

## Many work for healthier school food

The obesity and accompanying health problems children face continue to stir interest in providing healthier school food; meanwhile the junk food industry fights to prevent changes.

### *Some wins*

**New Jersey** - In June New Jersey's acting governor, Richard Codey, announced new rules that would ban much of the junk food from the state's schools beginning in the 2007-08 academic year. With more than one New Jersey student in three now overweight, the new regulations will ban soda and candy sales - in vending machines and in the school cafeteria - during school hours.

In the Passaic schools, Superintendent Robert Holster is recommending healthier beverages and adding salad bars. He sees a link between the obesity epidemic and poor school performance.

**Arizona** is taking some modest steps toward good food by a proposal to ban the sale of soft drinks, candy and gum during the school day, beginning in 2006. Such action may not necessarily get rid of other junk food like doughnuts and potato chips. Some advocates are recommending these things be allowed if they are lower-fat versions or packaged in smaller portions.

Arizona state representative Mark Anderson is promoting legislation to improve the foods sold in schools. He notes that schools that have filled vending machines with healthier snacks have not seen a loss in revenue. As for the argument that such decisions should be left to local school districts, he charges that this

doesn't work. Local school boards often don't take action because they believe the argument that their revenues would decrease.

### *and some losses*

In **Connecticut**, a proposal to ban junk food and soda in schools came close to gaining approval, but was vetoed by Governor Jodi Rell. The bill's supporters blame pressure from the soft drink and snack food industry, including the \$250,000 spent on lobbying, for the Governor's decision. Gov. Rell said her veto was based on her objection to the mandatory 100 minutes per week of physical education and to the fact that the legislation would have taken away the decision-making authority of local school boards to determine the foods that would be allowed.

*Continued on page 6*

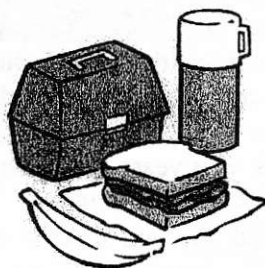
## Back to school with good food

Healthy lunches can be cool too! For a switch from the usual sandwich send in a lunch "kit" filled with favorites.

*by Cindy Harrell & Lorraine Cordo*

1. Purchase a package of "lunchables" and throw away the food. Rinse out the plastic container and use it to pack your child's lunch. Be sure the plastic packaging comes home each day so you can reuse it. You can also find plastic containers with little compartments at dollar stores.

*Continued on page 3*



a new twist on some old favorites

### *Check it out!*

Laptop Lunches was created by two moms seeking a way to enable their children to avoid school foods. They make a plastic container with divider sections, just right for sending in homemade food. Their site also offers lunch ideas and environmentally friendly tips.

See [www.laptoplunches.com](http://www.laptoplunches.com)

## My son, Ross

I remember when I first knew that Ross was different from my other sons, who were 14 and 19 when he was born.

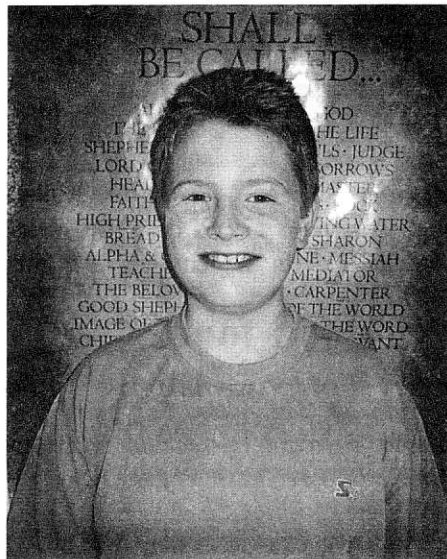
He was about 6-months-old, lying on his back on a blanket, pulling the blanket down over his eyes and up again to play peek-a-boo. He got so extremely excited — his limbs sticking straight out, trembling with excitement, his eyes opened wide, and a maniacal grin on his face. I looked at him and said to myself, "Oh no, I'm in trouble!"

My sister nicknamed him the White Tornado because of his very pale skin and the wake of destruction he left in his path. The only reason he wasn't expelled from daycare is because they were founded to help special needs children.

