

Pure Facts



September 1985

Vol. 9, No. 7

Feingold School Lunches

As the school lunch director for the Santa Cruz city schools, Thelma Dalman provides pure foods for 8,000 students. Her experiences both with the school lunch program and with Dr. Feingold delighted her audience at the 10th Annual Conference of the Feingold Association.

She first met Dr. Feingold in 1972, and did all she could to help him when very few would. But the Feingold hypothesis made sense to Mrs. Dalman, who explained, "I learned a long while ago that if there is any doubt in anyone's mind as to whether a food—or any part of that food—is appropriate for human consumption, throw it out!"

"The Feingold Hypothesis is being accepted far more widely now than it was 5 years ago," she notes, "I think it's coming."

But translating theory into practice is a real challenge for the food service director.

"It is becoming more and more difficult to stay with the Feingold diet in institutional feeding. Funding is being cut and the costs of labor are higher.

"Many school districts now are going to huge management companies. For a fee they will take the commodities (foods a school receives from the government) and put together a meal that meets the federal requirements. And they're going to package it, freeze it, and ship it out to the school. On the appropriate day, you thaw it and give it to the kids.

"This is called 'commodity processing,' and can be done with many foods—anything you can turn non-fat dry milk, butter, cheese, etc., into. It does save money in food preparations because the hands are not available—those adorable ladies who smile at the kids are *not* there rolling the burritos anymore. They're taking them out of the freezer.

"This is happening in most of your large institutions—schools primarily. It's going to continue to happen to an even greater degree because the funding cuts are coming.

"We have a small kitchen about 50 miles away where our commodities can be processed. I'm in that kitchen at least once a week to be sure the ingredients going into the foods are those we want. We have some control in these engineered foods, but what is the alternative?

"If I haven't got the hands to cut the lettuce, then I'm at the mercy of a vendor out there who says, 'Oh, lady, for an extra 15¢ a pound I will cut the lettuce.' But you know what he does with it. He dips it and it stays white *forever*!"

"One time a fellow came in and said, 'Have I a deal for you, lady.'"

"He did. He had lettuce he would guarantee—cut, in a plastic bag—for twenty-one days shelf life!"

Continued on page 4



Thelma Dalman, R.D.

When Food Was Real

By Sue Maldonado



Our family had the wonderful opportunity recently of having as a house guest my great aunt, Clara Oelkers, of Pine Island, MN. A sprightly 87 years old, she was born to Swiss immigrant parents (my great grandparents) in 1897. She has always resided on a farm or in a farm community.

One day, in one of our many food conversations (don't we Feingolders have these often?) she mentioned her uneasiness about watching farmers go through their fields spraying so many chemicals. "We used only natural manure and then hand picked the weeds," she said. That statement led us to the following interview of how it used to be. I chose questions that are important to Feingold families today.

Q: Why do you think salicylate sensitivities were unheard of years ago?

A: For one thing, we didn't eat them often; fruits were eaten mostly in season.

Mama picked Concord grapes and plums when they were ready and made jelly or jam, but they were used for special occasions. Green grapes were not available.

I can still remember the wonderful smell of apples, found in huge barrels in the general store in late summer.

We never started the day with a
Continued on page 2

Real Food, continued

glass of juice as recommended today. Juices were never heard of. The only orange we had all year was the one found in our Christmas stocking, and it was a special welcome treat. It was also the only thing in our stocking!

Q: How did your family get enough Vitamin C?

A: We were raised to know that potatoes and vegetables such as cauliflower, broccoli, greens, and even whole grain breads and cereals provided our nutrients.

Vitamin C was present in the potato we ate every day, fried or boiled, and vegetables from the garden in summer or the root cellar in winter.

We were very healthy so I think Mama knew what she was doing.

Q: What kind of lunch did you have on school days?

A: Lunch was always the same, one slice of bread, heavy grain breads that Mama made, spread with butter that Papa made.

Many of my friends had bread spread with lard (homemade, of course) and I always tried to swap with them. When Mama found out, she began making my bread with lard, but it was never as much fun to eat it when it hadn't been swapped. (Kids haven't changed.)

Mama always included one cookie, sour cream or molasses, and that's all we had.

We drank water that was carried to school from a neighboring farm by whatever boy had that chore for the week.

Q: That wasn't much lunch. What got you started for the day?

A: Mama always cooked big pots of oatmeal or Farina for breakfast. We also had fried side pork, bread and butter, and milk from the cow.

Mama cooked the cereal and put



a small amount of sugar on it. Our sugar bowl never left the stove; Mama delegated that. I don't remember ever seeing sugar on the table.

Q: We discussed breakfast and lunch. What were typical dinners?

