

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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## Getting Off Square One

"Every so often I open up my membership packet, look over the books, and then I put it back on the shelf."

If you're having trouble beginning the Feingold Program, please don't think you're the only one!

Most members are moms who already have too many things going on in their life. Add to that the stress of dealing with a child who has problems, and it's no wonder you are reluctant to think about taking on yet another task. But there may be another option you had not considered.

The Feingold Program as it is presented in your membership materials is designed to produce the optimum results for a sensitive individual, and in a short time. For most people, it's a fast way to see results, but it isn't the *only* way.



### Feeling overwhelmed?

Your membership packet is chock full of useful information, but you can begin implementing the program without reading all of it. Try breaking the project into "bite-size" steps. Perhaps it would be helpful to use a calendar and write a few week's goals for yourself; here are some suggestions:

**1 - Call one of the program assistants in your booklet.** You don't need to have a major issue to discuss. Ask her about her experience with the Program.

**2 - Look through your small Getting Started book.** Use a marking pen to highlight products which your family would like. Then take a look at the recipe book and circle interesting menu suggestions.

**3 - Stop buying any new products which contain synthetic flavorings or dyes.** Dispose of those packets of "bug juice," and skip the chewable vitamins. If you need medicine, refer to your Medication List or call a program assistant for suggestions.

*Continued on page 3*

## Gluten-free Diets in a Processed-food World

At one time "processing" of food meant chopping, cooking, or canning. Today, food processing is both complex and confusing, and even the careful shopper has little idea of what actually happens before that box, jar or can is placed on the supermarket shelves.

Feingold member families using the AIA (Autism/Intolerance/Allergy) Program generally must avoid gluten, and this is not an easy task. Fortunately, there is help available.

### What is Gluten?

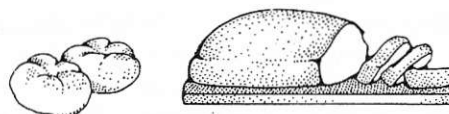
Gluten is a form of protein found in grains, including wheat, rye, oats and barley. It provides elasticity to baked products such as bread. The gluten in flour keeps bread from being dry and crumbly.

### Who is Sensitive?

Most people have no problem with consuming gluten, but for others it can be very damaging. Gluten intolerance is typically associated with celiac disease, or "celiac sprue." Those who are unable to handle gluten can experience a wide range of physical reactions, including diarrhea, weight loss, muscle cramps, bloating, chronic fatigue, and irritable bowel.

For the individual exhibiting autistic symptoms, but who does not have celiac disease, gluten acts in a different way — their gluten intolerance affects their behavior. Families using the AIA program can obtain products and support through celiac organizations in the United States, and through mail order companies catering to the gluten intolerant individual.

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The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

### How does gluten cause damage?

Many of the nutrients we use are absorbed into the blood stream through the lining of the small intestines (or gut wall). For those who have inherited the sensitivity, gluten damages this lining, preventing the absorption of vitamins, protein, fats, carbohydrates, minerals, etc. If the lining of the intestines is damaged, molecules which normally are too large to get through are now able to penetrate this barrier, and are free to travel through the bloodstream, and reach the brain.

### What's wrong with molecules of protein getting to the brain?

When food is digested it changes. In her excellent paper on autism, Lisa Lewis, Ph.D., the mother of an autistic child, points out that gluten will break down in the stomach to produce "gluteomorphins." Like the drug, morphine, this is an opioid — a chemical with an effect similar to the narcotic opium. When gluteomorphins are able to escape from the small intestines, through the damaged gut wall, and reach the brain, they could provoke bizarre behaviors. Researchers have observed that the reaction of animals which have been given opioids is similar to some autistic behaviors.

### Dairy products can also cause problems for the person with symptoms of autism.

A similar effect is seen when milk (human and cow milk) is digested. The milk protein, casein, breaks down to form "casomorphine." Many parents report a reduction of autistic characteristics when gluten and casein are removed.

