

## Special Help From the School

We have received many reports from parents that they are having difficulty getting their child's school to cooperate and provide the help the child needs. Is there anything a parent can do?

**T**he laws are on the books; many provisions have been made to ensure that a child with a handicapping condition is given an education appropriate for his needs. But actually obtaining these services from your school system may be difficult. In addition to failing to provide the extra help needed, some school personnel also refuse to accommodate the therapy chosen by the parents and physician.

One member told *Pure Facts* that her child's first grade teacher instructs the children in numbers twice a week by having them count out synthetically colored, flavored candies. Afterward, the children eat the candy.



This mom offered to supply natural candies for her child, and even for the whole class, if necessary, but to no avail. The teacher, as well as most of the staff at this school said she was emotionally abusing her child by not allowing him to eat junk candies.

When she sent in a prescription medicine the child was taking, she also sent in yogurt and a plastic spoon so that the nurse could empty the contents of the capsule into the yogurt, and administer the medicine that way. The nurse called it "Voodoo medicine" and refused to cooperate.

Sadly, this Feingold mom has done all the right things. She brought in literature supplied by the Association, which describes the Program and the medical studies which demonstrate that synthetic additives can affect learning as well as behavior. She provided a copy of the materials designed to be given to educators. But despite all of this, the staff would not read it. Her offer to supply hard-to-find products, as well as a letter from her doctor, have not had any effect. These people charged with educating our children refused to learn; fortunately, this doesn't always happen.

*See page 3 for more information.*

## Food Labels - File Under "Fiction"

April is National Child Abuse Prevention Month. It's also the month *Pure Facts* likes to feature some of the confusing and deceptive practices found in food processing and labeling. Experienced Feingold members will see a connection between the prevention of child abuse and the need to improve the American food supply.

**W**hat you see isn't necessarily what you get. The old time huckster personified by P.T. Barnum is alive and well and working in the American food industry.

Strolling down the aisle of a Washington, DC, supermarket, the shopper came upon a large bag of popcorn. The label read "Shoppers Premium Choice Popcorn, *All Natural*" but the little puffed kernels which shone through the clear portion of the bag didn't look a bit natural. They were clearly intended to give the impression



that a generous helping of butter had been added, but no butter would give popcorn this appearance. It was colored with a hue that fell somewhere between a yellow cab and a school bus.

As Feingolders know, the popcorn probably was dyed with either Yellow 5 or Yellow 6, or a combination of both. These petroleum-based chemicals are the only synthetic yellow dyes which are still allowed to be used in foods. Because they have been found to trigger serious health problems in

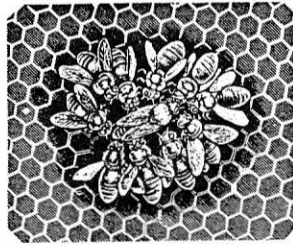
*Continued on page 2*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support its 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.

## You might fool people, but not the bees

A Feingold member reported her experience with people, bees, and some birthday cakes.

"Last summer our family held a cookout to celebrate the birthdays of my mother-in-law and one of her grandchildren. A cake was made for each, one of them was decorated with colored sprinkles, and the other was made in the shape of a train, and decorated with many-colored frosting. Of course, I made a Feingold-safe cake so my children could join in.



It is illegal for a manufacturer to use synthetic dyes in a food and not list them specifically by their FD&C name and number.

Food labels, from page 1

some individuals, the Food and Drug Administration has long required that they be specifically labeled by name when they are used in foods. But the ingredient label on the back doesn't list either dye; it just says "certified colors."

### What is a "certified color"?

It sounds reassuring to know that a color additive has been certified; it sounds like a government agency is watching our food supply to make sure that it meets a standard before it is allowed to be sold. Well, that's partially correct.