Ross was a biter until he was four years old, and he hit and kicked when he was angry. He banged and crashed into everything and everyone, knocking over the daycare worker more than once. He would run back and forth, from the kitchen sink (bang into the cabinets) to the couch (bang into the couch), back and forth for hours. My son raged when things didn't go the way he wanted. I could not take him shopping or to church or to anything where he had to sit, as his behavior was so unmanageable, and I had to restrain him more times than I care to remember.

I did see a relationship with his behavior and food, but I just didn't understand it. I remember one Thanksgiving giving him red gelatin jigglers, and he went from calm (for him!) to ballistic, to a screaming, crying mess writhing on the floor. Another time I gave him chocolate cream-filled cookies, and he just ran and ran and ran around, that same maniacal grin on his face.

By the time Ross was six and went to kindergarten I had already had him evaluated by a neurologist who said he was ADHD. In November of that year he was expelled for running around the classroom and hitting everyone on the head. In February, after a special ed evaluation and a court order to get him back in school, he was placed in a private school for multiply disabled children. He was restrained by the staff several times a month due to his rages. As Ross got older I began to worry about his future. He was big for his age, very strong, had no impulse control, and was unable to calm himself. I was afraid he'd end up in jail for hurting or killing someone.



I knew a little about Feingold, as my sister-in-law had used it for about a year before she gave up. But this was years ago when all she had was Dr. Feingold's original book and she was not aware of the Feingold Association and all the materials and help available. She had read labels and cooked many things from scratch, and now I was single and working and didn't think I could do it.

But by the time Ross was 7 1/2 I was ready to try ANYTHING to help, except meds. I had researched the meds used for ADHD and was afraid of the common side effects. We had reached the point where nothing was helping him. Not the behavior modification at his school, not the counseling we attended, and not the consistent, loving discipline I tried to administer at home.

So I joined the Feingold Association and began the Program. By eight weeks I noticed a difference in his behavior, even though I wasn't following Stage One completely. After a few months I started thinking he was just outgrowing his bad behavior, so I slacked off. I quickly realized I was wrong, finally went to the member's bulletin board for help, and began 100% Stage One.

Within four weeks I was seeing a calmer child. Ross started the program with 47 of the checklist symptoms and after three years it was down to 14 and is now 12. I think because he was so severely ADHD it has been a slow healing process, but we are both pleased with the results.

Our lives are so different now. Ross is a pleasant, kind, compassionate, loving and helpful 11 year-old child. He is still very active, but I don't consider that a disorder so I'm not worried about it. He is imaginative and creative and has insight into human nature beyond his years. I am so proud of him. He wants to be a movie director/producer/writer. I see a good future for him now and Feingold was the key to unlocking my son's potential.

*Deborah L. Jones*

## Back to school, from page 1

Suggestions for your own lunchables meals; use homemade or refer to your *Foodlist* for brands.

- Peanut Butter
- Crackers
- Carrot Sticks
- Fresh Pears, Asian Pears or Canned pears in juice
- Chocolate Chip Cookie
- Lemonade

Meat Roll Ups (Lay out meat slices and top with cheese slices. Roll up into a tube and cut through the roll. Insert toothpicks into each little roll.)

Tortilla Roll Ups (Spread cream cheese & finely chopped veggies onto soft flour tortilla shells. Roll up and cut into small rolls. Insert toothpicks into each roll.)

- Pretzels or Corn Chips
- Celery Sticks
- Pineapple Chunks (canned in its own juice)
- Kozy Shack Pudding
- Whole Milk

Taco — cooked ground meat, shredded carrots, shredded cheese, (diced tomatoes for Stage Two), shredded lettuce, flour taco shells

- Tortilla Chips
- Suzanne's Marshmallow Creme
- Stage One Fruit to dunk in the marshmallow creme
- Pear Juice (baby food section of store)

- Tuna Fish or Luncheon Meat Sandwich, cut in small sections
- Cheese Puffs
- Broccoli Florets / Ranch Dressing for dipping
- Banana
- Brownie
- Fruit Drink Box

- Yogurt or Cottage Cheese
- Pasta Salad
- Homemade Gelatin
- Austin Zoo Animal Crackers or Keebler's Scooby Snacks
- Melon Pieces
- Milk or Horizon Organics
- Chocolate Milk

- Homemade Soup or Chili
- Saltine Crackers
- Peanut Butter/Cream Cheese blend
- Carrot Sticks
- Homemade Cupcake
- Bottled Water

- Luncheon Meat squares
- Cheese cut into moon shapes
- Star Fruit
- Pretzels
- Elyon's Marshmallow
- Minute Maid All Natural Cooler: Pink Lemonade

2. To keep food cool in warm weather: Add a frozen water bottle to the lunchbox, or freeze the juice box the night before and it will be melted by lunch time.

