

Pure Facts

Newsletter of the Feingold® Associations of the United States



September, 2007

www.feingold.org

Vol. 31, No. 7

School foods can be real foods, and really good tasting!

Commonsense rules of good parenting are the key in both the home kitchen and the school cafeteria.

Schools around the country are struggling with ways to improve the food they serve to children and thereby improve their health. But how to do it? Make a drastic change to super healthy food? Serve the usual fare with some whole grains thrown in? Teach nutrition in the classroom? What about desserts? Will the children accept different foods? How can schools improve the food without major cost increases?

While these issues are being debated and school cafeterias are having mixed results, one Feingold mom, Kathy Irion, has found the answers and is implementing them in a small school district in Vermont.

During the past school year, Kathy took on the job of Food Service Director for the two Arlington, Vermont schools. In the previous year the system lost \$27,000 as they served the typical unhealthy institution food. The children disliked the food, generally eating only the dessert, and adults rarely ever ate in the cafeteria.

Working with a tiny staff in an old kitchen, Kathy managed to address the issues school administrators and dietitians haven't been able to tackle. She serves food that tastes great, is healthy, and costs far less than the highly processed selections offered previously.

The Menu

Each day there are three entree selections (one of which is vegetarian). There are choices that are designed to appeal to younger children, older students, and adults. The foods are free of synthetic dyes, artificial flavorings, synthetic sweeteners, and the preservatives, BHA, BHT and TBHQ, but the one compromise is the low fat chocolate milk; so far Kathy has not been able to find a suitable version that is free of vanillin.



What's her secret?

It will come as no surprise to other Feingold moms that Kathy simply prepares food for the children in much the same way she prepares food for her family...but on a larger scale.

Homemade soups get a helping hand from a good quality broth, with meat, vegetables, and pasta added. Hamburgers are made with real meat. Italian dishes are simple and popular. Sandwiches and salads don't need to be boring.

For the breakfasts served at school the sugary, multicolored cereals have been replaced by raisin bran, Rice Krispies, corn flakes and Cheerios. Bagels and cream cheese are available and there is always fruit included. Sometimes Kathy bakes muffins. It means starting the day early, but she is rewarded by the appreciation of the children and staff.

Continued on page 3

Can these ideas work for a large school system?

The Arlington, Vermont approach is not very much different from the reformed school foods that were introduced to the New York City school system in the late 1970s. The program was implemented in the entire system, which consisted of 803 schools and over a million children. (Unfortunately, once the food service director retired, New York returned to the usual fare they had been serving.) This shows that size is not the issue; any school system can make dramatic improvements in their 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 behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.



Fisher Elementary School

October 2006



Parents...

You are invited to join your child for lunch!

Just call ahead either the day before or by 9:00 am the day of with your "order" 375-6409.

We look forward to seeing you!

Adult Meal \$3.00

F
R
I
D
A
Y
S

A
R
E

Wilcox Ice Cream Day!