Certified colors are the ones the Food and Drug Administration watches closely. Before a batch can be certified it must be tested and found not to exceed the allowed amounts of impurities. Most of the impurities are in the form of salts and acids, but others include:

**lead** - not more than 10 parts per million, **arsenic** - not more than 3 parts per million, and **mercury** - not more than 1 part per million.

"Uncertified" colorings include substances such as annatto, grape skin extract and minerals, which are not considered to be any health risk, and don't need to be checked. These uncertified colorings are not likely to be a problem for Feingold members unless a preservative such as BHT is introduced in the process of creating the colorings. When FAUS researches brand name foods, information such as this is requested.

### Chocolate and vanilla

"Real chocolate" may mean that cocoa beans have played a part in the product, but it does not mean it will be free of synthetic vanilla flavoring (usually called vanillin).

Feingold volunteers have noticed over the years that some people are able to add vanillin back to their diet, with no reaction. (Please do not consider trying this until you have been successfully on the Program for at least one year.) But one child who had been tolerating vanillin in some foods experienced a reaction in others. His perceptive grandmother found that the offender for him appears to be "ethyl vanillin," a synthetic additive with a more intense flavor than vanillin.

After speaking with a representative of the Food and Drug Administration, and pouring over the *Code of Federal Regulations* (the FDA's often confusing bible), it appears that ethyl vanillin is really an imitation of vanillin — an imitation of an imitation flavoring!

How can a consumer know which is which? We can't.

### Synthetic sweeteners

Did you think you can avoid artificial sweeteners by watching for "sugar-free" on the label, or watching for the NutraSweet logo? Sunny Maid brand chewable vitamin C doesn't list either. The listed ingredients include "aspartame." While experienced consumers recognize this as NutraSweet, many shoppers will not.

"All three cakes were together on the picnic table when a large number of bees discovered them. Every single bee went after my cake; I stood there, watching, and couldn't believe what I saw: not one single bee was interested in the other two cakes. We put my cake inside two plastic bags, and eight bees still managed to get inside!"

Shula Edelkind, Atlanta, GA



### "Minimally processed"

This designation began as a useful way for consumers to identify poultry which has, as the name suggests, not had much done to it. Like the term "natural," however, it has no real definition. One volunteer recently came across chicken which was marinated in: water, salt, sodium phosphate, dextrose, and natural flavoring, and was labeled as "minimally processed!"

### School cafeteria secrets

Does your child's school send home a menu of school lunches for the coming month? Amid the hamburgers and burritos, you might notice that your child has the choice of buying "a la carte." That may sound like the option of choosing between carrot salad or string beans, but not if you live in Fairfax County, VA.

Here, a la carte means that your child can choose anything for lunch, including cookies, ice cream and Betty Crocker Fruit Roll-Ups in "Hot Colors." The "Electric Yellow," not surprisingly, is dyed with the synthetic Yellow No. 5.

Any child with either parental permission to dine a la carte, or with some cash on hand, can consume an unlimited quantity of junk food in place of lunch. At the school where they were purchased, these gems are placed strategically at the cash register, just the way impulse items are located in the supermarkets. (Stop by the cafeteria at lunch time soon and check out things at your school.)

## Two Laws Protect Americans with Disabilities

These laws are: The Americans with Disability Act (ADA) and Section 504 of the Rehabilitation Act of 1973.  
by Sue Carroll

**The Americans with Disabilities Act** is a federal non-discrimination law which gives civil rights protection to people with disabilities. The protection is similar to that provided on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for people in public accommodations (such as restaurants, hotels, theaters, retail stores, etc.), employment (for businesses with 15 or more employees), transportation, state and local government activities, and telecommunications.

You can find out more about the Americans with Disabilities Act by contacting the ADA technical assistance hotline at their free number: (800) 466-4232. The hotline is operated by the Disability Rights Education and Defense Fund (DREDF) and is funded by the Department of Justice. They provide technical assistance and informational materials to persons with disabilities, businesses, state and local government agencies, and the general public. It is set up to help callers understand their rights and responsibilities under Titles II (state and local government activities) and III (public accommodations) of the ADA. The hotline is open from 9:00 am to 5:00 pm Pacific time.