3. To keep food warm in cold weather: Fill your thermos with boiling water and leave it while you prepare the other foods. Pour out the hot water and replace it with boiling soup. This will help keep the soup warm for lunch.

## Sugar Highs and Foodless Foods

Some amazing facts about what schools actually serve.

**D**o you believe that the worst foods found in schools are in their vending machines? Think again! In addition to containing artificial colors, flavors and preservatives, many of the main dishes are loaded with sugars. The "sugar high" some children experience after lunch could be coming from the school cafeteria's meatloaf!

In addition to the pork, here are some of the ingredients listed in a typical **barbecued rib pattie**:

4 ingredients contain monosodium glutamate:

- textured vegetable protein product
- hydrolyzed soy protein
- natural flavor
- natural flavor

12 ingredients in the rib pattie are forms of sugar:

- sugar
- molasses powder
- maltodextrin
- corn syrup solids
- sugar
- corn syrup solids
- maltodextrin
- high fructose corn syrup
- invert sugar
- molasses
- corn syrup
- sugar

The rib patties also have sodium benzoate and sulfiting agents as preservatives.



The **beef teriyaki nuggets** contain:  
ground beef  
textured vegetable protein (MSG source)  
artificial flavor  
sodium benzoate  
sodium benzoate

7 of the ingredients are forms of sugar:

- refiners sugar
- cane mill molasses
- cane caramel
- brown sugar
- cane sugar
- maltodextrin
- maltodextrin

Even the humble **hamburger** has not been spared. It contains 6 MSG sources, including textured vegetable protein, and 2 sugars.



## Taking care of business

The Feingold Association's 30th annual membership meeting, held this past June, was a busy, exciting (and delicious) time.

FAUS thanks the following companies for donating food and other natural products that were enjoyed and distributed at the meeting and at our open house:

A Perfect Pear from Napa Valley  
Alvarado Street Bakery  
American Pop Corn Company  
Annalisa Skin Care  
Applegate Farms  
Barbara's Bakery  
Barry's Bakery  
Bellows House  
Big Y  
BioKleen, Inc.  
Bionaturae  
Boar's Head Provisions  
Bob's Red Mill Natural Foods  
The Breadery  
Brent & Sam's Cookies  
Cabot Creamery  
California Baby  
Clif Bar  
Cocoa Pete's Chocolate  
Adventures  
Dagoba Organic Chocolate  
Ecce Panis

Econatural Solutions  
Edward & Sons Trading  
Company  
Eden Foods  
Enjoy Life Foods  
Food For Life Baking  
Company  
Gluten-Free Savonnerie  
Gorge Delights  
Golden Temple  
Healthy Handfuls  
Honey Bee Gardens  
Humm Foods  
Ian's Natural Foods  
Immaculate Baking Company  
India Tree  
In the Potter's Hand  
Izze's Beverage Company  
Jill's Jams & Jellies  
John B. Sanfilippo & Sons  
Kofkoff Egg Farm  
Late July Crackers  
Leed Products  
Little Crow Foods  
Lundberg Family Farms  
Mary's Gone Crackers  
Miss Roben's

Natural Ovens Bakery  
Nspired Foods  
Nutribiotic  
Nutrilicious Natural Bakery  
Poore Brothers, Inc.  
Roads End Organics  
San-J International  
Simon Candy Company  
Smucker's Quality Beverage  
Spice Hunter  
Stretch Island Fruit  
SunRidge Farms  
Super Stop & Shop  
The Kitchen Table Crackers  
Tom's of Maine  
Utz Quality Foods  
Verve  
Wax Orchards  
Wellshire Farms  
White Wave  
Wholesoy & Company  
Whole Foods Market  
Wild Oats

FAUS also thanks Elaine Solarz who helped make our fliers and Kathy Cole for her generous donation to our auction.