Program Specialists (experienced parents using the AIA Program) caution that the response to the removal of gluten and dairy products might be slow, and that a child's symptoms often become worse before they improve. Unlike the Feingold Program, the AIA Program is not something a parent should undertake on her own. Experienced parents and supportive professionals are important members of the team.

## Resources for gluten-free diets

Here are some sources of help for those who must avoid gluten. More information is provided in the AIA member packet.

### Red Star recipes and bread machine

Many people who must avoid gluten find it preferable to make their own bread. Bread machines make this task easier, but the problem is that gluten-free flours do not require a second kneading and rising. It is possible to use many brands of machines and adjust the settings to avoid the second kneading and rising, but this can be cumbersome.

Universal Foods Corp., which makes Red Star Yeast, offers recipe assistance to those needing to avoid gluten. Red Star has now licensed their name for a bread machine designed to be suitable for gluten-free recipes. They write, "We are particularly happy with the machine because it has a **bake only** cycle. This feature makes it especially adaptable to gluten-free flours



because the dough cycle has only one kneading and rising. Therefore, when the dough has risen, you only have to press bake; the machine immediately begins to bake. The gluten-free breads come out beautifully in the Red Star machine."

The machine sells for just under \$100 and is available at Walmart, Venture, and Hills. You can contact Red Star for more information on the bread machines, and for a free copy of their recipes. The number for their Celiac Hotline is 1-800-4-CELIAC.

#### Where gluten hides

If you suspect gluten intolerance, simply avoiding grains may not be sufficient. Gluten is a hidden ingredient in many products, including medicines, meat, fish, poultry, and even the glue used on envelopes!

### Mail order help is available

The Gluten-Free Pantry is a favorite shopping source for families using the AIA Program. They have a variety of bread mixes which may be used in either a machine, or made by hand.

In addition, the catalog lists mixes for: muffins, brownies, cookies and cake, combread, soups, bagels, French bread and pizza. The Gluten-free Pantry also carries gluten-free vitamins, cookbooks, and the gums (xanthan gum and guar gum) sometimes added to gluten-free items.

Ready baked cookies are available, as is some kitchenware, including a bread machine and heavy duty mixer.

To receive a free catalog, contact: The Gluten-free Pantry, P.O. Box 881, Glastonbury, CT 06033 or phone (860) 633-3826.

### Baked goods — ready to go

Cybro's, Inc., of Wisconsin has been making breads since 1969, and has a line of ready-baked gluten-free products made with rice flour.

To learn more about the products, and the quantities which must be ordered, contact: Cybro's Inc., P.O. Box 851, Waukesha, WI 53187-0851 or call 1 (800) BAKE

### Mixes & pastas delivered

Calling itself The Really Great Food Company, this New York mail order company offers mixes for combread, pancakes & waffles, muffins, gingerbread, cookies and pizza, as well as pasta made from brown rice and white rice flours. All of the products are 100% gluten-free. For information contact: The Really Great Food Company, P.O. Box 319, Malvern, NY 11565 (516) 593-5587.

### Unusual gluten-free flours

Omega Nutrition claims "You'll go nuts" with their gluten-free flours. They offer flours made from almond (Stage Two), flax, hazelnut and pistachio. For information, contact: Omega Nutrition, 6505 Aldrich Rd., Bellingham, WA 98226 (800) 661-3529.

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**4 - Try one recipe from the Recipe/Menu Plan book.** You'll probably find that many of these simple, well-tested recipes will become favorites.

**5 - Read the ingredient labels on products in your pantry.** See if any of them list the 'no-no's'. Check out chocolate items to see if any contain "vanillin."

**6 - Look over the page of mail order sources in the back of your Foodlist,** and call the 800 numbers for a free catalog.