A: Beef and pork were winter meats as they hung out during the winter months. Chicken and ham were eaten during the summer. Basically, we had meat, potatoes, vegetables, cheese, bread and butter, and milk. Sometimes we had thick soups made with homemade noodles and leftover meats, and rolls or cornmeal muffins.

Q: What kind of desserts or treats did you have?

A: Very few. Popcorn was a favorite, or ice cream made with lots of eggs and cream. Vanilla was the only kind; we didn't have variety.

Sometimes we had cake made with blackstrap molasses, but never Jell-O or candy or even the variety of cookies and cakes seen today.

Q: What did you do for holidays such as Halloween or Easter?

A: Halloween was a time for pranks, not treats. We really did tip over outhouses and play tricks on our neighbors.

Easter was only a religious holiday; the Easter Bunny hadn't been born yet!

Q: How much variety did you find in the general store?

A: General stores sold only staple items: flour, sugar, cornmeal, oatmeal, crackers, not the white ones of today, but grain crackers.

Q: What do you think of the Feingold diet?

A: I guess the best testament of it is seeing the calm children and parents you have in this house. I have slept better here than I have in years and I feel better physically—no drippy nose or stomach problems. I know it must be how I have eaten while visiting.

I am going to start watching labels at home!



Well, Aunt Clara is going to have a membership courtesy of our family. She spent many hours reading Dr. Feingold's books and pouring over newsletters.

I could say "you're never too old to learn," but in her case . . . she knew good nutrition all the time, long before I did. But, somehow the food industry got in the way.

Nutrition Education for Doctors

Nutrition education in medical schools today is "largely inadequate," according to a recent report released by the National Academy of Sciences. "We found that less than half of the medical schools in the United States had a required course in nutrition," stated NAS committee chairman, Dr. Myron Winick, who is director of Columbia University's Institute of Human Nutrition.

Dr. Winick pointed out that diet is a factor not only in the development of many diseases, "but also is important in their treatment."

Legislative News

The Federation of Homemakers recently celebrated its 26th year of service to the American consumer.

This dedicated group of volunteers keeps a close eye on the politicians, administrators, and corporate lawyers whose actions directly affect the lives and health of us all.

At age 78, Ruth Desmond, president of the Federation, has chalked up plenty of experience dealing with bureaucrats and scoundrels. Ruth is sharp, experienced, well-informed, and honest—which often puts her opponents at a disadvantage.

Here are some highlights of the Federation's Newsletter, available with \$10 annual membership. Contact Federation of Homemakers, Inc., P.O. Box 5571, Arlington VA 22205.

Agricultural Pesticides

Senator William Proxmire (D-WI) has introduced a bill—S.309—which would reform the nation's basic agricultural pesticide law. "Proxmire cited a 1982 House Agriculture subcommittee report showing that more than half of the pesticides on the market have not been adequately tested for their ability to cause cancer, genetic damage, or birth defects."

(*Alternative Agriculture News*)

Sulfites in Potatoes

In the last decade the Food & Drug Administration has been very generous in permitting the use of sulfiting agents to preserve freshness and color in a variety of foods, including french fried and instant mashed potatoes.

Caffeine

FDA is ending its caffeine research. Apparently the agency does not intend to announce the effects of this drug, caffeine, on the central nervous systems of small children, infants, and the unborn.

Synthetic Dyes

"FDA probably will not ban the 10 dyes on its provisional list for years."

Food Chemical News (April 19) reports, "The Food & Drug Administration has decided to turn to a government panel to peer review the safety of six color additives which had been scheduled to be banned by the agency earlier this year."

"The peer review will delay a decision for a time period of a year or more to allow sufficient review and study of the issues, which have seemingly become more complicated with time.

"Use of only government scientists (on the panel) allows FDA to ignore the requirements of the Federal Advisory Committee Act, which would have required public notification of all meetings and would have required the discussion and consideration of recommendations to be conducted in public sessions."



Pleasing the Lunchbox Set

Ideas from Feingold Moms

Sandwiches: Tired of tuna? Substitute a can of salmon and make as you would for tuna salad. Several thin slices of meat taste better and are easier to eat than one thick slice.

Hot Lunches: Stews, soups, macaroni & cheese, casseroles, etc. can travel to school in a wide-mouth thermos. Make extra and freeze in portions, then heat it while eating breakfast.

Product Alert

Remove **Kellogg's 40% Bran Flakes** (now called just Bran Flakes) from your foodlist. BHT has been added to the packaging.

The Michigan association reports **Realemon Lemonade Flavored Crystals** in their area now list yellow dye.

Coq-au-Coke, Anyone?

When your child learns about nutrition in school, what is he taught? And what is the source of the information? In many cases, the materials used are provided by the food industry.