## Classroom candy shop

Since so many classes use food for parties and daily snacks, be sure your child's teacher has a bag of goodies that are acceptable. Here is a list of Stage One Feingold-friendly treats:

Glee Gum (CS)  
St. Claire's Tarts - Guava, Lemon, Lime, Watermelon  
Late July Snacks Peanut Butter Crackers  
Sponge Bob Animal Crackers (CS)  
Ghirardelli Chocolate Squares - Milk, Dark  
Microwave Popcorn - see Foodlist for brand names  
Sunspire Sundrops - plain or peanut  
Canel's Milk Lollypops (CS)  
Life Saver's Pep-O-Mint (CS)  
Pearson's Chocolate Covered Mint Patties (CS)  
Mary Jane Peanut Butter Kisses (CS)  
Fisher Honey Roasted Peanuts, Cashews (CS)  
Cracker Jacks (CS)

Also, see [www.squirrels-nest.com](http://www.squirrels-nest.com)

You can ask your child's teacher if frozen treats may be kept in a freezer in the teacher's lounge or cafeteria. Here are some Stage One choices:

Dreyer's or Edy's Whole Fruit Bars: Creamy Coconut (CS), Lemonade  
Fruitful Frozen Bars: Guava, Lemon (CS), Mango Cream (CS), Pina Colada (CS)  
Haagen Dazs Ice Cream Bars: Chocolate w/ Dark Chocolate, Vanilla w/ Milk Chocolate  
Minute Maid Soft Frozen Lemonade (CS)  
Luigi's Real Italian Ice - Lemon (CS, SB)  
Real Fruit Non Fat Chunky Sorbet: Lemon Peel (CS)  
Homemade frozen fruit popsicles and yogurt bars

Compiled by Cindy Harrell and Lorraine Cordo

## Alvarado Street Bakery

If you're having trouble finding acceptable bread and other baked goods in your area, or if you're searching for genuine natural goodness, take a look at the delicious choices available on-line and in selected stores.

The Alvarado Street Bakery is a San Francisco institution that has been producing healthy whole grain breads for over twenty years. The business is a cooperative that is owned and run by its workers; it grew from the idealism of the seventies, but unlike many such ventures, this idealism continues to drive the company. More than 100 people produce a large selection of baked goods that are shipped to consumers around the globe. They use organic grains whenever possible and support both sustainable agricultural practices and healthy living.



There is a large selection of Stage One bagels, breads and buns, including hot dog and hamburger buns. They have tortillas in both regular size and fajita size, as well as two types of pizza crusts.

To order online see  
[www.alvaradostreetbakery.com](http://www.alvaradostreetbakery.com).

## California district opts for Green Schools

The Emeryville Unified School District has passed the country's first resolution to remove not only junk food, but also to ensure that the school buildings and grounds are free of pesticides and other toxic chemicals. It is based on the work of the Green School Initiative, a new organization whose mission is to improve the health and ecological sustainability of schools in the U.S. See [www.greenschools.net](http://www.greenschools.net).

## Soft Drink Turn-around

After trying to fight what appears to be a losing battle, the American Beverage Association (ABA) has just announced it supports limiting the availability of soft drinks in schools.

The ABA says it will work with school districts to ensure that vending machines stock only bottled water and 100% juice in elementary schools, although many such schools have already removed sodas.

Despite the efforts of the beverage and snack food industry to defend junk food, parents and educators have not bought into their claims that junk food is not a major cause of obesity. It appears that the industry is now trying to prevent schools from getting rid of their vending machines.

The cola giants are suddenly expressing their eagerness to cooperate. Pepsi North America's president and CEO, Dawn Hudson, says, "Parents tell us they'd like help in determining what products are sold in schools, and we're listening."

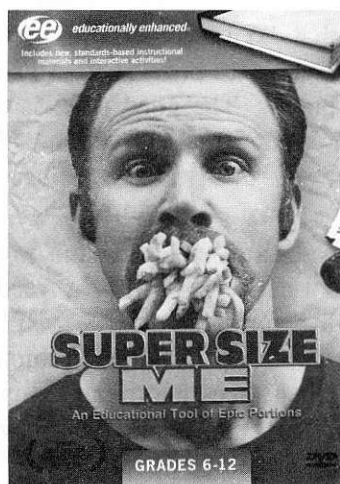
## Super Size Me is now available for children

The ground-breaking film, *Super Size Me*, has been edited to remove some of the graphic portions and add new learning tools to teach children about the importance of a healthy lifestyle and the consequences of poor nutrition.