\$1.00 For a 4 oz Serving

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
Hot Dog & Crinkle Cut French Fries or Chicken Caesar Wrap or Fresh Fruit & Cabot Cottage Cheese on Greens with Crackers	Homemade Tomato, Basil Soup with Cheese Tortellini & a Breadstick or Three cheese Fococcia Melt w/ Tomato & Pesto or Classic Tossed Salad with a Stuffed Bread Stick	Cheese Quesadillas with Mexican Rice & Salsa or Cape Cod Wrap Turkey, Bacon, Lettuce, Tomato & Cranberry Mayonnaise or Tuna with Apples on Greens with Crackers	Rotini with Homemade Marinara Sauce & Garlic Cheese Bread or Buffalo Chicken Wrap or Curried Chicken Salad On Greens with Crackers	Cheese Pizza or Turkey BLT on Wheat Bread w/Mayonnaise or Cranberry, Raspberry Salad with Walnuts, Feta Cheese & a Breadstick Wilcox Ice Cream Day \$1.00 4 oz serving
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
COLUMBUS DAY Ginger Noodles with Sliced Grilled Chicken or Peanut Butter & Jelly Sandwich on Wheat Or Chicken Caesar Salad With a Breadstick	Hot Dog & Crinkle Cut French Fries or The Vermonter Melt Turkey, Cheddar & Apple Slices melted on a bagel or Cranberry, Raspberry Salad with Walnut, Feta Cheese & a Breadstick	Butternut Squash Bisque With Cornbread or Peanut Butter and Jelly Sandwich on Wheat or Classic Tossed Salad with a Stuffed Bread Stick	Cheese Ravioli with Homemade Marinara Sauce & a Breadstick or Chicken Caesar Wrap or Fresh Fruit & Cabot Cottage Cheese on Greens with Crackers	Cheese Pizza or Italian Sub Salami, Ham, Provolone with Lettuce & Tomato or Waldorf Chicken Salad Wilcox Ice Cream Day \$1.00 4 oz serving
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
Goulash or Chicken Caesar Wrap or Classic Tossed Salad With a Stuffed Bread Stick	Homemade Tomato, Basil Soup with Cheese Tortellini & a Breadstick or Turkey & Provolone Fococcia with Pesto Mayonnaise or Tuna with Apples On Greens with Veggies And Crackers	OCTOBER FEST Bratwurst on a Bun With Fries or Grilled Turkey Rueben With Swiss, Kraut & Russian Dressing or Chicken "Snitzel" Salad With Caesar Dressing And a Breadstick	NO SCHOOL Teacher Convention	NO SCHOOL Teacher Convention
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
Grilled American Cheese Sandwich with Tomato Soup or Buffalo Chicken Wrap or Fresh Fruit and Cabot Cottage Cheese on Garden Greens with Crackers	Hot Dogs & Crinkle Cut French Fries or Curried Chicken Salad Wrap or Classic Tossed Salad With a Stuffed Bread Stick	Pasta Fagioli Soup with A Breadstick or Three Cheese Fococcia Melt with Tomatoes And Pesto or Curried Chicken Salad On Garden Greens With Crackers	Spaghetti with Homemade Marinara Sauce & Garlic Cheese Bread or Ham & Cheddar Bagel Melt or Chicken Caesar Salad With A Breadstick	Cheese Pizza or California Club Wrap With Turkey, Cheese, Avocado, Bacon, Lettuce & Tomato or Tuna on Greens with Veggies & Crackers Wilcox Ice Cream Day \$1.00 4 oz serving
Monday 10/30	Tuesday 10/31			
Cheese Quesadillas with Mexican Rice & Salsa or Chicken Caesar Wrap or Fresh Fruit & Cabot Cottage Cheese on Greens with a Breadstick	HAPPY HALLOWEEN Minestrone Soup with a Breadstick or The Vermonter Melt Turkey, Cheddar & Apple Slices Melted on A Bagel or Chicken Caesar Salad With a Breadstick			

L
O
O
K

F
O
R

W
E
E
K
L
Y

T
R
Y

M
E

C
U
P
S

All entrees come with the choice of 2 sides and milk. Sides will be changing each day but may include: Fresh fruit & veggies, hot veggies, soup or applesauce.

Menu subject to change



Government food

One of the best resources for school meals is the commodity food available from the government. Schools can select from a huge assortment of items, and it isn't hard to find healthy, natural food. Ground beef, minus soy fillers and MSG, is readily available, as is turkey, pork roast, ham, and canned tuna. Canned tomatoes serve as the basis for Italian dishes and Kathy has lots of options for cheese and pasta. Fresh fruits and vegetables are available, as well as canned and frozen.

She buys as much produce locally as she can, and fills in with a large assortment of foods from a food service company. Kathy wanted to avoid using the huge institutional food suppliers and found a small company that will work with her. She located this company by talking with owners of local restaurants and asking them who provided their foods. She now has a good working relationship with their representative, who alerts her to the most economical choices. The menus are determined by which foods are in season.

