

Pure Facts

Newsletter of the Feingold® Associations of the United States



September, 1994

Vol. 18, No. 7

FAUS Holds 19th Annual Conference

Volunteers, members and guests met in Fort Worth for an exciting time of friendship, planning, sharing, and learning.

Each June when Feingold people meet, it represents another year of reaching troubled families and turning children's lives around. For every child or adult who has been helped, there are many still in need, and much of the conference efforts focused on better ways of reaching this population.

Saturday at Conference, however, was devoted to workshops which were both exciting and enlightening. This issue will focus on some of the sessions, with more details on other speakers in coming *Pure Facts*.

John Taylor, Ph.D., a psychologist and author, has worked with ADD and ADHD children for many years. He has long recommended the Feingold Program and seen the positive results from it. Dr. Taylor conducts seminars for parents and professionals throughout the United States, and offers a catalog of resources he has found provide the best information and direction for those dealing with ADD and ADHD children. His seminars at Conference were as entertaining as they were illuminating. To learn if he will be speaking in your area, or to obtain a catalog of recommended books, call Sun Media at 1-800-VIP-1-ADD.

Continued on page 3

IPM — Going back to a safer school

Schools throughout the United States are successfully using alternatives to toxic pesticides...and many find they are saving money as well as enhancing the health of children and staff.

By this time next year all of the schools in Texas will be required to use Integrated Pest Management (IPM). This term refers to the use of the least harmful methods of pest control as a first course of action. For example, a good first step in IPM would be placing foods in covered containers; it carries no risk and might be sufficient to deter insect pests. A second step could be the use of a boric acid solution, a treatment with little potential risk. Only when the most non-toxic techniques fail would the next step, such as the use of a pesticide, be considered.

When pesticides are to be used in Texas, warning signs must be posted at least 48 hours prior to application. The Texas law also applies to day care centers, hotels, hospitals, nursing homes, food processing facilities and warehouses.

Maryland is in the process of implementing IPM as a result of their successful experience with the Montgomery County schools. In its first year using pesticide alternatives, the county saved an estimated \$42,000.

Continued on page 4

National PTA Position Statement on Pesticide Use in Schools

Americans use hundreds of millions of pounds of pesticides, herbicides, and fungicides each year for nonagricultural purposes, including in and around schools and child care centers. Pesticides are, by nature, poisons, and exposure — even at low levels — may cause serious adverse health effects.

Our nation's children, because of a variety of age-related factors, are at increased risk of cancer, neurobehavioral impairment, and other health problems as a result of their exposure to pesticides.

The National PTA is particularly concerned about the use of pesticides in and around schools and child care centers because children are there for much of their young lives.

The National PTA calls for:

the elimination of the environmental health hazards caused by pesticides.

the use of integrated pest management.

local and state regulation of the use of pesticides in and around schools and child care center buildings.

To receive the full report send a self-addressed, stamped envelope to: National PTA, 700 North Rush Street, Chicago, IL 60611-2571

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

“My Favorite Teacher”

Every parent is grateful when their child comes in contact with an outstanding teaching professional; but Feingold parents are even more appreciative.

Dear Feingold Friends,

I want to share with you the experience our family had at about this time last year, when my oldest child, Randy, began kindergarten.

As school began I can remember kissing Randy goodbye with fingers crossed behind my back. All of the typical fears of the Feingold mom were racing through my mind...a new school, probably newly painted walls, recently disinfected floors, twenty-one new children, different food from his classmates, a new teacher...

I had already met Margaret Starkes at the parent orientation, and at the time, I was tremendously impressed. She seemed to be so much more than an ‘ordinary’ teacher. I wondered why, then, when sending Randy on his first day to St. Joseph’s School, I couldn’t recall all of those extraordinary traits to ease my mind.

My memory was soon refreshed as I was fortunate enough to volunteer at several school functions and observe Randy’s dedicated teacher ‘in action.’

As Feingold parents we have to consistently muster up a lot of extras — patience, versatility, tenacity and especially flexibility — to deal with the needs of our children. It amazed me to



see Mrs. Starkes display these same qualities. She is a gifted teacher who is flexible enough to meet the needs of each child. This is so difficult because children’s needs can be unpredictable, and for a Feingold child, there are so many more factors that may cause stress or a change in behavior. But Margaret Starkes is not intimidated by change or by mustering up the extras. She really has the special gift of treating the girls and boys as if they were her own children.