Viewers watched in amazement as Morgan Spurlock recorded his one month experiment of consuming only fast food for all of his meals. They saw a healthy young body grow old and organs begin to fail.

While the McDonald corporation will not say that they dropped the "super size me" option as a result of this film and the enormous publicity it received, they dropped it nonetheless.

Teachers can use the DVD as the



focal point for lesson plans or to reinforce lessons they are teaching. There is a series of menu options, including 24 standards-based lessons in health education, life skills and language arts, integrated with math, science and social studies. Teachers can use games that challenge students and test their understanding.

Spurlock hopes this resource will help change young people's awareness and lifestyles before bad health habits set in. It can be ordered from [www.supersizemestore.com](http://www.supersizemestore.com).

## School Food, from page 1

One of the problems with the bill was that it would have allowed diet sodas and sports drinks to be sold. Unfortunately, many nutrition advocates believe that synthetic sweeteners are preferable to sugars and that anything labeled a "sports drink" must be healthy.

Note: According to the Center for Science in the Public Interest, "Coca-Cola's fight against this bill was led by a former top campaign advisor to Governor Rell."

A **Kansas** initiative that would have mandated healthy foods and drinks in vending machines, and would have prohibited teachers from handing out candy rewards was defeated. Each time such a "threat" arises, the soft drink industry sends a team of lobbyists to the state to work to prevent it.

In addition to the lure of money, one of the arguments against new regulations is based upon a local community having control over their schools. Most of the decisions concerning a school system are made by state departments of education, by the US Departments of Agriculture and Education, and various other regulatory agencies. But just as Britain and Australia have used the slogan of "nanny state" to justify

getting rid of healthy regulations, and Americans cry "big brother," the lobbyists are having some success convincing local citizens that healthier food legislation poses a threat to their personal freedom.

Critics claim that such bans will create a "black market" for junk food, where children bring them from home and sell these items to their classmates at inflated prices. (We are not aware of this happening at any of the schools that have improved their food.)



### *Good examples:*

The **Hope Charter School** in Winter Garden, FL allows only healthy food and has seen a big difference in the behavior of their students as a result. The school's director, Crystal Yoakum says "When we go on a field trip, everybody comments on how well-behaved our kids are."

Yoakum started the school in 2001 and has drawn upon her own experience of seeing how artificial additives triggered behavior problems in her own children. When parents enroll their children at the Hope school they agree to follow the school's guidelines for sending in healthier lunches and snacks.

**One 8 year-old student commented, "Sometimes, when I eat sugar, it just feels funny up in my brain."**

In 1991 a half-day preschool was established at **Rutgers University** in New Jersey. Called the Nutritional Sciences Preschool, it focuses on teaching 3 to 5-year-old children about good food, using stories, songs, puzzles, art projects and puppet shows. Children can pretend to cook or play restaurant in the play kitchen and help prepare snacks in the real kitchen. The director, Harriet Worobey, can call on the Rutgers education and nutrition students to help out in the classes.

The approach is working, with children as young as 3 expressing their love of broccoli. Not only do the children enjoy fruits and vegetables, they are having a positive effect on their parent's diets.

In **Marblehead, Massachusetts**, nutrition service director Bill Idell, a former chef, teaches students about the wonderful food from southern France. Each month students enjoy foods based on fresh produce, whole grains, fish and olive oil, that are typical of Provence. Dishes like white bean soup, goat cheese croutons on mesclun greens, and ratatouille, have proven to be very popular with the students.

### *Editorial*

**M**any people in this debate believe that "You can't have it both ways" -- that it is not possible for a school to provide food that is affordable, nutritious, and that students will enjoy. The good news is that you really can have it both ways. Schools around the US and in other countries have found solutions, and many of them are described at [www.School-Lunch.org](http://www.School-Lunch.org)

As far as cost is concerned, **students are already spending too much** for the food that is being served in their school cafeterias. Only a fraction of the cost of junk food goes toward paying for what little "food" is actually used; most of the expense is in processing, packaging, promoting and (of course) profits. The school system then faces enormous costs in providing special services for children whose poor diet results in behavior and learning problems. Finally, everyone pays the cost of bad health.