Kathy has also made friends with the rep who handles commodity foods. If she needs dried cranberries, for example, the rep can let her know which area school has a surplus and they can exchange foods.

Kathy's mission statement is to prepare as much from scratch as possible and to use as little prepared foods as possible. However, the processed foods she does use have labels that "read clean." For some things, like pizza dough, it makes sense to buy them prepared, but Kathy can whip up her own natural salad dressings quickly, at a fraction of the cost of prepared.

Fried foods in moderation

The children at the Arlington schools do have fried foods, but Kathy will not pair two deep fried items, like French fries and chicken tenders in the same meal. If a meal option is chicken she will serve it with something like buttered noodles and a vegetable.

Stage One foods are available.

Encouraging healthy foods

Each meal comes with a choice of 7 to 9 side options. These can include: baby carrots, broccoli, celery, apples, grapes, melon, raisins, cucumber, dried cranberries, unsweetened apple sauce, and tomatoes. There is a container of ranch dressing to use as a dip. Kathy was delighted to see that one of the children's favorites is the broccoli!



Since students can't order just a portion of a meal, and they don't have the option of filling up on chips, candy and soda, they not only eat the healthier foods, but enjoy them.

Kathy does not believe in offering unhealthy choices in the school cafeteria any more than she would give her own children the option of eating junk food for dinner.

"Try Me!"

While some nutrition advocates want to "force feed" unfamiliar foods, Kathy takes the approach any good parent would use. She encourages students to taste a new food by offering samples in little 2 ounce "try me" cups. After they tasted the butternut squash soup the children decided it was good and now choose it as a lunch option. The only food that has not yet caught on is the hummus dip, but Kathy hasn't given up on it yet.

Dessert?

With the exception of an occasional holiday celebration, the only dessert option is the 4-ounce ice cream cups available on Friday. They come from a local dairy and meet Kathy's requirement for being additive-free.

Cooking for a crowd

The U.S. Department of Agriculture's web site provides excellent recipes that use whole foods. It shows how their recipes can be prepared in the quantity that is needed.

Costs

Most of the culinary atrocities that are served to school children are the result of misguided attempts to save money. But Kathy's natural meals are a bargain, while the previous foods were drastically overpriced. One of the most popular selections at the Arlington schools is the cheese quesadilla; Kathy is able to feed all of the children at both schools for a mere \$17. Using uncooked pizza crusts saves 50% and she can make a pizza that serves 8 people for just \$3.

Another great money-maker for the cafeteria is the adult meal. Since adults pay \$3 for their lunch (still a bargain!) the school makes a profit. The upscale selections are not only bringing in teachers and staff, but parents and grandparents are enjoying lunch at school.

Kathy has even found ways to save money on supplies while making environmentally friendly choices. The food is served on melamine dishes, with real utensils and plastic trays. Plastic containers (9 cents each) have been replaced with compostable plates that cost just 3 cents each. The cornstarch based try-me cups can also be composted.

For more information on ways you can help improve school foods visit www.school-lunch.org

Vending machines in schools

Vending machines are a \$32 billion a year business. There are some well-intentioned efforts to reform foods sold in school vending machines. But like cafeteria reforms, they still fall short of the mark.

Vending machines, snack bars or school stores are now found in 83 percent of the elementary schools in this country, in 97 percent of middle schools and a whopping 99 percent of high schools. A bill has been introduced into Congress, calling for nutritional standards to be applied to foods sold in any of these. The intent of the Child Nutrition Promotion and School Lunch Protection Act is a good one, but is badly flawed.

- * The bill would use the same standards that now govern the food that is provided in school cafeterias. The problem with this is that most school cafeteria food is terrible -- both in terms of taste and nutrition!

- * So-called healthier drinks would allow diet beverages sweetened with synthetic chemicals like aspartame.

- * Many "sports drinks" have an undeserved reputation of being healthy but they are as junky as any other beverage.