**Section 504 of the Rehabilitation Act of 1973** states, "No qualified individual with a disability shall, solely by reason of his disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance..."

It applies to education in the following ways:

1) No child with a disability can be excluded from public education because of a disability.

2) Every child with a disability is entitled to a free appropriate public education, regardless of the nature or severity of the disabling condition.

3) To the maximum extent appropriate to their needs, children with disabilities should be educated with those without disabilities.

Section 504 defines "appropriate education" as one which is provided by the public elementary or secondary school and includes regular or special education and related aids and services that:

1) are designed to meet the individual educational needs of persons with disabilities as adequately as the needs of non-disabled persons are met, and

2) are based upon adherence to evaluation, placement, and procedural safeguards requirements.

To have your child diagnosed as "handicapped" or "impaired," and thus qualify for services, you will need your physician's support. The following physicians will be able to give your child a diagnosis:

A) your pediatrician or the family doctor

B) your child's neurologist

C) an environmental specialist physician if you believe your child has chemical sensitivities. These physicians are usually allergists and ENT's (ear, nose and throat physicians) in addition to specializing in environmental medicine.

D) an allergist recommended by the American Academy of Allergy, Asthma & Immunology (AAAA&I). Their toll-free number for physician referrals is (800) 822-2762. Member physicians may be more food oriented, and less knowledgeable about environmental allergies. The doctor might not be able to make a handicapped diagnosis for your child, but may be able to provide a list of environmental requirements for your child's welfare.

When a child has a diagnosed handicapped, schools are required to develop plans to outline the services they will be providing. They go under these names:

1) individualized education program (IEP)

2) individualized student plan and/or individualized environmental management program (IEMP).

If the school doesn't make these arrangements or isn't cooperating fully, the parents or guardian may file a complaint with the Office of Civil Rights (OCR). In addition, if your child is being discriminated against on the basis of handicap you have the right to file a civil lawsuit, but legal fees may be prohibitive unless a family's income is low enough to qualify for free assistance.

It's OCR's job to enforce the federal civil rights statutes that prohibit discrimination based on race, color, sex, national origin, *handicap* or age in Department of Education programs and activities. Anyone who believes that an educational institution receiving federal funding has discriminated against their child on the basis of one of these categories can then file a complaint of discrimination. OCR then conducts an investigation to determine if there is a violation of the laws.

The key word for Feingolders is handicap. Autism is considered a handicap, but ADD or ADHD in itself is not. However, if the ADD/ADHD impairs one of the major life functions, it is a handicap. "Major life functions" include: breathing, *learning*, hearing, caring for oneself, working, seeing, walking, performing manual tasks, speaking. According to the advocacy agency, MPACT (Missouri Parents Act), other life functions not listed, such as sleeping, eating, etc. might also be applicable. Some other examples of disabilities covered are: cerebral palsy, epilepsy, heart disease, cancer, muscular dystrophy, multiple sclerosis, diabetes, mental retardation, emotional illness, specific learning disabilities, developmental aphasia and AIDS.

*Continued on page 4*



Once you have the support of a physician, several organizations can help you.

The Disability Rights Education and Defense Fund, described earlier in this article, is a national law and policy center. They are dedicated to furthering the civil rights of people with disabilities. This organization is managed and directed by people with disabilities and parents of children with disabilities. DREDF has offices in Berkeley, CA (510) 644-2555 and Washington, DC (800) 466-4232. If there is a similar organization in your area, they will give you that information.

Another organization providing assistance is the National Protection Advocacy System in Jefferson City, MO (573) 893-3333. If you fit under their umbrella of priorities, they will legally assist you in advocating with the school district. Each year they develop a new set of priorities based upon the volume of particular discriminations the prior year.

