

Pure Facts

Newsletter of the Feingold® Association of the United States



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A different kind of school lunch

Students in one midwestern community are enjoying fresh, delicious food plus a big change in their learning environment.

Walk down the hallways of the Appleton, Wisconsin Central Alternative High School and you will see students focused on their education, interacting successfully with each other and with their teachers. Notice the calmness and purposefulness that sets these teens apart from others.

You will notice that the hallways are different in another respect. They aren't lined with soft drink and junk food machines. Then check out the cafeteria. There is no smell of grease. Burgers, fries and burritos have been replaced with salads, meats prepared with old fashioned recipes, and whole grain breads. Fresh fruits and vegetables are offered and the students drink water.



Grades are up, truancy is no longer a problem, arguments are rare, and teachers are able to spend their time teaching. What's going on in Appleton Wisconsin?

In 1997 Natural Ovens of Manitowoc, WI initiated a five-year project to bring healthy food into area schools. The goal was to show that fresh, nutritious food can make a real difference in the student's behavior, learning and health.

Just prior to the beginning of the program, Greg Bretthauer was offered the job of dean of students at the school. What he saw were teens who were "rude, obnoxious, and ill-mannered," and he turned the job down.

Because the school had so many problems with discipline and weapons violations a police officer was recruited to be on the staff. He found a school that was out of control.

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School foods are too often a low priority

The food served in your child's cafeteria may contain more than just synthetic additives. Some children have become very sick as a result of tainted or spoiled products.

Cheryl Roberts called the school lunch a "dumping ground for beef and other agricultural products of questionable safety." Roberts is the mother of a child who became sick as a result of eating an undercooked burger contaminated with E. coli. She testified before Congress about the food that harmed her 11 year old son.

Illnesses from eating food at school have been increasing at a rate of about 10% per year, according to a congressional study of the problem. To address this, the Government Accounting



Office has suggested streamlining the bureaucratic tape that ties up school food. The Food and Drug Administration regulates some food while the U.S. Department of Agriculture (USDA) regulates others. Three different departments of the USDA share responsibility for the food provided to schools.

School lunches are subsidized by the USDA, which buys 17% of the food that is served.

One suggested improvement was to allow local and state agencies access to the records of companies who have been accused of selling tainted food to the school lunch program.

Caroline Smith DeWaal of the Center for Science in the Public Interest warns that tainted food is particularly dangerous for children, who are at the highest risk for becoming seriously ill from the food.

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit 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.

Science Fair Winner

Bradlea Fletcher lives with her mom, Shelby, and older brother, David, in San Diego County, California. Their little ranch has a pony, three dogs, five cats, a rabbit and a rat. She won first place in her school's science fair with a project on the effects of food dyes.

Shelby writes, "I remember first learning of the Feingold diet in the mid 1970s. My mom had a friend whose son was diagnosed as retarded. The diet totally turned him around and he went on to graduate from the U. of California at Berkeley. So, when I put my 5 year old son, David, on the diet I was confident it would help.

"David was a very easy, happy baby until around two years old. Now I realize this was the time he started to eat the wrong things. Then the ear-aches began and lots of courses of "pink stuff." He became loud and very easily frustrated. The little boy who had been well behaved was now often out of control. (Of course, I thought it was "terrible twos.") I'll never forget the time when he was three and we flew from California to New York. I bought two large bags of M&Ms to keep bribing him to behave during the flight. Yikes!! I spent most of the flight locked in the tiny rest room with him.

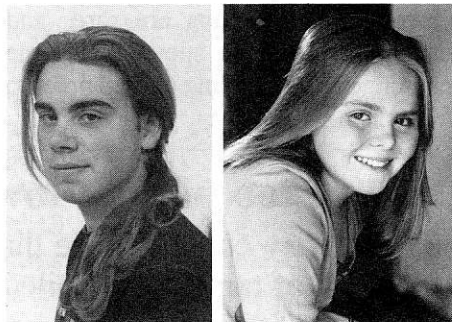
"David attended pre-school and while he wasn't in danger of being kicked out, I heard from the teachers that he really didn't participate. He wanted to do other things beside circle time or stand in line, or take a nap. I remember the sign-out counter would have party invitations left out for the children and I would want to cry (and probably did) because there was never one for him. I hated the way the children would run up to inform me of all his misdoings for the day. One day I burst into tears and the teachers finally stopped the kids from giving me the news reports.