- * Any improvements are likely to be slow in coming as the various industry lobbies try to keep their high-profit products in the machines as long as possible.

The America Beverage Association says it is working with schools, but claims that switching some of the products in their machines is a "time-consuming process" that can take until the 2009-2010 school year to complete!

Healthy solutions!

Vending machines can dispense healthy foods as easily as they can serve up junk. Some schools own their own vending machines and stock them with nutritious selections.

Most school systems will probably prefer to use the services of a vending supplier such as **YoNaturals**, a Southern California company that offers organic juices, milk, natural sodas, nuts, dried fruit, snack bars and other foods including meal entrees. Their products are the same brands found in natural food stores and healthy markets around the country.

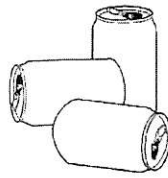
To learn more about bringing healthy food to your school or place of work check out www.yonaturals.com.

"Vending machines, for the most part, seem to be where candy goes to die, a carb-loaded elephant burial ground."

Forbes Magazine

"I don't have the disruptions in class or the difficulties with student behavior that I experienced before we started the food program."

quote from Mary Bruyette, a teacher at the Appleton Wisconsin Alternative High School, following the change from the usual school fare to healthy food.



Schools abroad reform their food

Parents and teachers discover the nutrition/behavior link as they reform their children's diets.

When Palmers Island Primary School in New South Wales, Australia provided additive-free breakfasts to students and sent home booklets with suggestions for lunch and dinner, the pupils became less aggressive and more cooperative. "We found difficult children created much less of a disturbance," said principal Andrew Bennett, who noticed the changes in three to four days. Families also became more harmonious and there was less fighting among siblings.

And when the staff at Barnabas School in Worcestershire, England conducted a two-week trial banning 27 food additives, they noticed a marked improvement in students' behavior and concentration levels. They also surveyed the parents and found that 30% reported that their children behaved better during the trial and 18% noticed their children slept better. As a result, the school decided to ban all additives from school meals.

These schools reflect a growing international awareness that certain artificial food additives and foods can trigger aggression, hyperactivity, and learning problems in sensitive children.

Susan Guzo

School Chefs

School systems that want to upgrade their food might not be able to find a talented mom like Kathy Irion (see article on page 1), but they won't have trouble finding trained professionals. Many young people graduate from top culinary schools, with hopes of using their skills to create memorable dishes. But after they find themselves working long hours for low pay, they leave the kitchens and wait tables or find other careers.

Any chef who likes food and children will find a great outlet for their talents, with a job that challenges their skills, brings rewards from grateful students, and allows them reasonable hours and a summer break.



Kids in special ed classes may benefit the most from better school food

In the late 1970s to early 1980s the schools in New York City removed the worst of the additives from their breakfast and lunch programs. As a result test scores in the 803 schools rose from the 39th percentile to above the 55th, a huge leap in just four years.

Before the change in food, 12.4% of the one million children in the school system were more than 2 years below grade level. But after the change in food, only 4.9% were more than 2 years below grade level. This means that about 75,000 children who had been considered learning disabled or "repeat failures" were now able to perform at a normal level.

The implications for improvement in all school systems are enormous!

School food from local farms

When schools in Florida and California began buying fruits and vegetables from local farmers it became apparent that such a program could help local growers while providing healthier food for area schools.

In 2000 a national program was created and now 35 states have programs to link colleges and public schools with nearby farmers. This means that foods do not have to be transported over long distances, saving on fuel costs and reducing pollution, and they arrive fresher. It also means that farmers can sell their foods directly to schools, earning more for their crops.

The Massachusetts program was initiated after a marketing specialist with the state's agriculture department attended a school food trade show and tasted what she calls "the worst food you've ever had in your life."

Five Guys Query

FAUS is attempting to learn if the shortening used to make buns for the fast food chain Five Guys has been changed. In an effort to get rid of trans fats, many food manufacturers have switched to a different oil or shortening; but sadly, many of these new fats are preserved with TBHQ.