**7 - Look in the Yellow Pages for a health food store in your area.** You'll probably be able to find natural toothpaste, and some very tasty candies. You can still get most of your groceries at the supermarket, but health food stores can be a good resource for some hard-to-find items.

**8 - Allow yourself some extra time when you make your first grocery shopping trip.** Compare the ingredients listed on an item on the Foodlist with a similar, but prohibited, product.

**9 - Try out a beverage your family doesn't normally use.** It may be baby food pear juice in the large bottle, diluted pineapple juice, or a pitcher of lemonade made from scratch with real lemons and sugar.

### Sweetening the gluten-free diet

One of the most successful sweeteners being used by families on the AIA Program is Lundberg's Brown Rice Syrup. If you have difficulty finding this product locally it can be ordered through a mail order company in New York called Clear Eye Natural Foods.

Their ambitious catalog covers many natural foods, beverages, personal care products and supplements. Products can be ordered by the case or the individual package and they ship throughout the United States. For more information call (800) 724-2233.

**10 - Make your own gelatin and some chocolate sauce from the recipe book.** The chocolate sauce can be used for cocoa, ice cream topping, or chocolate milk.

**11 - Serve your family one non-salicylate fruit and one vegetable you don't normally have.** If it's summertime, try making popsicles from watermelon.

**12 - Try planning one full day of Stage One meals.**

You could use these suggested steps over a period of two or three weeks, or stretch it out for a longer time, but the important thing is that if you ease yourself into the Program, you will begin to feel comfortable with this new way of shopping and eating. *The down side is that you can't expect to see an improvement in your child's symptoms until you are fully on Stage One.* We have no way to predict how sensitive any individual is. The highly sensitive or salicylate-sensitive individual may not show any change until you have been carefully on Stage One for a few weeks. But the mildly sensitive person may see improvement by just making a few simple changes.

Some people like to get into the Feingold Program gradually; they are the ones who peel off the Band-Aid a centimeter at a time, or enter the pool beginning with a big toe. Others prefer to just take the plunge.

### "Just Devine"

Elaine Devine watched her nephew grow up on the Feingold Program, and today she prepares treats for people on gluten-free diets. Her selection includes: carrot cake, chocolate zucchini cake, and three varieties of breads: pumpkin, pineapple and cranberry. She also makes three types of tarts: pecan, apple and cherry.

Elaine lives in Northern Virginia and most of her customers are on the East Coast. She prefers to ship during the colder months. For more information, call Elaine at (703) 425-7899 to discuss your dietary needs.

## Beginning the Program when your child is taking medication

When the Feingold Association began, it was fairly rare to receive a call from a parent whose child was on medicine. Today, it is common. Some of these children are on a high dose of drugs, but showing little or no improvement. When the parent asks us for advice, the Feingold volunteer makes it clear that, as laypersons, we are not qualified to offer any advice concerning beginning or withdrawing medicine, and that the parent should work with the child's doctor to consider a schedule for withdrawing it. A doctor should also be available in the event the child has an adverse reaction to the withdrawal.

The removal of petroleum-based additives is a good idea for anyone.

What the Feingold volunteer can suggest, however, is that the parent check with the doctor about switching to an uncolored form. [Abbott Labs has a white 5 mg methamphetamine hydrochloride tablet. It goes by the name Desoxyn Gradumet tablets.]

It was initially believed that the Program could not be successfully used until a child had been free of behavior-modifying drugs for as much as a month. Over the years, we have had feedback from enough parents to convince us that this is often not the case. We feel it's worthwhile to begin the Program whether a child is on medicine or not. The removal of petroleum-based additives has no down-side, and is a good idea for any human—not just the child having problems.

If the parents are willing to approach diet management as a long-term project, to commit to it for a period of months, not weeks, we believe the chances are excellent that the child will eventually be able to stop the use of drugs entirely.