Every evening I go over the events of the day with Randy and gently try to guide him along so that the following

day will be a good one. At this time I often think of something Mrs. Starkes said to me: “Let’s take small steps.” It is the small steps Randy has taken that have helped develop his self esteem. He is able to meet realistic expectations. Randy, of course, does not realize that his teacher is a treasure. He sees the kindergarten experience as loving to go to school and telling us every day he is very happy...and those are words we love to hear.

Thank you, Margaret Starkes, for giving so much to the children.

Deborah and Bill Hayes



The Claremont Reading Retreat, a family literacy clinic, is located at 540 West Baseline Road, Suite 13, Claremont, CA 91711 (909) 625-9844.

Dear Friends,

I am almost nine years old I am in 3rd grade at Sycamore School. I like the Feingold Association because they help people to learn about sensitivities. When I have any coloring or additives I go wacko, and I don’t feel good. But sometimes I dont like it when my friends have things I cant have

Sincerely Calli Sweaney

Calli’s mom writes: “I have enclosed a photo of Calli with her former 2nd grade teacher, Michelle Horswill-Johnson. Michelle opened her own reading clinic last summer and she is the one who inspired Calli to write.”

Conference, from page 1

One seminar, titled "Reaching, Teaching & Loving Your ADD Child" provided parents with a unique perspective into the mind of the ADD child, who typically perceives things as 'all or nothing', and is poor at understanding how his behavior impacts upon other people.

Some children following the Feingold Program have very few of the deficits Dr. Taylor described, while others still have many. A child who begins the Program when still a preschooler is likely to have better social skills and fewer of the behavior distortions that affect many ADD children. Although the techniques advocated are especially useful for ADD kids, they would be helpful for any child.

The audience eagerly listened to suggestions for dealing with children's misbehavior. The source of misbehavior is likely to be the child's feeling that she does not have 'power', that she is not in a position to impact upon people and the world around her. If she does not know of a legitimate way of experiencing power, she will gain it through misbehavior. (See Mommy yell; see teacher fume; see what power I have!)

Dr. Taylor showed how the traditional motivational techniques to encourage good behavior (gold stars, promised rewards, etc.) are not very effective, and how to replace them with better methods.



Dr. Taylor

The ultimate goal in disciplining a child, Dr. Taylor stressed, is to help him develop his conscience. If smacking his sister means a child misses a TV program this will have no impact on developing a working conscience. But if smacking her means that she feels sad and angry, and won't want to play a board game with him, then he may understand that 1) his action hurt another person and 2) both of them will lose out on what could have been a pleasant experience. The consequence of his action can then be tied into making amends for the mistake he has made, and seeing that he has the ability to make people feel good as well as to upset them.

Putting these ideas to use

Deborah Hayes reports that she had only been home from the conference for a short time when her 6 year old, Randy, went into the bathroom and turned on the faucets full force. With Dr. Taylor's workshop still fresh in her mind, she went calmly into the bathroom, put her arm around Randy and asked him: "Did you turn the faucets on so hard because you wanted to have water all over the floor?" "No," Randy responded. "Did you turn them on so your shirt would get all wet?" "No." - then Deborah asked, "Did you turn the water on because Mommy wasn't paying very much attention to you?" "Yes," Randy admitted.

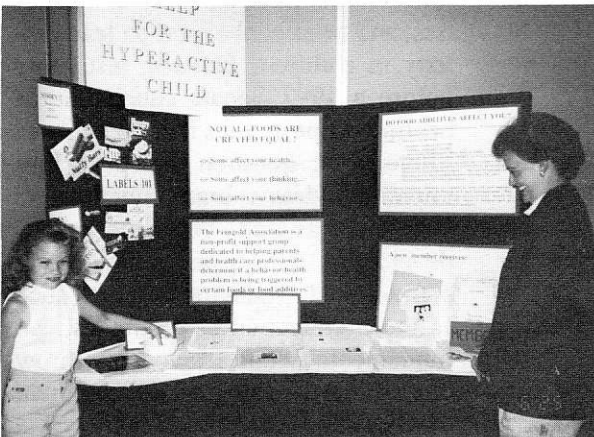
Deborah then went on to make a 'deal' with Randy. When he felt he needed more of her time or attention, he would come and tell her, and she would arrange for a time when they could do something fun together.

It was such a switch from the way most of us respond to our children's misbehavior. Normally, Deborah noted, she would have gone into the bathroom demanding "Why did you do that?" and Randy would have responded with the predictable "I don't know."