If your child needs to take a medicine at school, have the doctor write into the prescription exactly how it is to be administered. Provide the school nurse with a copy.

## Other Useful Aids

The AAAA&I has tip brochures available for a small fee, and several may be of interest to Feingold families.

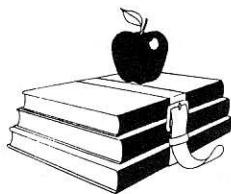
Here's a list from Tip Brochure #4, titled *Triggers of Asthma*: "Strong odors and sprays, such as perfumes, household cleaners, cooking fumes (especially from frying), paints and varnishes; other chemicals such as coal, chalk dust or talcum powder, air pollutants and tobacco smoke." Other triggers listed are "certain foods, mold, dust, etc."

Another brochure titled *Adverse Reactions to Food Additives*, states, "Food intolerance due to chemicals added to foods is of increasing concern today. The symptoms of some of these reactions are allergic-like in nature. The food and drug color dye tartrazine (FD&C Yellow No. 5) has been shown to cause asthma in some aspirin-sensitive asthmatics. Mixed colors, particularly red and yellow dyes of this type, may produce a drug-like effect and worsen the problem in a small number of children who are hyperactive."

Tip Brochure #13 is titled *Adverse Reactions to Food Additives*. It lists aspartame, benzoates, BHA, BHT, FD&C dyes, MSG, nitrates/nitrites, parabens, and sulfites as food additives commonly thought to cause adverse reactions. These and other brochures can be ordered by calling the AAAA&I at (414) 272-6071.

## The US Dept of Education Office of Civil Rights Regional Offices

CT, ME, MA, NH, RI, VT  
(617) 223-9662  
NJ, NY, PR, VI (212) 637-6466  
DC, NC, VA (202) 260-9225  
DE, KY, MD, PA, WV  
(215) 596-6772  
AL, FL, GA, SC, TN  
(404) 562-6350  
IL, IN, MN, WI (312) 886-8434  
MI, OH (216) 522-4970  
AR, LA, MS, OK, TX  
(214) 767-3959  
IA, KS, MO, NE, ND, SD  
(816) 880-4202  
AZ, CO, MT, NM, UT, WY  
(303) 844-5695  
CA (415) 437-7700  
AK, HI, ID, OR, NV, WA, also  
American Samoa, Guam, Pacific  
Islands (206) 220-7880



## Some IEP strategies

Judy is a Feingold mom who found that a little stubbornness enabled her daughter to get the help she needed. This determined mom repeatedly refused to accept the IEP, and eventually the school staff agreed to the conditions required.

In addition to the stipulations written into the IEP, Judy enumerated additional requirements, and had it noted in the IEP that there was an "attachment." This attachment is then considered to be part of the document.

The entire school staff is aware of the child's sensitivities, and check with the principal before using any potentially toxic chemicals.

Judy and the principal's secretary call each other to be sure the environment is safe; if any work is to be done that involves suspect chemicals, Judy brings her daughter home early.

In many cases, resistance by the school staff comes from the fact that they don't understand the problem. Most people don't see perfume, jelly beans, air freshener or cafeteria food to be harmful. This is why it's so important to provide reading material (or perhaps a copy of the FAUS video) for them.

One mom was able to convince the staff the problems of chemical sensitivity are real by bringing in a copy of *The Healthy School Handbook*, published by the National Education Association. (See the September 1995 *Pure Facts* for details.)

One child's IEP included a stipulation that the teachers who work with him use "restitution" as a consequence, in place of usual forms of discipline. This is a technique that shows the child how his behavior affects other people.

In order to follow the IEP, these teachers took a course about restitution. This may appear at first glance, to be expecting a lot of teachers, especially when the technique is intended to be used for only one child. But so many of the strategies which have been developed for kids with deficits are just as useful for all children.