Several members report a suspected problem with the hamburger buns.

Red dye and meat

The European Union has banned the use of the synthetic food dye Red 2G, which has been used to color some sausages and hamburgers. The dye (not allowed to be used in food in the US) has been found to break down into aniline, a cancer-causing substance.

We might not be eating Red 2G here in the United States, but there are a few areas of the country where hot dogs are dyed red. They're especially popular in Bangor Maine, where the dogs are called "red snappers." The name comes from both the dye and the fact that the meat retains its casing, so you hear a distinct snap when you bite into it.

The cheese quesadilla revisited

Cheese quesadillas have proven to be one of the most popular and inexpensive lunch options in the Arlington, Vermont school.

In the October 2004 issue of *Pure Facts* we published the long, long list of chemicals that make up a typical school lunch cheese quesadilla. In addition to artificial colors and flavors, it includes mystery ingredients like "cheddar flavored mozzarella cheese substitute," "Romano cheese flavor," "provolone cheese flavor," "shredded mozzarella cheese substitute," and "mozzarella cheese type flavor."

The ingredients in this foodless food include such gems as: 1,2-propylene glycol, trisodium diphosphate, sodium glutamate, polysorbate 60 and the final mystery -- polydimethylsiloxane.

What is

Polydimethylsiloxane?

Our webmaster, Shula Edelkind, did some searching and found out about this additive. It's the major ingredient in Silly Putty!

Tortillas are inexpensive and surplus cheese is readily available from the government. Why do schools feel the need to make it all so complicated?

America's soft drink obsession

One hundred years ago a soft drink was an occasional treat but today it's the primary beverage for millions of people.

A recent study links soft drink consumption with an increased risk of heart disease. The research, published in the journal *Circulation*, found that both conventionally sweetened and diet sodas had the same effect of causing what is termed "metabolic syndrome." This includes larger waistlines, and higher blood pressure, higher blood sugar, as well as elevated levels of cholesterol and triglycerides.

This prompted an ABC-TV report called Caffeine Nation, focusing on the consumption of diet soft drinks, a \$21 billion dollar a year industry, and particularly on the industry leader, Diet Coke. One statement from the TV segment was the comment, "There is no major study that says drinking diet sodas is bad for you..."

It may well be that there is no major study on diet sodas, but that leaves many unanswered questions.

What constitutes a "major study?"

There are many studies showing that consuming aspartame, the major sweetener in diet sodas, is harmful:

- The most recent study, from the Ramazzini Foundation in Italy, shows that aspartame can induce cancerous tumors in rats when it is consumed in amounts similar to what a human would ingest.
- For many years the Food and Drug Administration's scientific panel refused to approve aspartame for use in food.
- The soft drink industry initially opposed the approval of aspartame because it can degrade into harmful chemicals.

In 2006 Americans drank an average of 814 eight-ounce servings of soft drinks.

It comes as no surprise that the Coca Cola Company came to the defense of their product. "Great taste. No calories. Wholesome ingredients. How could you drink too much?"

There was no explanation of what was meant by "wholesome ingredients." Could it be the synthetic sweetener that has been linked with brain tumors? Or maybe it's the acid that leeches calcium from the bones and erodes tooth enamel, or perhaps the highly addictive caffeine.

Vitamin fortified Coke?

The newest addition to the family is called Diet Coke Plus, fortified with modest amounts of niacin, zinc, magnesium and vitamins B6 and B12.

Diet drinks have an undeserved reputation, and are offered in many school systems, as a "healthy" alternative to conventionally sweetened sodas; adding a pinch of vitamins and minerals will further encourage people to consume them. For alternatives that are truly healthier, look for some of the many new soft drinks that are a blend of real fruit juice and carbonated water. Or, mix your own by combining fruit juice and sparkling water. These actually are "wholesome ingredients" and with the addition of lots of ice, they are delicious and refreshing.

