the indoor air.

—Bristol, Conn.

Pure Facts has received a number of requests for information on formaldehyde. While the danger of formaldehyde is a very real concern to many of us we have tried to limit our content to information on food additives and the dietary control of hyperactivity.

By restricting our material to this area we hope to better address this important health concern.

An organization which deals more specifically with non-food related chemicals and their ill-effects on the body is: The Clinical Ecology Assoc. of Southern California, 1125 E. 17th St., Suite E-224, Santa Ana, CA 92701.

memory, his auditory perception and memory, his fine and gross motor skills, his social skills, his emotional maturity, and his language.

When a child is ready for school, he will be able to cope without undue stress and strain and will be able to do his best. Readiness is only strengthened by time. At least one third of the children in any given class are overplaced and would benefit by more time to grow. Avoid putting your child at a disadvantage. Make sure your child is developmentally old enough before sending him to school. Give your child a gift of time.

--F.A. of the Bay Area

PURE FACTS

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Pure Facts is published monthly, except for a combined July/August issue, by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency). Additional contributions gratefully accepted.

All correspondence, subscriptions, renewals and change of address notifications should be sent to: *Pure Facts*, 2087 G Tucson Ave., Andrews AFB, Maryland 20335.

Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter or obtain general information about FAUS, write to: Feingold Association of the United States, Inc., Drawer A-G, Holtsville, N.Y. 11742.

Brown Bagging It

School bells are ringing and so is mom's head as she tries to plan for 180 days of interesting and nourishing Feingold-safe lunches. Well how about.....

...cream cheese or peanut butter spread across moist homemade nut bread.

...celery sticks filled with "Gee Whiz Cheese Spread" (recipe at right).

...yogurt, frozen until it's popped into the brown bag.

...either cold or hot fried chicken in bite sized pieces with small container of sauce for dipping. (Eat your heart out, McDonald's).

...cold meatloaf cubes on toothpicks. Send ketchup to dip in if salicylates aren't a problem.

...cheese cubes with mustard. (Spoon mustard into the corner of a baggie and tie off with a twist tie. To use, child punctures bag with toothpick and squeezes.)

(Thanks to F.A. of Texas for some of these lipsmack'en ideas.)

Gee Whiz Cheese Spread

½ cup water

¼ pound room-temperature, sharp cheddar cheese cut into cubes.

In blender or food processor, blend until thoroughly mixed. If too moist add "safe" instant, nonfat, dried milk to take up moisture.

Yields about 1 pound.

(Recipe compliments of Feingold P.A.T.H. of Illinois)

Chicken Salad Spread

Use this as a sandwich spread for lunches, or spread it on toasted rounds for an appetizer.

1 cup chopped cooked chicken

¼ cup chopped walnuts

¼ cup chopped water chestnuts

2 Tables. chopped celery

2 Tables. homemade mayonnaise (or "approved")

In a medium bowl, combine all the ingredients, and beat until smooth.

*from *The Feingold Cookbook for Hyperactive Children* by Ben F. Feingold, M.D. and Helene S. Feingold.

Holiday Candies

Maud-Borup Candies are Feingold approved and delicious. They do have holiday specialty candies and will mail anywhere in the United States. For an order form write:

Maud Borup Candies
20 West Fifth Street
St. Paul, Minn. 55102

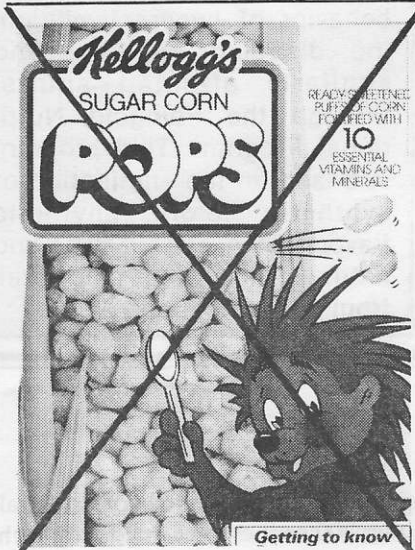
Be sure to specify that you want the Feingold candies.

Notice:

Kellogg's Sugar Pops are 46% sugar.