## Teaching social skills to children

“Emotional intelligence” is a new way of looking at what is generally called social skills — a problem area for many chemically sensitive people, and one that is often overlooked

In his recent book on emotional intelligence, author, Daniel Goleman wrote about a skill called “EQ,” which judges one’s emotional quotient, rather than their intelligence. Some folks just seem to be born with the ability to get along with nearly anyone, while others interact awkwardly with most people.

Remedial programs for children with behavior or attention problems generally focus on academic skills, but as important as these are, the child can more readily recover from a “D” in math than from a lack of the social graces. The child who stands too close, laughs too loud, or balks at taking turns is likely to grow up to be an adult just as handicapped. In a job market which is already tough, the lack of people skills can be tragic.

that set out some social basics, and guide youngsters through a series of lessons.

The series on learning social skills is titled *Being the Best Me*, and is available in grade levels from kindergarten through sixth grade. We reviewed Practice Book C, which is designed for children of about second grade, or for older children needing extra reinforcement. In this workbook the focus is taken off of the reader and placed on Zeebee, an extraterrestrial from Zor who is visiting Earth. The children teach the visitor about the politeness rules used on Earth. Rules alone won’t make up for a child’s lack of empathy, for the ability to understand what another person is feeling, and the capacity to relate to them on their level. But the child who uses this book will be given very basic guidelines which he may well be missing.

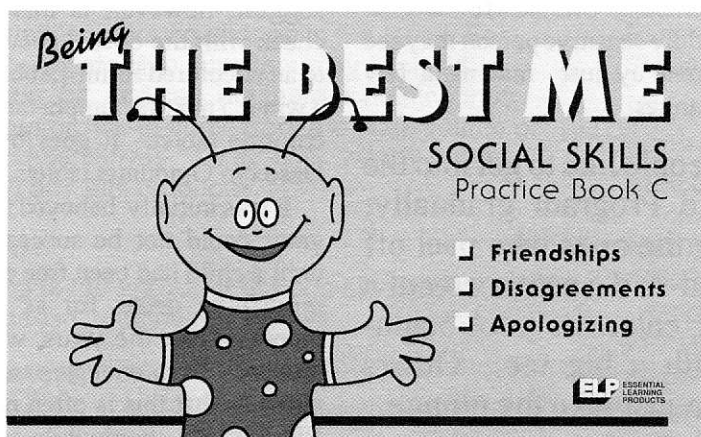
being called “ADD” or “ADHD.” Why? Perhaps it’s because they will not have missed crucial lessons carried out at the sandboxes and swings of parks and preschools. A child whose mind is racing, whose thoughts are in chaos, will not notice that other children play differently than he does. He will miss the subtle cues, the meanings of facial expressions, all the finer points his peers are absorbing because they have the ability to focus.

What looks like “playing” could be one of the most crucial times for learning, and the youngster whose brain is being short-circuited by synthetic chemicals may as well be out of the country when the lessons are taught among young children.

### FAUS Resource Catalog

*The Best Me* is one of a series of small books published by Essential Learning Products, and available through FAUS’s new resource catalog. Other practice books in this series cover: Grammar, Reading, Spelling, Phonics, Math, Handwriting, Study Skills and Thinking Skills.

Have you found a book or other resource that has been helpful for your child? Please let us know about it. You can call the Counseling Line (516) 369-9340, or send a note to our P.O. Box in Alexandria, VA.



Alan Farnham described the problem well in a recent *Fortune* magazine article. Whereas many skills can be learned, he pointed out, “Failures of perception are tougher, attacking otherwise smart, highly successful people...quietly undermining accomplishment, until one day someone finally says, ‘You know, I don’t care if O’Reilly is making twice his quota. He’s a jerk. I want him out of here.’”

There are too few programs directed at helping children to learn social skills, and in some cases, the costs are prohibitive. Now parents have access to inexpensive little workbooks for children

The *Being the Best Me* book we examined covers four main categories: interactions with peers, interactions with adults, manners and politeness, appropriate eating and mealtime behaviors. The authors have done a good job of making the young reader feel like a teacher rather than a student.