The Hyperactivity Association of South Australia quoted the following information from *Choice*:

"The Coca-Cola company has turned to cookery books to win the hearts (and tummies) of school children. Along with promotional material claiming that Coke may ease the day's tensions (somewhat unlikely as a can contains around 35 mg of caffeine to pep up a child), the company forwards a small recipe book titled *International Cooking with Coca-Cola* as part of its school project material."

Among the recipes calling for Coke are: minestrone and French onion soups, Indian curry, and Hungarian goulash.

On taco days, send a taco shell separately wrapped, with the taco mixture in a thermos. It can be assembled just before eating.

Cold Lunches: When preparing chicken, cook some extra pieces. Wrap and freeze them for a future lunch. Send gelatin, applesauce, pudding, cottage cheese, etc. in a wide-mouth thermos or a snack-jar thermos.

School Lunch, *continued*

"It has been a tremendous 13 years! Dr. Feingold and I spent a lot of time in Washington, D.C., trying to change school lunch regulations. I was willing to dig into my pocket and buy airplane tickets to Washington to try to take the Agriculture Department apart, to clean up the kind of commodities that were being sent to us.

"The Department of Agriculture is our parent agency, the ones who tried to give us the ketchup and pickle relish (and have them qualify as a serving of vegetable) a few years back. This so embarrassed the USDA, they pulled back and decided not to make any changes in the lunch program or child nutrition regulations till 1985. We're still working and so are a number of advocate agencies.

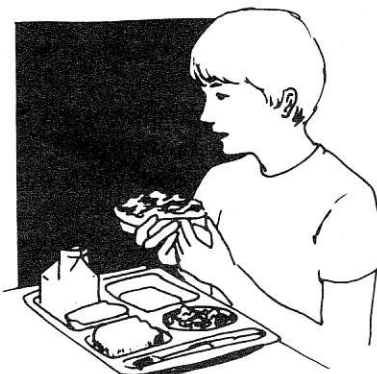
"Good foods are available. We can get them if we want them. They don't cost that much more. Dr. Feingold and I went over my books and we figured it was about 15¢ a meal

additional to support the Feingold hypothesis in school, and I would say the cost is still about the same.

"When you go to speak to people in the schools, be sure and understand their problems, because they're mighty. You have these people up there saying, 'balance the books; don't go into the hole or we're going to go to a management company.'

"So if they go to a management company, what do we do? We tear down a few more doors.

"The fight is on. We are going to have to make a lot more noise!"



Note: Send us the name and address of your school's Food Service Director and we will send complimentary copy of this newsletter. Mail requests to SEP PF, Box 6550, Alexandria, VA 22306.

Pure Facts

Editor: Jane Hersey

Subscription Manager: Gwyn Wertz

Contributing Editors

Chicago: Brenda Larrance

Detroit: Karen Dorries

Fort Worth: Carolyn Allen

Los Angeles: Colleen Smethers

New Jersey: Cyndy Witzke

New York: Pat Palmer

San Francisco: Lynn Murphy

St. Paul: Sue Maldonado

Pure Facts is published monthly, except for combined July/August and December/January issues, 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*, 21 Maple Avenue, Camp Hill, PA 17011.

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

What is FAUS?

The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, nonprofit organization. The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior, learning and health problems. This program is based on a diet eliminating synthetic colors, synthetic flavors and the preservatives BHA, BHT and TBHQ.

To find the location of the nearest Feingold Chapter or to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.

Oregon Bans Sulfites

As of June 21, 1985, it became illegal for any restaurant in the state of Oregon to use sulfiting agents in any foods or beverages, or to keep these preservatives on the premises.

Feingold members who are asthmatic should be especially careful to avoid sulfites.

Feingold Assoc. of the Northwest

Bedwetting

Our son did not want to be on the Feingold diet. He felt sorry for himself and made remarks that he was being cheated.

As he realized that his father and I were dedicated to this diet and the help it could bring him, he slowly began to show less defiance. Of course, sticking with the diet resulted in improved behavior, and this helped to make our point clear.

But the biggest benefit it brought him personally is the fact that now he no longer wets the bed.

Being 8 years old with no friends, in trouble at school, working on Mom and Dad's nerves at home, bullying his little brother, being loud and obnoxious, were no small problems to deal with. But he has always considered the bedwetting to be the worst of his problems. He had even reached the point where he was having problems staying dry during the day. This always happened on high stress days.

A check-up by our doctor identified nothing physically abnormal with his urinary tract. The doctor then gave us medication and a booklet to try to build his bladder's holding capacity. This was no help; in fact, it made the problem worse. (It's interesting to note the medication was bright red.)

Now our son can go camping with the scouts, or stay overnight at the home of a friend. He no longer complains about the diet, and he certainly doesn't feel deprived.