"David had been at the school for one year when we started the diet on a Monday morning. On Wednesday the director asked me if we had started him on Ritalin. The staff became converts and really supported us. I was able to take him off his continuous antibiotic and cancel the appointment for ear tubes as he never had another infection.

"In elementary school we were lucky to have a principal who was very much against drugging children. She changed the Friday popsicle sales to natural juice bars. Of course, seeing David have a reaction usually garnered belief quickly.

Many adults could learn from a ten year old's science fair experiment.

"He is now eighteen and will be graduating from high school this year. He has already started college classes, is fluent in Spanish and the Kumeyii Indian language. David is great on the computer; he designs web sites and even gets paid for it! He is a very talented artist (his grandpa used to do the comic strip Bringing Up Father) and wants to study graphic art in college.



"When David was seven his sister, Bradlea, was born. She had the benefit of the Feingold diet right from the start. I was very happy to have a bright little girl who did well both socially and academically. However, when she has something with artificial flavor or color she becomes so cranky you don't want to be there. There is a definite effect on her mood and ability to sleep at night. This tells me that ALL people would benefit from eating naturally.

"Bradlea is a very good rider and helps her mom, who trains horses. She is a serious student of ballet, taking 3 or 4 classes per week. She also takes piano, has a band with her girlfriends and writes her own songs.

"Last April, when she was 10 years old Bradlea won first place in her school for her science project on the effects of food coloring. She has also won awards for being the top reader in her school. She attends the GATE program and writes for her school newspaper."

Science Fair Project

Bradlea wrote: "The reason I decided to do this project is because I've noticed that too many kids today have ADD and ADHD, and learning problems. So my idea was that maybe artificial food additives were behind this. Did you know that artificial colors are made out of petroleum, the same thing that gasoline is made out of?

"What I did was took eight mice and ran them through a maze for six days. Then, once the six days were done, I divided them up into two groups and added two drops of yellow food dye to one cage's water dish, and ran them through the maze again for six days.

"What happened after that? Well, in general the mice in the food color cage were much slower than they would have normally been, and the mice were becoming aggressive. One even bit me! Plus, they were becoming much harder to catch, while the non food color mice were becoming tamer.

"The experiment and what it proves is very important because it would probably help most kids get off drugs such as Ritalin and most kids would be happier to be drug free. My personal conclusion is that artificial food additives made from petroleum help to cause ADD and ADHD in children."

Times to run through the maze:

Beginning times

All mice, no dyes: about 2 minutes

After 6 days

All mice, no dyes: about 1 minute

After 11 days:

Mice with no dye: 30 seconds

Mice with dye: nearly 3 minutes

School lunch, from page 1

Today Greg is the dean of students in an atmosphere that is vastly different from what he saw in 1997.

The story of the Appleton project has been documented on a short videotape, *Impact of Fresh, Healthy Foods on Learning and Behavior - 2002*. It is available from: Natural Press, P.O. Box 730, Manitowoc, WI 54221-0730. Enclose \$6 for each tape.

Principal, LuAnn Coenen is amazed at the change she has seen in her school. Each year principals are required to file a report with the state of Wisconsin, detailing the number of students who have: dropped out, been expelled, been found using drugs, carrying weapons or who have committed suicide. Since the start of the program, she reported, the numbers in every category have been "zero."

Mary Bruyette, a teacher at the high school, believes "If you've been guzzling Mountain Dew and eating chips and you're flying all over the place I don't think you're going to pick up a whole lot in class."

She reports that the students are now calm and well behaved. "I don't have to deal with the daily discipline issues; that just isn't an issue here."

Mary goes on to say, "Our biggest problems now at the school are parking in the parking lot and student tardiness. I don't have the disruptions in class or the difficulties with student behavior that I experienced before we started the food program."

Students who previously had been headed for trouble have turned their lives around, according to Dr. Thomas Scullen, Superintendent of the Appleton Area School District. He told the interviewer, "We have kids who have had a lot of problems and got through the whole last year without an expulsion. Drop-outs dropped to non-existent. Kids came to school. They have learned that with healthier foods it's going to make them a better person. It keeps them more focused and makes them happier."