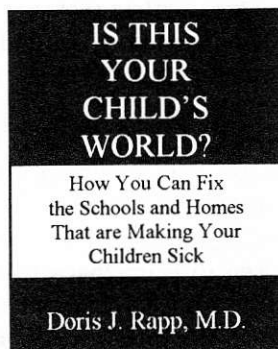
## Is This Your Child's World?

*How You Can Fix the Schools and Homes That Are Making Your Children Sick*

by Doris J. Rapp, M.D.

Parents seeking help from their child's school may find Dr. Rapp's newest book, *Is This Your Child's World?* to be a useful resource.

At just over 600 pages, this ambitious book covers many of the signs of allergic reactions and environmental sensitivities she has written about in previous books. But there is a considerable amount of attention given to environmental pollutants in the schools, and specific recommendations that could make school a more hospitable place for the sensitive child.



The resources in the back of the book are particularly helpful, covering studies, hard-to-find products, legal assistance, books, advocacy organizations, and governmental agencies.

It is available at many bookstores, and through the Practical Allergy Research Foundation (PARF), founded by Dr. Rapp. In addition to this book, there are other titles, videos, cassette tapes, and some specialty items for the very sensitive.

Call PARF (716) 875-0398 for more information or a free catalog.

## Smelly Markers

Many classrooms have replaced their old fashioned chalkboards with dry erase boards, which use marking pens in place of chalk. These strong smelling markers are a problem for many.

One mom told us her child's class uses individual boards and markers when they do math lessons — three times a week. The smell of the markers is so offensive, the teacher opens the windows and turns on a fan, but the fumes are still powerful. This child has a reaction every time the markers are brought out.

In her book (above) Dr. Rapp notes that these acetate markers contain "methyl isobutyl ketone, butyl acetate and various esters."

**What is methyl isobutyl ketone? What is butyl acetate?**

**Methyl isobutyl ketone:** This versatile chemical is used for many different purposes, one of which is as an artificial flavoring for food. It is also used in the production of: perfumes, plastics, pesticides (as an inert ingredient), solvents, gums, resins, lacquers, varnishes, enamels, leather, rubber, cellulose, inks, paint, varnish removers and insect repellants.

The organs which appear to be most vulnerable are the eyes, skin and respiratory system. It can irritate tissues, and can produce a narcotic effect leading to unconsciousness, depress the central nervous system as well as result in liver, lung, and kidney injuries.



**Butyl acetate:** This chemical is also used as a flavoring agent, especially in imitation banana, pear, pineapple and berry flavors. It can be used as a food preservative. The other uses of butyl acetate are similar to methyl isobutyl ketone, as well as these: photographic film, artificial leather, safety glass, vinyl, fats, waxes, camphor, dyes, larvicide, paint thinners, and pharmaceuticals.

Butyl acetate also has the most pronounced effects on the eyes, skin and respiratory system, but the list of potentially damaging effects is much longer: behavioral effects, impaired performance, confusion; incoordination; eye, throat, upper respiratory and

skin irritation; headaches; drowsiness; dry eyes; delirium; muscle weakness; coma; nausea; vomiting; diarrhea; cough; labored breathing; respiratory failure; cardiac arrhythmias; kidney and liver damage; pulmonary edema; inebriation; central nervous system depression; hallucinations; giddiness; anemia; dizziness; weakness; corneal inflammation; unconsciousness; death.

Source: *Chemical Exposure and Human Health, A Reference to 314 Chemicals with a Guide to Symptoms and a Directory of Organizations*, by Cynthia Wilson. McFarland & Co., Inc. publishers, 1993. Phone (919) 246-4460.

## Finding solutions

Experienced Feingolders know that if something has an obvious smell, it should probably be avoided. Try to find the least "smelly" washable markers for your child to use, then try to convince your child to draw on things other than his arms and legs.

The colored water pencils, which are colored with earth pigments and are available in our Resource Catalog, work well in place of markers. A set of 12 is \$12 plus shipping. Call (516) 369-9340 for details or refer to our Resource Catalog.