Chicago's **Perspectives Charter School** is a public school that serves a low income neighborhood. But unlike other schools, there is a strong focus on healthy food. The school's chef prepares delicious breakfasts and lunches made with fresh fruits and vegetables, whole grains, plus organic milk. Even these middle and high school students are changing their food preferences, and it is paying off. 100% of the seniors have graduated and all of them are college-bound.



## PIC Report

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

### Stage One

365 (Whole Foods) Club Soda (SF), Tonic Water,  
Peanuts in shell (bags): salted & unsalted  
365 (Whole Foods) Frozen Fruit Bars - Mango (CS)  
Milk: Lowfat, Nonfat  
365 ORGANIC (Whole Foods) Cashew Butter  
ARICO\* Cookie Bar: Chocolate Chip, Double Chocolate,  
Peanut Butter [www.aricofoods.com](http://www.aricofoods.com) (866) 98-ARICO  
BILLINGTON'S Milled Golden Cane Sugar  
HEARTLAND'S FINEST\* Gluten Free Pasta: Linguini,  
Macaroni, Rotini, Spaghetti, Ziti  
MADHAV\* Agave Nectar  
MARIPOSA Cinnamon Toast Biscotti; Brownies: Triple  
Chocolate Truffle, Walnut Truffle - *sold in Northern  
California only*  
MISS ROBEN'S\* Soy-Free Chocolate Chip Cookie Mix  
MOTHERLOVE\* Green Salve Anti-Itch Cream, Nipple  
Cream, Rhoid Balm  
TOFURKY Stuffed Roast

### Stage Two

CLOUD NINE\* Chocolate Bar: Coconut Almond,  
Toffee Crunch (almonds)  
EMPIRE KOSHER Pizza: 4 Cheese (tomatoes),  
Mushroom (tomatoes), Spinach (tomatoes),  
Supreme Cheese (red & green peppers, tomatoes)  
GARNER Pineapple Preserves (CS, SF, nectarines,  
tangelos, tangerines in citrus pectin)  
[www.texaspetes.com](http://www.texaspetes.com)  
GLUTEN FREE FORTITUDE Casabe Rainforest  
Crackers: Wild Onion (bell & red peppers);  
Orange Cookie [www.fortitudebrands.com](http://www.fortitudebrands.com)  
(866) NO-GLUTEN  
GORGE DELIGHTS\* Pear Strawberry Bar;  
Just Fruit Bar: Apple, Apple Blueberry, Apple Cherry,  
Apple Raspberry  
HANSEN'S Natural Soda: Black Cherry (CS),  
Cherry Vanilla Creme (CS), Kiwi Strawberry (CS),  
Mandarin Lime (CS, oranges, tangerines), Orange  
Mango (CS), Raspberry (CS), Tangerine (CS)  
LARABAR\* Cocoa Mole (almonds, chili peppers),  
Ginger Snap (almonds, cloves) [www.larabar.com](http://www.larabar.com)  
LAURA'S WHOLESOME JUNK FOOD\* Bite-lettes:  
Anna-Banana Split (SF, apples, grapes, raisins),  
Lemon Vanilla (SF, apples, grapes, raisins),  
Oatmeal Chocolate Chip (SF, apples, grapes, raisins),  
Oatmeal Raisin (SF, apples, grapes), Xtreme  
Chocolate Fudge (SF, apples, grapes, raisins)  
LAURA'S WHOLESOME JUNK FOOD\* Gluten Free  
Bite-lettes: Charlotte's Chocolate Chip (SF, apples,  
grapes, raisins), Better Brownie (SF, apples, grapes,  
raisins), Sally's Raisin (SF, apples, grapes)

## Product Alert!

WHOLE FOODS 365 Non Dairy Enriched Soy Beverage – both Soy Original and Soy Vanilla – have been discontinued. Please be aware that at this time do not have any acceptable brands of Whole Foods soy beverage.

DOMINEX Italian Style Eggplant Cutlets needs to be moved to the Stage Two section of your *Foodlist & Shopping Guide* because it now contains paprika.