Dr. Scullen had expected that the healthy diet would improve behavior, but he was pleasantly surprised that it has had such an impact on academic performance.

Mary Bruyette can demand more, academically, from the students than she previously had. Now she can use all of the class period for instruction.

The high school's counselor, Deb Larson, says, "I don't have the angry outbursts so instead we get to deal with the real issues that are underlying and causing some of the problems in the kid's lives."

What do kids eat for breakfast?

Many eat nothing at all. Others start the day with dyed, sugary cereal, or even candy bars.

A teen who consumes soda pop throughout the day can take in from 150 to 180 teaspoons of sugar a day. Then add caffeine, harmful fats, synthetic flavors...not the kind of things a young, growing, learning body should be putting in their system.

Barbara Reed Stitt

Why don't other schools try this approach?

Typically, while school dietitians want children to eat healthier food, they are convinced such efforts will be futile, and if students cannot get their fast food in the cafeteria they will buy it off campus. This does not appear to have been a problem in Appleton, where the food is not only natural, it is prepared with care. Natural Ovens made sure of this by supplying their own cooks to the school.

Like children on the Feingold Program, once these teens have made the connection between food, behavior and learning, they tend to prefer to enjoy the benefits. One student said, "I really like the food. It tastes good, it's hot, it's fresh."

One girl commented, "Now that I concentrate I think it is easier to get

along with people 'cause now I'm paying attention to what they have to say and not just worrying about what I have to say to them." Another student said, "If you're going for a big test you want to eat great."

The on-campus policeman, Dan Tauber, is able to be a role model now, instead of a disciplinarian. Students are interested in how he eats to keep in such good physical shape, and have noticed their athletic abilities have a lot to do with their diet.

"Returning students are now the advocates for the program. The kids encourage each other," according to Mary Bruyette. "They set the example for the new kids. It works great."

Many of the changes are being phased in to Appleton's middle and elementary schools. Candy machines are gone and pop machines are being replaced with juice machines or water coolers. There is a district-wide commitment to healthier eating and lifestyle in general.

Even in schools where more modest changes have been made, there are some real differences. Gary Van Lankvelt, principal of the Einstein Middle School has seen "more calmness and less bouncy activity. Students seem to be more alert and focused."

Madison Middle School's principal, Fred Ginnochio says the students are buying the healthier a la carte items and more are using the salad bar. He has found when the kids are in the halls "we have not had one incident all year that I have had to get involved in with shoving, a fight, aggressive behavior."

Dr. Scullen sees an eventual switchover in all of Appleton's schools. "It can take several years to make the transition. The program will sell itself on its own merits, given the time. I think instead of looking at the food program as a 'break-even' we have to take a look at what do we have to put in to make it really good for kids."

Continued on page 4

What about increased cost?

Natural Ovens underwrote the cost for their 5 year study that will eventually impact 200 Wisconsin schools. The price to turn the problem around was \$20,000 a year. Natural Ovens President, Dr. Barbara Reed Stitt, noted that "one child arrested would cost the schools more."

Dr. Scullen believes, "if it results in a happier kid, improved learning, and ultimately a better community then it's a cost we cannot avoid. It's something we must do."

Says Dan Tauber "Let's invest in the kids now, financially, with food versus invest in them later, financially, with 'how do we correct the problems we have because they are not eating healthy?'"

"I've taught here almost 30 years. I see the kids this year as calmer, easier to talk to. They just seem more rational. I had thought about retiring this year and basically I've decided to teach another year — I'm having too much fun!"

Dennis Abraham
middle school science teacher

"Nutrition for students should be part of the general operating budget" according to Mary Bruyette. "We're concerned about everything else. We're concerned about new band uniforms. We're concerned about the football team. We're concerned about text books. Why not be concerned about nutrition? That seems to me the basis in many cases for creating a positive learning environment."

LuAnn Coenen says "I can't buy the argument that it's too costly for schools to provide good nutrition for their students. I found that one cost will reduce another. I don't have the vandalism. I don't have the litter. I don't have the need for high security."

"We've got to stop using our most precious commodity — our kids — to make extra money."

Help! I live in Canada. Where can I find suitable foods?

Pure Facts interviewed Keri Gereta who lives near Winnipeg in the province of Manitoba. Her family has been on the Program for over 2 years, and they have found many ways to cope.