### Starting Early

Over the years Feingold volunteers have noticed that if a child begins the Program early — preferably before age 5 — there is a good chance he or she will avoid the typical social deficits which are so common among children

### Slow maturation

Heather Picton, of the Hyperactive Support Group of South Africa, points out that socially immature children have trouble making friends with others their age. She writes, “Sometimes these children are given a year’s grace and held back a year at school — and this is more likely to happen to the child who is physically small and immature. Even a very bright child could benefit from being kept back like this if it means he will be in a class with children developmentally at the same stage.”

## What's white, sweet, and 80% air?

The puffy confection we call a "marshmallow" was developed several thousand years ago in ancient Egypt. It was provided only for royalty and the gods.

The thick base for this confection came from the sap of one variety of mallow plant which — not surprisingly — grew in marshy regions.

Nearly 100 years ago, gelatin replaced the mallow sap, and marshmallows began to be produced for ordinary folks. When they were made in individual molds, production was slow. But in 1954 an enterprising marshmallower found a way to pump the gooey stuff through pipes, slice off little white pillows, and dust them with cornstarch to prevent sticking.

Today, only a few companies produce marshmallows, and this has created a problem for Feingold families. We are not aware of any readily available marshmallow which is acceptable for the Feingold Program. They have either synthetic vanilla flavoring or blue dye added (to *white* marshmallows)!

But where do dairies get the mini-marshmallows to use in their natural rocky road ice cream? FAUS learned that Kraft makes two types of **mini marshmallows**. The natural version is sold to ice cream manufacturers, and the unnatural version is sold to consumers.

Pam Weldon, is able to purchase the natural little puffs; she makes them available via mail order, and sells them in her store, "For Pete's Sake."

If you don't have Pam's catalog of natural treats and healthy gourmet foods, contact her at 1 (800) 864-7383.

Nancy Kemble, who owns the Squirrel's Nest Candy Shop, makes **chocolate covered marshmallow Easter Eggs**, and also offers them in the form of squares, covered with chocolate. One of our members described her experience with them: "I keep the candies in the freezer in our garage, and occasionally go out to my treasures. There's no need to defrost them first (as though I had the willpower to wait!) and even before I get back into the house, the heavenly treat is a sweet memory. This is what food was meant to taste like! I have sampled many expensive candies, but none of them compare."

Note: Candies like these are perishable, so Nancy can't ship them after April 1. They sell for \$2.75 for 1/4 pound. Call 1 (302) 378-1033 for details.

## Make your own Marshmallows

Consider using the recipe for marshmallows found in your *Recipes & Two Week Menu Plan* book. They're great atop a cup of steaming cocoa.

For Pete's Sake also has a cocoa mix approved for Stage One, or check your recipe book for our chocolate syrup recipe, and add it to hot milk.

One mom, whose child is allergic to chocolate, adds some cinnamon to warm milk for a satisfying drink.



## Natural Food Dyes — small kits are available

The all natural liquid food dyes are now available in smaller size 1/2 ounce plastic bottles. A set of 6 colors is available from the Squirrel's Nest Candy Shop. They are \$10 plus shipping.

## Nutrition nightmare in a bowl

"New! Your kids' favorite marshmallow cereal now has BRIGHTER COLORED Marshmallows!"  
"New! Marshmallow Splits! Two times the COLOR! Two times the FUN!"



New choices for Feingolders

This may sound like a scene from a Feingold mom's nightmare, but actually, they're the headlines on two recent ads for well-known breakfast cereals.

"Cereals." That's what these things are called, but is that what they really are? Ceres, the Roman goddess of agriculture, gave her name to the item defined as "grain, used for food." But these products are a combination of brightly colored fluorescent sugar blobs, among refined, processed, shaped, sweetened, flavored and preserved remnants of real food.