### Stage Two, cont.

MARIPOSA Biscotti Crumbs (almonds, cloves, oranges);  
Biscotti: Almond, Anise Almond, Ginger Spice (cloves),  
Orange Walnut; Mocha Truffle Brownie (coffee)  
MOTHERLOVE\* Diaper Rash Relief (grapes),  
Pregnant Belly Salve (apricots, grapes, rosehips)  
PLATS DU CHEF\* Frozen French Onion Soup  
(tomatoes)  
PREMIER JAPAN\* Ginger Tamari Soy Sauce  
(cider vinegar)  
RAPUNZEL\* Bars: Semisweet Espresso Chocolate  
(coffee), Semisweet with Almonds;  
Sticks: Latte Macchiato (coffee), Raspberry Yogurt  
[www.rapunzel.com](http://www.rapunzel.com) (800) 238-8090  
STRETCH ISLAND\* Fruit Leather 100% Fruit Snack:  
Berry Blackberry (apples), Chunky Cherry (apples,  
oranges), Great Grape (apples), Mucho Mango  
(apples), Organic Apple, Organic Grape (apples),  
Organic Raspberry (apples), Organic Strawberry  
(apples), Rare Raspberry (apples), Sweet Strawberry  
(apples), Tangy Apricot (apples), Truly Tropical  
(apples, oranges, tangerines), Wild Apple  
TEXAS PETE Hot Sauce (SB, chili peppers), Original  
BBQ Sauce (SB, SF, cider vinegar, red & chili  
peppers), Worcestershire Sauce (SF, chili peppers,  
cloves)  
TRADER JOE'S (Trader Joe's) 5 Layer Dip (apple cider  
vinegar, chili peppers, tomatoes), Hand Crafted  
Chicken & Cheese Tamales Wrapped in Corn Husks  
(bell & chili peppers), Oriental Rice Crackers (CS,  
chili peppers, paprika); 98% Fat Free Chicken Bean &  
Rice Burrito (CS, MSG/HVP, bell peppers, chili  
peppers, tomatoes, paprika); Organic Pasteurized  
Apple Cranberry Juice  
TRADER JOE'S (Trader Joe's) Dark Chocolate Covered  
Raisins (CS), Milk Chocolate Covered Raisins (CS)  
WHOLE KITCHEN (Whole Foods) 3 Cheese Mini Pizza  
(tomatoes, bell peppers)  
WHOLE KITCHEN (Whole Foods) Frozen Soups:  
Asparagus (tomatoes), French Onion (tomatoes),  
Minestrone (tomatoes)  
WHOLE SOY & CO. Cultured Soy Smoothie: Apricot  
Mango, Peach, Raspberry, Strawberry;  
Frozen Cultured Soy: Black Cherry, Mocha Fudge  
(coffee), Very Strawberry (citrus pectin)

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.

## School Year Calendars

Calendars are being sent to Feingold Association members in the United States.



### A gift for your child's teacher

In addition to keeping track of dates and activities, the calendar features some of the hard-to-find products that make our lives easier.

Once again, the calendar highlights our own "Feingold kids." Be sure you share their photos and stories with your children, especially if they don't know many other children using our program. Even if they do not live near each other, our kids have lots of company.

Calendars are mailed out bulk rate (in the United States) based on our current mailing list. If you would like to order one, please contact the FAUS office in New York at 554 East Main Street, Riverhead, NY 11901. The suggested donation is \$10. Proceeds help us to fund many of our programs to better serve you.

### Another Way to Help

Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign (CFC) 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 put to work to improve our services to members and to educate parents and professionals about the help available.

Contact FAUS at (631) 369-9340 if you would like more information.

## Funky fruits & vegetables

First, tattoos were just for sailors, then for bikers, eventually they were for women, and now...cucumbers?

Produce is being tattooed with lasers to etch the information now found on little stickers. When it is used on fruit the process removes the outer pigment, leaving the contrasting color of the fruit. The laser seals the cut so there is no exposure to the air.

Sunkist is testing a blueberry based ink that is added to make the markings show up on lemons. Since the natural coloring tends to run when it gets wet, be aware that we might be seeing petroleum-based dyes used with laser tattooing in the future.



## FAUS Internet Woes

Thanks to the persistence of our webmaster and the friends she enlisted, our web site is up and running again. The unfortunate "down time" interfered with our ability to help people, disrupted the services we provide to members, and dealt FAUS a real financial blow. Please help us get back on our feet by contributing to our calendar fundraiser or by designating your United Way or CFC donation.

FAUS thanks the  
Alvarado Street Bakery  
and Nordic Naturals for  
their support of our  
mission.

## 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 provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable U.S. brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69+ \$11 shipping. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 554 East Main St., Suite 301, Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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