Keri ordered the FAUS materials and read them all carefully. She also ordered the book *Why Can't My Child Behave*, which she describes as "wonderful."

Keri found that the Midwestern Foodlist book works well for her since many U.S. products are available in her area. In past years we have warned families that products on our Foodlists might not be the same as those made in Canada, even if they have the identical name. Keri gets around this by checking to see if the food was made in the U.S. or Canada. If the label doesn't tell she can still find out. Products made in Canada must have their information printed in both English and French. If the item is imported from the U.S. it will have a sticker with the French language version on it.

Keri's children are very sensitive, so she generally finds out (the hard way) when a product contains a hidden ingredient. She believes that the ingredient labeling of Canadian foods is fairly reliable, which is not what we had learned a number of years ago.

We don't maintain a Canadian Foodlist and unfortunately Keri's efforts to get Canadian manufacturers to fill out our product inquiry forms have been a big disappointment; few companies have been willing to assist.

But there are still many shopping choices. One Canadian chain, Superstore, has its own line of natural organic foods. Some of the new supermarkets have a large selection of health food brands, and she has located two organic bakeries in her area. And like most families using the Feingold Program, the Gereta's can find many acceptable products in their local supermarkets.

When the family travels to the U.S. they stock up on favorite foods. They seldom mail order products from the U.S. since there is a big import fee.

To date, Whole Foods has one store in Canada, located in Toronto. Another is in the planning stage for British Columbia, but nothing yet for Winnipeg. On a trip to Chicago, Keri's children were dazzled by the choices at this natural food market. Eight year old Matthew called it "health food heaven."

When she was new to the Feingold Program Keri did more cooking from scratch than she needs to do now. While she didn't much enjoy it, the rewards were well worth the effort.

Before he was on the Feingold Program Matthew's kindergarten teacher said he couldn't sit still in circle time and couldn't focus his attention for very long. At home, he would kick and yell at relatives when they came to visit. All of this has changed and Matthew participates in fashion shows and models clothing for photographers; both require a tremendous amount of patience and self-control. (You could even say that the child model is a model child.) He is excelling at Tae Kwon Do, another place where one must have extraordinary self-control.

Matthew's school work is excellent and he is reading 2 levels above his grade. But an infraction brings back the old symptoms, including bright red ears and disturbed sleep. Keri can tell when Matthew has had an infraction because he will walk, talk and scream in his sleep. His older brother, Tim, no longer needs to use an inhaler for asthma now that he doesn't eat the synthetic additives, and his little sister Alison has a sensitivity similar to Matthew's.

Keri still limits salicylates, and the kids even prefer her Un-Tomato sauce to the tomato-based version.

Canadian members are welcome to contact Keri at: canadaPIC@feingold.org.

We all want more restaurant choices

In the December/January issue of *Pure Facts*, we provided readers with a form letter suitable to send to restaurants, asking for information on food we can enjoy. Many of you sent us copies of the replies you received. The restaurants' responses to your letters have been varied, from those that provided detailed information to... well, see for yourself.

Applebee's

"We are sorry, but due to the complexity of our menu and the frequency in which we change our menus, we do not provide nutritional breakdowns specifically identifying the mentioned food additive free items.

"The health and safety of our guests is simply too important to us to risk sharing inaccurate or outdated nutritional information.

"We hope you understand our approach to your request. We could never forgive ourselves if we were the cause of someone's illness."

Baja Fresh Mexican Grill

"We do not have the nutritional information that you requested available to the public at this time. Please be assured that we do appreciate your suggestions and will forward your comments to our Head Chef and Nutrition Master. Should you have further questions or problems in the future, please feel free to call us. Thanks again for writing and have a great day!"

Bojangles

"Unfortunately most, if not all, of our products contain one or more of the items on your list."

Old Country Buffet / Home-Town Buffet

"We understand why our guests would like to obtain nutritional information on our buffet items. However, in our continuing efforts to maintain quality and the best possible value for our guests, our recipes are continually in the process of being evaluated and improved upon. In addition, our ingredient suppliers and food sources that are used in our recipes can also change. Consequently, you can understand how difficult and impractical this would be to be able to have completely up-to-date and current information ... etc."