The ingredients used in diet and sugary soft drinks are incredibly cheap. That's why restaurants let you help yourself.

New findings on nutrition and ADHD

The largest clinical trial to date using omega-3 and omega-6 fatty acids shows the benefits of these "good fats."

Researchers at the University of South Australia say that parents found the fatty acids were as effective as stimulant drugs in treating symptoms of ADHD.

The study was comprised of 132 children, ages 7-12, who had symptoms of ADHD and were not taking medicine or omega-3 supplements. The product used is called "eye q," produced by the English company Equazen. It is a blend of both omega-3 and omega-6 essential fatty acids. This is the product that has been used in previous studies in British schools. (The Feingold Association has asked the company fill out our product inquiry forms; if it is acceptable it will be added to our supplement list.)

Almost half of the children taking the EFAs had significant reductions in the ADHD core symptoms of inattention, hyperactivity and impulsivity. This double-blind, randomized, placebo-controlled trial, led by Dr. Natalie Sinn, was published in the April issue of *The Journal of Developmental and Behavioural Pediatrics*.

Disruptive behavior improves

Earlier this year, another British school, the Eton Hall Special School in Norwich, used eye q plus a healthy diet for 28 male students ages 10 through 16, who had both behavior and learning problems. Negative behaviors and temper tantrums were reduced by half when the supplements, and healthy diet were provided.

PIC Report

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

Products with this symbol ^ are available in Canada.

Stage One

365 ORGANIC (Whole Foods Market) Garlic Chicken Soup, Portobello Mushroom Soup; White Organic Pizza Crust, Whole Wheat Organic Pizza Crust; Powdered Sugar; Cinnamon Squares Cereal

ANDREW & EVERETT Cheeses: American, Colby Jack, Havarti, Mild Cheddar, Mozzarella, Muenster, Provolone, Swiss www.wellshirefarms.com

COLLEGE FARM ORGANIC*^ Nature Pops - Chocolate flavor www.collegefarmorganic.com

HEMP ORGANICS Lip Liner Fine Tip Pencil - all colors; Lip Stick - all colors; Moisturizing Lip Tint - all colors www.colororganics.net

JUSTIN'S NUTBUTTER* Peanut Butters: Heavenly Honey, Sinfully Cinnamon www.paragonnaturals.com

KARMA GLOSS* Organic Lip Gloss - all colors www.colororganics.net

KINNIKINNICK* KinniKritters Animal Cookies (CS); KinniToos: Chocolate Sandwich Creme (CS), Vanilla Sandwich Creme (CS) www.kinnikinnick.com

KLAIRE LABS Magnesium Glycinate supplements

MONA'S GLUTEN FREE^ Golden Goddess Bread Mix www.madebymona.com

PC^ Garlic Tandoori Naan (CS), Original Tandoori Naan (CS), Whole Grain Tandoori Naan (CS)

PEANUT BETTER Peanut Butter: Organic Deep Chocolate, Organic Onion Parsley, Organic Rosemary Garlic, Organic Sweet Molasses, Organic Valencia Peanut Butter - Creamy or Crunchy www.peanutbetter.com

SEVENTH GENERATION*^ Free & Clear Glass and Surface Cleaner

TIGER THAI (Costco) Tempura Shrimp (CS, SF, MSG/HVP), Tempura Vegetable Medley (SF, MSG/HVP)

TRADER JOE'S Banana Bread Mix; Organic Banana Chips; Rich Golden Rounds Crackers (CS); Dress Circle Crispy Crunchy Chocolate Chip Cookies (CS); Peanut Butter Creamy & Salted

WHOLESOME SWEETENERS^ Organic Blue Agave Nectar, Organic Light Corn Syrup with Vanilla (CS), Organic Pancake & Waffle Syrup (CS), Organic Raw Blue Agave Nectar, Organic Turbinado Sugar, Organic ZeroSugar Substitute

Product Alert

MOTHER'S OWN Graham Cracker Pie Crust now contains artificial flavor. Please remove it from your *Foodlist & Shopping Guide*.