If you'd prefer to serve your children a breakfast cereal rather than a bowlful of dessert, consider the exciting newcomers to our Foodlists. The Malt-O-Meal Company makes three cold cereals which have been researched and found acceptable for use by Feingold members. They are: Crispy Rice, Frosted Wheat Puffs and Toasty O's (plain). You'll find them in huge plastic bags in various supermarkets throughout the United States.

These products will be a boon for families on a budget, as well as for schools and day care facilities wishing to provide healthier breakfast foods. Summer camps and college cafeterias could easily upgrade to these good-tasting cereals, which sell for about half the price of their counterparts.

## Your Beautiful Child

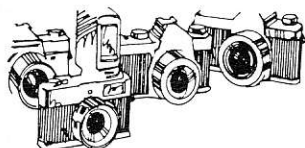
Once again FAUS will be collecting photos of our children involved in seasonal activities, to be used in our next **School Year Calendar**. As you know, the calendar is a collection of tips on using the Feingold Program, along with advertisements from companies offering hard-to-find products. It serves as a fund-raiser, and is mailed out at the end of summer.

We are looking for informal photos (no portraits or school photos, please) of our children and teens involved in various holiday and seasonal activities. The pictures can be in either color or black and white, as long as the image is not blurry.

Please write your child's name, plus your name and address on the back of the photo(s) so that we can correctly identify your child in the calendar, and return the pictures to you. If you would like to include a paragraph about your child's experience on the Feingold Program we would like to hear from you.

## Thank You!

To all of you who have supported our 1995 fund raising effort, your help is needed and deeply appreciated. The contributions you've sent are being put to work as we try to expand the food choices available for our members. (Don't miss the new information on cereals and marshmallows in this newsletter.) We hope you are enjoying your calendar and that your children like seeing the photos of other "Feingold kids."



## In the Mail

"This may be a 'shot-in-the-dark!' A friend recently told me of food additives/allergies which may intensify attention deficit disorder. I was told to write your association for any information regarding this. Can you help?"

Susan H.

Olympia, WA

Editor's note: Good shot!

## Canadian Resources

The Allergy and Environmental Health Association publishes *The AEHA Quarterly*, which contains information useful for families in both Canada and the U.S. This nonprofit group has branches throughout Canada.

The main focus of the organization is to help people who suffer from environmentally related illnesses.

To receive information, contact the AEHA at P.O. Box 40604, Burlington, Ontario, Canada L7P 4W1, or call (800) 695-9271.



## Herbs, etc.

Natural products such as herbs and homeopathic remedies are very appealing to families seeking to avoid medicines with synthetic colors and flavors. Many choose them as substances which assist the body to work, rather than to opt for powerful chemicals which address symptoms and have the potential of adverse side effects.

But even natural products are not risk-free. We do not know if natural remedies and other alternatives will be tolerated by all of our members, especially those who are salicylate-sensitive. Like vitamins, we recommend you not use them when you are new to the Program (unless otherwise advised by your doctor). If you later use these products, please do so cautiously, and under the guidance of a professional.

"Any compound in existence, natural or synthetic, has the capacity to induce an adverse reaction in an individual with the appropriate genetic profile."

Ben F. Feingold, M.D.

## Easter Egg Dye

Easter may seem ages away, but it isn't too early to order natural candies and our new Easter egg dye kit.

**Auro Easter egg colors** are derived from natural sources and provide coloring in yellow, orange, red, green and brown tones. The eggs are cooked and colored in one step, and the length of time determines the intensity of the finished colors.

The practice of using a variety of colorings for eggs is believed to have begun in the Middle Ages, and the materials provided in the Auro coloring kit are similar to those used at that time.

This is one of a line of Earth-friendly products imported from Europe and distributed by Sinan Co. in Davis, CA. The natural dye kits are available from FAUS's New York office. Please check the enclosed catalog order form for details.