What looks good at Fazoli's

Unlike many chain restaurants, Fazoli's provided detailed information on all of their ingredients. However, they stressed that ingredients are always subject to change. (* = salicylate)

Baked Spaghetti Parmesan*
Baked Chicken Parmesan* (CS, MSG/HVP)
Black Pepper Chicken (MSG/HVP)
Cheese Ravioli with Marinara Sauce*
Ham & Swiss Submarine Sandwich (CS, CP, N, MSG/HVP)

Other items that look promising:

Rotini Tri-Color*	Garden Salad (comes with tomato)
Fettuccine (pasta)	Shaved Ham (CS,N)
Spaghetti (pasta)	Mozzarella Provolone Cheese
Marinara Sauce*	House Italian Dressing (CS, MSG/HVP, SF)
Pizza Dough (CS)	Balsamic Basil Vinaigrette (SF)

Carrabba's Italian Restaurant

"Thank you for your interest in Carrabba's. I am sorry to say that we do not have nutritional information for our menu items. However we have many guests with special dietary needs. Since most of our dishes are prepared to order we can accommodate many special requests. We're happy to do it, just let us know."

Cracker Barrel

Although some members eat here, their letter was not much help. An experienced member wrote:

"Cracker Barrel wrote a three page letter. Said they understand the health-conscious concerns some of their customers have. Then they showed they really had no clue! Promise spread, fake eggs, diet drinks, Sweet & Low, etc. A few things made sense for us (oatmeal, Cheerios, boiled chicken tenders, fresh bananas, grilled chicken, etc.) One sentence showed some promise: 'We will, however try to look over the ingredients of your favorite menu item if you would like to contact us again with that information.'"

ColdStone Creamery

From a company representative: "In my opinion, the safe bets are Sweet Cream Ice Cream or Yogurt, Chocolate Ice Cream or Yogurt, and for mix-ins use nuts or fresh frozen fruits (not the pie fillings), avoid the candies unless you know which one you can have."

Dairy Queen

"Unfortunately, we do not have a formal list of products that do not contain synthetic food dyes, artificial flavorings, synthetic sweeteners, BHA, BHT or TBHQ.

"International Dairy Queen enjoys hearing from our customers, and we appreciate your patronage. Please feel free to contact us any time, and I hope you find this information helpful."

Dave and Busters

Our member who wrote about the Cracker Barrel reported that "Dave and Buster's basically said they know some people are health conscious. Come see us anyway. Short. I started to say sweet, but NOT."

October, 2002

What do you want? How can you get it?

One person can do a lot to change the system if they know where to push, and how.

Feingold members want many things, especially food that is not treated with harmful chemicals. **We also want to be able to eat out at restaurants.**

While it's true that food companies and restaurant owners like to sell you junk food because their profit is so high, they would still rather sell you less profitable natural food than lose your business.

After seeing declining earnings from their burgers McDonald's is expanding its profitable Chipotle Mexican restaurants that focus on fresh ingredients. The fast food giant also owns a minority share in the London based sandwich shops, Pret A Manger (serving natural food, but limited to 12 shops in New York City). McDonald's will be developing new restaurants with the Fazoli chain, highlighted in this newsletter. Wendy's is a fresh food player too, with its Baja Fresh Mexican Grill.

McDonald's recently announced it will be making a major change. As a result of pressure to reduce the amounts of harmful trans fats, the restaurant will be switching to a different fat for deep frying. (FAUS will try to learn if the new fat contains the unwanted preservative, TBHQ, now in their frying oil.)

You can play a part in bringing about change by writing to your favorite restaurants, asking them to provide a selection of healthy foods. There is a copy of our restaurant letter at: www.feingold.org. At this time most companies are not accustomed to getting such requests, and few of them are willing to accommodate

our needs, but it's early in the game. Every consumer who asks for natural food -- whether it's from a restaurant, airline, or food manufacturer -- casts a vote. Every customer who refuses to buy the poor choice is helping to change the system.

Another item on our wish list: **We want our kids to have healthy food at their school.** Here too, there are bright spots. The Los Angeles school board voted unanimously to ban the sale of soft drinks in its schools, beginning in January 2004. While the reason for the decision was the growing epidemic of childhood obesity and related diseases, it will be a move toward more natural food. Can you suggest your school board take a similar step?