KISS MY FACE Sunscreen SPF 30 with Oat Protein now contains ethylhexyl salicylate and must be moved to the Stage Two section of your *Foodlist*.

Smoke Flavoring

The Feingold Program will now include products that contain natural smoke flavoring. Many years of use have shown that it appears to be well tolerated. Those products that have smoke flavoring will be coded with a "SM" notation. Foods that use synthetic smoke flavoring will not be acceptable.

Stage Two

365 ORGANIC (Whole Foods Market) Tomato Basil Soup; Cereals: Apple Cinnamon O's (grapes), Crispy Brown Rice (grapes), Strawberry Crisp Rice (grapes)

365 ORGANIC^ (Whole Foods Market) Natural French Toast Sticks (CS, paprika)

ECO FOODS^ Ocean Berry Eco Bar (CS, raisins, raspberries, cranberries, elderberries, apples) www.ecobar.com

GOODY2CHEWS*^ Fruit & Nut Snack (almonds, cranberries, raisins): Caramel, Chocolatey, Yogurt www.goody2chews.com

JC NATURALS Cough Syrup (cherries, elderberries), Fever Reducer (elderberries), Immune Booster (elderberries) www.jc-naturals.com

MOTT'S Juice Boxes: Apple, Apple Strawberry (grapes), Apple White Grape, Fruit Punch (apples, grapes, cherries, oranges); Original Apple Juice

MOTT'S FOR TOTS Drinks: Apple, Apple Strawberry, Banana (grapes), Apple White Grape, Fruit Punch (apples, cherries, grapes)

RJ's LICORICE Natural Colors & Flavors Soft Eating Raspberry Licorice (CS) www.nzng.com

SURF SWEETS*^ Gummy Bears (CS, grapes, oranges, strawberries, cherries), Gummy Swirl (CS, grapes, oranges, strawberries, cherries), Gummy Worms (CS, grapes, oranges, strawberries, cherries), Organic Fruity Bears (CS, grapes, oranges, strawberries, cherries), Organic Jelly Beans (CS, grapes, oranges, strawberries, cherries)

The Feingold Association does not endorse 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.

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

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.

Moving?

Be sure to send us your new address. The Post Office will not forward bulk mail.

Another Way to 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 put to work to improve our serviced to members and are used to educate parents and professionals about the help available.

Contact FAUS at (631) 369-9340 for more information.

Help for Newbies!

Have you noticed that your new member package includes a list of volunteers throughout the country? These experienced Feingold members are available to help you with any questions you may have, or just offer support.

Look for the page titled Feingold Program Assistance. While the people in your part of the country can help you find acceptable products in your area, you can contact any of our volunteers. We've all "been there."



Peanut vs. cashew allergy

Most people are aware of the serious allergic reactions sensitive people can have to even a tiny exposure to peanuts. But new research suggests that allergies to cashews might be even more severe.

Researchers in the journal *Allergy* (Volume 62, Issue 8) found that wheezing and cardiovascular symptoms were reported more frequently with cashew reactions than with peanut reactions.

"Cashew nuts present a considerable hazard, being hidden in a wide variety of commonly ingested foods such as Asian meals, sweets, ice cream, cakes, chocolates, and they are increasingly used in commercially prepared pesto sauce instead of pine nuts."

lead study author Andrew Clark

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo

Markey Dokken

Shula Edelkind

Cindy Harrell

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 US brand name foods, a telephone and E-mail Help-Line, and a subscription to Pure Facts. The cost in the US is \$69, plus s+h. A Pure Facts subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 554 East Main Street, 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.

www.feingold.org

©2007 by the Feingold Association of the United States, Inc.

Permission to Reprint

You are welcome to circulate articles that appear in Pure Facts. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in Internet newsletters or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from Pure Facts, the newsletter of the Feingold Association of the United States, www.feingold.org.