## Fancy Easter Eggs

An easy way to turn out colorful, attractive Easter eggs is to use already-decorated plastic "sleeves" that slip over the egg, and then shrink to fit when they are immersed in hot water.



## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.



February, 1996

## **FAUS to be represented at the International Parent-to-Parent Conference to be held in Albuquerque, NM in March**

Over 2,000 representatives from parent-to-parent groups throughout the world will meet in Albuquerque, New Mexico on **March 29-31** to share information on programs that help children with special needs.

The Feingold Association's Executive Director, Lynn Murphy, and AIA Director, Deborah Tritschler, will be presenting a workshop, and FAUS will be participating in an exhibit and poster session. If you live in the area and would like to be a part of this exciting event, and can help us man the exhibit booth, please call Lynn at (408) 727-1210.

## **Maryland Volunteers Fight Pesticides use in Schools**

The Maryland Pesticide Network is a nonprofit organization working to solve the problem of pesticide use in schools, and to alert the public to how these chemicals are affecting our children. They are looking for parents to testify before the legislature in Annapolis concerning the effect pesticides had on their child.

The first goal of the Maryland Pesticide Network is to have a law passed which would require school personnel to notify parents of when the pesticides are to be used. Their long term goal is to stop the use of pesticides in the schools.

For more information contact Ruth Berlin at (410) 849-3805.

## **Washington, DC area**

Brownberry Great Grains and Natural Wheat Breads are available in this area. You can find them at Shopper's Food Warehouse. These are hearty, whole grain loaves that use vinegar as a preservative, in place of calcium propionate. The Brownberry breads do contain corn syrup.

Ready-made Oronoque Orchards frozen pie crust shells are available at area Giant stores.

Safeway, Giant and Shopper's Food Warehouse have Kozy Shack puddings.

## **Looking for Gluten?**

For those of you who do not need to avoid gluten, and who want to add it to your bread machine recipes to make the loaves lighter, you will find gluten sold at many health food stores.

*Thank You Thank You Thank You Thank*

...to Bunny Suplit for her letter to the *Akron Beacon Journal*. She wrote to the paper in response to an article on ADD which did not include any mention of diet. Thanks to her letter, which listed our 800 number, FAUS received many inquiries.

If you read an article in your newspaper on a topic that relates to our work, and want to send a letter to the editor, FAUS can assist. Contact us at (703) 768-3287 for more information. We can provide details on the Program and studies which support it.

## **Getting Together**

The following members have told us they would like to meet other Feingolders in their area.

**Lake City, FL:** Pat Webb (904) 755-1281; Joel is 5 years old.

**Richmond, MO:** Kathryn Oster (816) 484-3365; Jonathan is 4.

**Conshohocket, PA:** JeanMarie Haubert (610) 828-6529; Garret is age 4.

**Antioch, TN:** Susan Gregory (615) 360-7638; Ryan is 4.

**The Woodlands, TX:** Sarah Ramirez (713) 367-0841; her 5 year old daughter's name is Hannah.

**Pasco, WA:** Vicki Westlund can be reached at (509) 545-5944.

**Charlotte, NC:** Katherine Hunt would be willing to host an informal get-together for area Feingold members. She is both a long-time member of the Association and a kindergarten teacher. Katherine's number is (704) 366-0485.

## **South Carolina, Alabama, Mississippi**

Regional Director, Markey Dokken, is looking for members in the Southeast (particularly the above states) who would like to become Program Assistants.

The job involves being willing to take phone calls from new members, and offering basic help and encouragement. If you have been successfully on the Program for six months or more, and would enjoy helping new families, then you are qualified to become a volunteer. It requires very little time on your part, but is extremely rewarding.

For more information, contact Markey at her home in Wilmington, NC. The phone number is (910) 395-8418.