The Appleton, Wisconsin school food program has produced such dramatic changes in the behavior and academic performance of students, it is now spreading through the entire state. **You can help bring such a program to your area** by ordering copies of their videotape, and sharing copies of this newsletter with parents and educators in your community.

Schools don't have the same motivation as corporations. They don't feel the pressure to pay dividends to stockholders, but money is of great importance in their decisions. If educators understand that by spending a little more in the cafeteria they can save a great deal in the rest of the system they will be more willing to look at healthier options.

Another way you can help

Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign comes to your place of work.

Although rules differ greatly from one area to another, many of our members will be able to fill out a form for their "designated donation" to be sent to the Association. These funds are used to improve our services to members and educate parents and professionals about the help available. Contact FAUS at (703) 768-3287 for information.

Dates to Remember

National Vaccine Information Center's Third International Conference on Vaccination - November 7-9, Arlington VA - (800) 909-SHOT, www.909shot.com

Learning Disabilities Association of California's state conference - November 7-9, Ontario, CA - (909) 975-5000 (946) 673-5981 www.LDACA.org

Bravo! To our very own Colleen Smethers, who made the front page of S. California's Press-Enterprise. Colleen has been fighting the area's commercial polluters.

FAUS Product Information Center Report from Donna Curtis

Organic Food Labeling

As of October 21 the new federal standards will for defining organically grown foods will take effect.

A food labeled "100% organic" will have all organic ingredients (excluding salt and water). If a product is labeled "organic" the content of organic food must be at least 95%. If the percentage of organic foods is at least 70% the label may say "made with organic ingredients."

See www.ams.usda.gov/nop.

Whole Foods Market

The nation's largest natural foods market will be building a huge new landmark store and world headquarters office building in Austin, Texas.

The store will cover 80,000 square feet, approximately double the size of their other area stores. Both buildings are expected to be completed by 2005.

This rapidly expanding company offers a large selection of foods acceptable on the Feingold Program, including a line of economical foods under their own label.

Check www.wholefoodsmarket.com for the location of their stores. And if you will be traveling by car during the holidays plan to stop by the stores that are en route to your destination.

For the relatives and for your child's teacher.

The new **Feingold School Year Calendar** is a great way to introduce others to the program. Call our New York office at (631) 369-9340 to order extra copies. The calendars are \$5 each.

Getting Acquainted

These Feingold members are interested in meeting other families in their area:

Clemmons, NC - Sue Lounsbury (336) 712-0377
Hartford, CT - Heather Machado (860) 688-4247
Annapolis, MD - Patti McNulty (410) 647-2484

Feingold Meetings and Workshops

Port Angeles, WA - Tari and Bob Bernard will be holding Feingold introductory meetings and workshops.

For details call Tari at (360) 565-1042.

PIC Report

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

Stage One

AURORA NATURALLY* Warm Skin Weather Guard (hand and body lotion)
BEST YET Grade AA Salted Butter
BEST YET Milk Chocolate Peanut Butter Cups (available at many K-Mart stores)
DREYER'S Homemade Ice Cream: Brownies a la Mode (CS), Chocolate Chip Mousse (CS), Old Fashioned Butter Pecan (CS), Whole Fruit Sorbet: Coconut (CS, SF)
DREYER'S GRAND Ice Cream: Chocolate (CS), Vanilla (CS)
EDY'S Homemade Ice Cream: Brownies a la Mode (CS), Chocolate Chip Mousse (CS), Old Fashioned Butter Pecan (CS); Whole Fruit Sorbet: Coconut (CS,SF)
EDY'S Whole Fruit Sorbet: Mango (*citrus peel is used, possible trace amount of orange*)
EDY'S GRAND Ice Cream: Chocolate (CS), Vanilla (CS)
GIANNIOS (Cracker Barrel restaurants - www.giannios.com)
Old Fashioned Humbugs (CS)
HODGSON MILL Insta-Bake Baking Mix with Buttermilk, Wholesome White Bread Mix
LAND O' LAKES Sliced Medium Yellow Cheddar
LET'S DO...ORGANIC* Original Sez'me Bars (CS)
LIPTON Cup-a-Soup: Broccoli & Cheese (CS)
MICHAEL SEASON'S The Ultimate White Cheddar Cheese Puffs; Kettle Cooked Potato Chips: Lightly Salted, Parmesan Peppercorn; Reduced Fat Potato Chips: Unsalted; Tortilla Chips: Blue Corn Sesame, White Corn Lightly Salted, Yellow Corn Mini
MR. DELL'S frozen potato products: American Sliced Hash Browns, Shredded Hash Browns, Southern Style Hash Browns
NECCO Canada Mints - The Original Candy Refresher (CS) (*white only*)
TUBI'S Organic Soft Licorice (CS), Tire Tread Licorice
WHOLE FOODS (Whole Foods Market) Caramel Sauce (CS)