# Getting help for your child — some good advice from a pro

As imperfect as the system is, it can be made to work pretty well, at least in most states.

**C**athy Ziegler is a parent advocate who has successfully helped many families in her home state of Connecticut. She will be sharing her information with Feingold members and guests at our upcoming Annual Conference workshops, to be held in Washington, DC, June 27 and 28, 1997.

Parents can often be intimidated by the school system, Cathy pointed out, but there are people and resources which might be able to help. Each state has parent advocacy centers, though the funding for these, as well as related resources is in jeopardy of falling victim to Congressional budget cuts.

In addition to the advocacy centers, each state should have a learning disabilities association in their state capital. If you are not able to locate them, you can contact the national headquarters in Pittsburgh, PA. The Learning Disabilities Association's phone number is (412) 341-1515. They can provide literature and may be able to recommend an advocate in your area.

Check with your state United Way or call the reference librarian of your local library; they may be able to provide the name of the area protection and advocacy organization. These are federally-funded advocacy groups to assist in gaining services for the disabled population.

## Educating the educators

Cathy suggests that the Feingold parent make an appointment to meet with the child's teacher, and any other school personnel who will be dealing with the child, at the beginning of the school year. Bring in Feingold literature for them to read, and bring your *Foodlist* or a listing of acceptable brand name snacks your child likes. This would be a good time to bring in a selection of well-known brand name snacks and candies to leave with the teacher for those times when food is given out. Not only will this be handy for the teacher to keep in her desk, but it will demonstrate that the Feingold

Program involves eating ordinary, readily available good food. If you are on Stage One, explain that you will be reintroducing the salicylates and testing them out in the future. If your child is following a more restrictive diet, such as dairy- or gluten-free, please be sure to emphasize that this is not the same as the Feingold Program.

The school personnel will probably be surprised to learn that sugar is not eliminated. And don't be surprised if your child's teacher later becomes interested in the program for other children in the class or for members of her own family.

It is very important that you bring in information on the most recent scientific studies which support the Feingold Program; contact FAUS if you need any literature.



## The IEP

Everything related to your child's special needs should be included in the IEP, the individualized educational program designed to help compensate for areas of weakness. Cathy recommends parents always bring a tape recorder to the IEP meetings to help ensure that verbal promises are kept. (Some schools require that you provide 24 hours notice if you will be taping the meeting.) You can make a reference in the IEP that specific materials are attached — for example, a listing of food additives/environmental chemicals that need to be avoided. You can also attach a listing of brand name products which are acceptable for your child.

If the teacher will need to avoid wearing perfume or cologne, write that in too. (Once again, provide the staff with documentation that perfumes are not tolerated by many people. There are various books, such as Dr. Rapp's, which can provide more details.)

In other words, do your homework ahead of the meeting so that you will be able to offer substitutions.

## Follow-up is important

About two weeks after school begins, you should meet again with the teacher(s) in order to be sure they understand the provisions in your child's IEP. Cathy recommends you conduct your own "pop quiz." Ask: "How have you modified your class for my child? What changes have you made? When will you be doing this?"

Many schools are careful about following the IEP, but some are not.

## 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.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a network of Program Assistants available by phone, and a subscription to *Pure Facts*. The cost in the U.S. is \$49 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$28/year.

For more information or details on membership outside the U.S., contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.



April 1997

## FDA Issues an Advisory for Sulfite-Sensitive Individuals

In March the Food and Drug Administration (FDA) warned sulfite-sensitive asthmatics and other sulfite-sensitive consumers that canned tuna products may contain undeclared sulfites. The following is taken from their press release.

The National Food Processors Association and the U.S. tuna industry advised the agency that most white (albacore) tuna and a limited amount of light tuna contain sulfites not declared on the product labels.