## Product Information Committee Report to Members

from Donna Curtis

It recently came to our attention that some members, especially in rural areas, are having difficulty finding the products in their Foodlists. Please remember that each Foodlist represents a PIC region of as many as 13 states, and these divisions are based mostly on food distribution. (It would be prohibitively expensive to produce additional books.) This means there will be products on your list which are not available to each member.

We encourage you to seek out products that interest you in your own grocery stores, read labels and follow the procedures described in the back of your Foodlist. The Product Information Committee will then contact the company, and hopefully, this will increase your choices.

### Aldi

For those of you living in the Midwest, the Aldi food chain is probably a familiar name. I recently spoke with a representative at Aldi's. He had a good understanding of our needs and had discussed our program with others in the company. They cannot fill out forms for us at this time. This is because they have many suppliers for each product, and these may switch at a moment's notice without a change in the label! For instance, the potato chip suppliers may each list: potatoes, corn oil, and salt, but there is nothing that says the corn oil has to come from a certain source or be free of preservatives. So for now, we will not be researching any Aldi products.

### Food Lion

According to the president of Food Lion, they have stores located in 14 states as follows:

|                |                |
|----------------|----------------|
| Delaware       | Oklahoma       |
| Florida        | Pennsylvania   |
| Georgia        | South Carolina |
| Kentucky       | Tennessee      |
| Louisiana      | Texas          |
| Maryland       | Virginia       |
| North Carolina | West Virginia  |

### Allergy Alternatives

This mail order resource has moved. The new address is 526 Shagbark Street, Windsor, CA 95492. Their phone number is still (800) 838-1514.

## PIC Report

The following products have been researched or re-researched and may be added to your Foodlist.

### Stage One

ALLEN'S PRINCELLA Cut Yams (CS), Mashed Sweet Potatoes (CS)  
AMY'S\* Macaroni & Soy Cheese  
ARCHWAY Ginger Snaps

Note: The following Arnold products are available on the East Coast of the U.S.

ARNOLD Brick Oven Wheat Bread (CS), Country Wheat Bread (CS),  
ARNOLD Dutch Style Potato Sesame Rolls (CS,CP),  
Soft Sandwich Rolls with Sesame Seed (CS,CP)  
ARNOLD Seasoned Stuffing (CS)

BROWNBERRY Natural Wheat Bread (CS) - This is Catherine Clark's original recipe  
BROWNBERRY Wheat Sandwich Buns (CS)  
COLOSSO Waffle Bowls ice cream cones (CS)  
MALT-O-MEAL Cold Cereals: Crispy Rice (CS),  
Frosted Wheat Puffs (CS), Toasty O's (plain only)  
R.M. PALMER Solid Milk Chocolate (Read labels carefully to avoid imitation vanilla - "vanillin.")  
ROLAND Artichoke Hearts  
ROYAL PRINCE Whole Yams (CS)  
SUGARY SAM Golden Yams (CS)

### Stage Two

AMY'S\* Burrito: Black Bean Vegetable (tomato, pepper),  
Tofu Vegetable Lasagna (tomato) - frozen  
AMY'S\* Chocolate Creamy Fudge Cake - frozen  
APPLE & EVE 100% Fruit Juice: Naturally Cranberry (apple, raspberry, currant) only avail. in IL  
APPLE & EVE 100% Pure & Natural Apple Juice (currant),  
Apple Cranberry (currant) - available in Northeast and Mid-Atlantic states  
APPLE & EVE Nothin' But Juice: Cherry (apple, currant) available in the Northeast  
PRAIRIE FARMS Peach Nonfat Frozen Yogurt (CS, apricots) available in IL, IN, MO, IA  
ROLAND Marinated Artichoke Hearts in Oil (CS, possible salicylates in spices)

### Not Acceptable

ARCHWAY Black Walnut Ice Box Cookies (CS) contains artificial flavoring and possible preservatives  
ARCHWAY Iced Molasses Home Style Cookies (CS,SF) contains artificial flavors and artificial colors

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