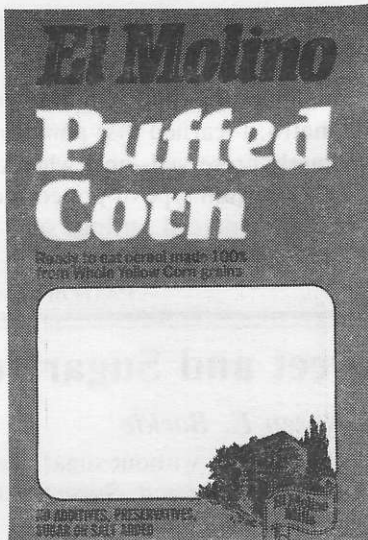
Kellogg's Sugar Smacks are 56% sugar.

The Choice Is Yours



Ingredients: Puffed milled corn, sugar, corn syrup, molasses, salt, partially hydrogenated vegetable oil (one or more of: cottonseed, coconut, soybean and palm), annatto color, sodium ascorbate (C), ascorbic acid (C), niacinamide, zinc, oxide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (B⁶), riboflavin (B²), thiamin hydrochloride (B¹), Folic acid and vitamin D²). BHA added to preserve product freshness.

Better Puffed Corn



Ingredients: 1 box El Molino puffed corn, ½ cup oil, ½ cup honey, 1 teasp. cinnamon.

To prepare: Heat all ingredients (except corn) until honey is soft and they mix well. Cool. Pour over cereal and put in jelly roll pan. Bake at 250° for 20 minutes, stirring every few minutes. Stir often as it cools.

Use El Molino puffed wheat as a substitute for Sugar Smacks.

Through The Eyes Of An LD Teenager

Learning disabilities thwart the sincere efforts of a large number of hyperactive children. Find out what it is like through the eyes of a 16 year old who knows how it feels to have a learning disability.

This problem is faced in the pamphlet, **Learning Disability: Not Just A Problem Children Outgrow**, published by the President's Committee on Employment of the Handicapped.

The pamphlet also lists resources available for the disabled.

For your free copy write to:
President's Committee on
Employment of the Handicapped
Washington, D.C. 20210

Learning Disability: Not Just A Problem Children Outgrow



Keep The Colors Out Of The Cooking

Let *Pure Facts* help your friends and relatives keep the brilliant autumn colors in the leaves and out of their food supply. Send them a subscription today. Cross our palms with \$12 (payable in U.S. currency) and tell us the lucky person's name and address. Write to: *Pure Facts*, 2087 G. Tuscon Ave., Andrews AFB, Maryland 20335.

Additive Hotline

Ortega Taco Shells are approved.

* * *

Ragu Spaghetti Sauce (with meat) and Ragu Homestyle 100% Natural Spaghetti Sauce and Ragu Spaghetti Sauce (with mushrooms) are approved conditionally because of the salicylate tomatoes. They are approved for those not sensitive to salicylates.

* * *

Domino Liquid Brown Sugar is approved.

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SunMaid Raisin Bread and Cinnamon Swirl are approved conditionally because they contain raisins which are salicylates. No other ingredients are present which cause a reaction in most chemically sensitive people.

Chapters Report

Q. I have heard that annatto, a natural color, is preserved. Is it true?

A. In contacting the major supplier of annatto, I learned that annatto is very rarely preserved--only when used with a certain type of popcorn oil used in commercial settings such as movie theatres, etc.

-- PATH of Illinois

Next Month:

- *Reyes Syndrome, Aspirin and the Feingold Diet*
- *Changing Your School's Lunch Program*
- *Halloween Means Homemade Doughnuts*

What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, non-profit organization comprised of parents and interested professionals dedicated to improving the health and behavior of hyperactive/learning disabled children, and similarly affected adults, through the Feingold Nutritional Program. This program is based on the elimination of synthetic colors, synthetic flavors, BHA, BHT, TBHQ and naturally occurring salicylates from our food supply.

Sweet and Sugarfree

by Karen E. Barkie

Delicious pies without sugar. Tempting cookies without honey or artificial sweeteners. *Sweet and Sugarfree* offers over 200 recipes sweetened only with fruit and fruit juices.

At \$5.95 in paperback, it is a delicious addition to your cookbook collection. Here's a sample recipe:

Home Style Banana Bread

¼ cup mashed banana
⅓ cup vegetable oil
2 large eggs
½ cup water
2 cups unbleached white flour
1 teasp. baking soda
2 teasp. baking powder
½ teasp. cinnamon
½ teasp. nutmeg
1 cup chopped walnuts

Beat together mashed banana, oil, eggs and water until creamy.

Add flour, soda, powder and spices and beat well.

Stir in chopped walnuts.

Spoon batter into an oiled and floured 9" X 5" loaf pan and spread evenly.

Bake at 325° for 45 minutes or until a knife inserted comes out clean.

Cool completely on a wire rack before slicing.

Serves 6.