Sulfite-sensitive asthmatics and other sulfite-sensitive individuals should not consume at this time any white (albacore) canned tuna, and should check with the industry's information number (800) 283-1112 for specific information.

Sulfites can cause serious and life-threatening reactions in certain asthmatics and other sulfite-sensitive individuals. The undeclared sulfites in canned tuna do not present a risk to individuals who are not asthmatic or otherwise sulfite sensitive.

Sulfites and sulfiting agents are added to many food products as preservatives. Food manufacturers who add detectable levels of sulfites to food products are required to declare its presence on product labels.

The National Food Processors Association and the U.S. Tuna Foundation yesterday informed FDA that sulfites have been added to a significant proportion of canned tuna products inadvertently and without manufacturers' knowledge.

*The sulfites apparently were contained, but not declared, in a raw material — hydrolyzed vegetable protein — which is added to the tuna to enhance flavor. The industry has informed FDA it has now discontinued use of raw materials containing sulfites.*

FDA and the industry are cooperating in notifying asthmatics and other sulfite-sensitive individuals across the country of the presence of undeclared sulfites in canned tuna products. The industry has agreed to place advertisements in newspapers informing sulfite-sensitive consumers of the problem. It has also alerted the National Food Allergy Network to aid in the effort to communicate information to susceptible individuals. In addition, manufacturers will relabel canned tuna currently containing sulfites with stickers declaring its presence.

FDA is investigating in cooperation with industry to determine how the problem occurred and how it can be prevented from recurring.

*Thank You Thank You Thank You Thank You*

...to Sandy Ehrenkranz for arranging for a presentation to be given to public health nurses in Stamford, CT., and to Olga Brown for the warm welcome.

...to Dr. Richard Carlton for traveling to Stamford to participate in the meeting.

...to Patricia Lemer for inviting the Association to have a table at a recent conference held in Denver, CO. Patty is the Executive Director of the Developmental Delay Registry (DDR), an organization that introduces parents and professionals to the role of nutrition, immune system problems, and sensory processing delays such as learning disabilities, speech and language problems, ADD and autism.

To learn more about upcoming DDR activities around the country, call their Maryland office at (301) 652-2263

...to Linnea Straubinger and Linda Cain for representing FAUS at the Colorado DDR conference

...to Rosemarie Roberts for her hard work as our Regional Director in the Northeastern states and for her willingness to take care of her new responsibilities in Pennsylvania.

...to Sherri Palmer for taking on the job of handling conference reservations.

...to Jan Gaudy for being a guardian angel to a little girl who is now on the road to recovery.

## Welcome to our new Program Assistants

Cordova (Memphis), TN: Lynn Crowe (901) 753-0281  
Madison, AL: Malyann Pullman (205) 430-0934

## Southeastern United States

Regional Director, Markey Dokken, is looking for member families in the Southeast who would like to help as a Program Assistant, or to do outreach. This region includes the following states: Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, and Tennessee.

To learn more about these opportunities, you can call Markey in Wilmington, NC at (910) 395-8418.

## Midwestern States

Sue Carroll, of St. Peters, MO is also looking for volunteers for her region, which includes these states: Missouri, Nebraska, Iowa, Kansas, Minnesota, North Dakota and South Dakota.

Sue can be reached at (314) 926-7375.

## Product Alert!

HEALTHY CHOICE Fat Free Cheeses: Mozzarella Shreds, Mozzarella Balls and String are all currently prepared with a vitamin A palmitate preserved with BHA/BHT. These products need to be removed from your *Foodlist*. Beatrice Cheese, the company which makes these cheeses for HEALTHY CHOICE, is now looking for a supply of vitamin A palmitate without the offending preservatives.

MALT-O-MEAL Frosted Wheat Puffs are actually MALT-O-MEAL Golden Puffs. The first name is for the generically packaged product. Please change the entry in your *Foodlist*.