Stage Two

B&M Raisin Brown Bread (CS,F,SF)
DON'S CHUCKWAGON Fish & Chips Mix (paprika), Mushroom Batter Mix (paprika), Super Tasty Chicken Baking Mix (CS, paprika)
FARMLAND Jumbo Deli Style Meat Franks (CS,N,paprika); Deli Favorites: Sliced Bologna (CS,N) (In both products the spice information is proprietary - possible salicylates)
GLEE GUM: Tangerine (CS, oranges)
MR. DELL'S O'Brien Hash Browns with Peppers & Onions

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

Halloween, the chemical candy holiday

How can your kids participate in the fun, without turning into monsters after they eat the "treats" handed out? Take a look at your Feingold membership materials for suggestions. And here are some more good ideas.

Moms on the Feingold member e-mail support board shared their suggestions.

"My kids have decided they want to have a Halloween party at our house instead of trick or treat (with lots of Feingold goodies, of course)."

"This year we're going to offer a nickel for each piece of candy. My son is pretty psyched about it."

"Last year I let my two daughters trick/treat and told them if they leave their candy outside the door, the next morning the Halloween witch will leave them a gift in place of it. That seemed to work well [they are now 5 and 6 years old], hope it works this year."

"For goodie bags, I try to have some Pearson's Mints and Goldenberg Chews (which I just saw at Wal-Mart yesterday) or other inexpensive candy on hand for my non-Feingolder. My target Feingolder can't tolerate the CS so I have lime tarts and Ghirardeli chocolates on hand to substitute in her goodie bag."

"And don't forget that Cracker Barrel carries Valomilk candy cups which are cheap and *yummy!*"

"That candy isn't good for anyone. My non-target daughter is overweight, so she doesn't really need the candy anyway. At Halloween, I might have her pick three or four pieces that she wants and we put them up for later. We throw the rest away. She usually forgets about them and doesn't eat them anyway."

"Could you have them trade them out? This is what I do. I trade the unacceptable junk for some safe candy."

"Last Halloween I bought my son's bag of candy for \$10.00 and then took the candy to work."

"We don't go trick or treating. Our church has a carnival type thing. This year I am buying small erasers and toys

and things like that to put in with the candy. Oriental Trading Company [a mail order company] is a good source for these kinds of things."

"By the way, if you have your non-target [child] follow the program too, you might find there are benefits you didn't expect....eating petroleum isn't good for anyone."

"I bet your son would appreciate cash. I traded money for my son's no-nos."



"I did that from age 7 until 9. I would trade a quarter for each item the Sunday School teacher handed out that he gave to me. If he ate them, not only would he have a reaction (and get into trouble for his misbehavior) but he would also miss out on the money. He is 10 now, and just turns it down or turns it in to me, and I don't always give him a quarter. I 'forget' to give it to him. He doesn't think it's a big deal anymore. He also knows that Mommy has a bunch of junk food at home if he really wants something."

"Now, my 6 year old, he is *very* happy with nickels! He thinks they are plenty big. But I bet soon he will figure out that quarters are worth so much more."

Face painting? Hand stamping?

Limit absorption by first spreading on some Gloves in a Bottle, a lotion that forms a barrier for the skin. It is available at some hardware and beauty supply stores.

Editor's note: When my Feingolder was very young we would make a list of the homes she wanted to visit. I told her I would ask them to have a special treat for her, then I would make up a batch of goodie bags, seal them, and leave them off at the neighbor's homes. On Halloween we would show up and ask for a "special treat" — which would remind them that they had a separate bag for her. It made my daughter feel really special and she got the treats I knew were okay.

Pure Facts

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