WESTERN FAMILY FOODS are only available in Regions 6 & 7 (Western states), but two of their products (Apple Cider Vinegar and Fancy Tomato Sauce) mistakenly appear in some *Foodlists* for other regions.

RHINOSYN over the counter cough and cold medicines are no longer being distributed by ECR Pharmaceuticals. The manufacturer, Great Southern Laboratories in Houston, TX, has given the distributorship to a local business: Ed's Pharmacy in Houston. You can order Rhinosyn products by calling (713) 499-4555.

Rhinosyn is also available from Alternatives for Wellness, a mail order company catering to Feingold families. Call (800) 286-7684 for information and a free catalog.

### Lowfat Milk

The December/January issue of *Pure Facts* provided a listing of brand name low-fat and nonfat milks, found in various states, which are free of BHT (hidden in some brands of vitamin A palmitate).

Several other brands, which are available in the Midwest, were not included in the listing, but have been researched and are also acceptable:

ANDERSON-ERICKSON  
BAREMAN'S (MI, IN, IL)  
DEAN'S (IL)  
NATURE'S BEST (IL, IN, MO, KY, AR, IA)  
VERIFINE (WI, IL)

Refer to the inside back cover of your *Foodlist* to learn how to have a local brand researched.

Note on sulfites: They are not eliminated on the Feingold Program, but FAUS has recently added sulfiting agents as one of the additives noted in our *Foodlists*.

## PIC Report

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

### Stage One

CASBAH\* Perfect Latke-Crispy Potato Pancake Mix (CS,MSG/HVP)  
HEIDELBERG Breads: 100% Whole Wheat, Cracked Wheat, Rye (available in NY, VT, NJ)  
MICHELL'S Natural Alfredo Sauce  
ROMAN MEAL Instant Delights (hot cereal): Cream of Rye, Multi-Grain  
SUNSPIRE\* Dark Malted Chocolate Bunny 1.75 & 2.75 oz., Earth Balls, Easter Eggs, Easter Minikins, Duck 1.75 oz (all have CS from malted corn)  
TYSON Premium Chunk White Chicken in Water (distributed by Sam's)  
WALDEN FARMS Blue Cheese Fat Free Dressing (CS)  
WALNUT ACRES (MO) Fisherman's Chowder (was Fish Chowder), Maple Honey Pecan Cookies (were Maple Pecan), Pine Nuts (were Pignolias), Reduced Fat Cheddar Cheese (was Low Fat Low Salt Cheddar), Reduced Fat Farmer Cheese (was Low-Fat)  
WEGMAN'S All Natural Vanilla Ice Cream, Salted Sweet Cream Butter (Wegman's products are available in NY and PA)

### Stage Two

ALVARADO\* Cinnamon Raisin Sprouted Wheat Bagels  
HEIDELBERG Raisin Sunflower Bread  
KNUDSEN\* Spritzers: Black Cherry (apples, plum); Red Raspberry (grapes, apples); Strawberry (grapes, apples)  
McCORMICK Taco Seasoning Less Sodium (chili & red pepper, paprika, CS)  
MRS. LEEPER'S Pastas: (all of the following contain tomatoes) Rice Vegetable Twist, Brown Rice Vegetable Cut Lasagna, Brown Rice Vegetable Penne Rigate  
OREGON FRUIT PRODUCTS Pitted Red Tart Pie Cherries in Water  
R.W. KNUDSEN FAMILY Lemonade (grapes)  
ROMAN MEAL Instant Delights (hot cereal): Apple Cinnamon, Raisin Date Nut (almonds)  
WALDEN FARMS Fat Free Dressings: Balsamic Vinaigrette (bell peppers, wine vinegar), Creamy Italian with Parmesan (bell peppers), French Style (cider vinegar, tomatoes, MSG/HVP), Greek (wine vinegar), Honey Dijon Vinaigrette (cider vinegar), Italian (bell peppers, cider vinegar)  
WEGMAN'S Chicken Gravy (paprika)

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