Deborah found some time to give Randy her full attention, and that night as she tucked him in bed, he put his arms around her neck, and said, "Mommy, I love you so much!"

Conference Snaps

by Diane O'Rear



Marlyn Schwarzenbach's daughter, Jill, and granddaughter, Kelli — three Feingold generations with a health fair display.



Carolyn Allen teaches all to sing "Deep in the Heart of Texas."



Leslie Fowler shows daughter, Julie's prize winning science fair exhibit on the effects of food additives.

Thanks to the efforts of the Residents for Alternative Pest Policy in Phoenix, the Arizona schools will be notifying parents, pupils and staff 48 hours before pesticides will be used.

New York

In New York, the Coalition for Alternatives to Pesticides is working to get IPM implemented in the state's schools. They have the support of the NY State Attorney General's office, which has stated, "The pesticides most frequently used in schools may cause short-term, acute, or long-term, chronic, health effects. These may include vomiting, diarrhea, convulsions, headaches, skin irritations, liver damage, as well as behavioral and emotional disturbances.

"Other pesticides used in schools may cause reproductive system disorders, flu-like symptoms, and asthma-like problems.

"...While acute injuries are a significant concern in connection with misapplication or accidental spills, many people are particularly concerned about the more-difficult-to-detect chronic effects, which may arise from routine use of pesticides. Chronic effects may result from long-term exposure to apparently low levels of pesticides.

"...Pesticides do not disappear immediately after application. They may take days, weeks, even months, to break down outdoors. Indoors, away from sunlight and soil bacteria which often help in their break down, pesticides may persist far longer. Even natural breakdown is not always the answer; for some pesticides, the natural breakdown product is even more toxic than the original pesticide."

This report, "Pesticides in Schools: Reducing the Risks", as well as a related paper, "The Secret Hazards of Pesticides" are available at no cost, from:

The Office of Public Information,
NY State Department of Law, 120
Broadway, NY, NY 10271.

...and Elsewhere

Other regions where IPM is being practiced include:

Dade County, FL
San Diego, CA
San Jose, CA
Eugene, OR
Paradise Valley, AZ
Wheaton/Warrenville, IL
Ann Arbor, MI
Plum Burrough, PA

States which are investigating the reduction or tighter regulation of pesticides are: California (Los Angeles), Arizona, Illinois, New York.



Pesticides Outside

Most of the attention is being focused on reduction or elimination of pesticides within the school building, but chemicals used on the school grounds continue to pose serious threats to children. Not only are children physically closer to the ground, but they are more likely to come in contact with the grass and the pesticides applied to it, and to put unwashed fingers in their mouth.

In the September, 1992 issue, *Pure Facts* interviewed former teacher, Irene Wilkenfeld, who is now a crusader for safer schools/offices for children and adults. Many of the potential danger spots were listed, along with suggested modifications. To receive a copy of this issue, send a long self-addressed, stamped envelope, plus 50 cents to: *Pure Facts* - 9/92, P.O. Box 6550, Alexandria, VA 22306

"Imagine a child thinking she is stupid because she receives poor grades when, in fact, she has trouble concentrating in the presence of the neurotoxic chemicals that permeate her school.

"Imagine a child put on heavy doses of the drug Ritalin to quiet him down when the source of his hyperactivity is a reaction to the building materials installed when the school was renovated."

Annie Berthold-Bond
Editor, *Greenkeeping*
(914) 246-6948

The Most Vulnerable

State legislatures which mandate safer pest control for schools often include facilities for younger children, and for good reason.

Irene Wilkenfeld's three part article published in *Informed Consent* notes: "A number of toxicologists now believe that exposure to even low levels of organophosphates can produce alterations in brain activity. The nervous systems of children are more vulnerable to the toxic effects of pesticides because they are still developing. Subtle damage to the brain from chronic pesticide exposure may hinder learning ability.

"University of Pittsburgh's Herbert Needleman, M.D., a member of the Committee on Environmental Health of the American Academy of Pediatrics, and a national expert on lead toxicity in children, stated in testimony before a 1992 Senate subcommittee hearing on pesticides that he believes 'there is no question that pesticides impair children's brain functions as insidiously as lead. When the brain is developing, it lays down connecting pathways. Introducing poisons, such as those contained in pesticides, can fundamentally and irrevocably throw this critical neurological development process off course.'"

[*Informed Consent*, P.O. Box 1984,
Williston, ND 58802 phone (701)
774-7760]

Taking a second look at Cereals

You may have thought you have to give up the convenience of a breakfast of cold cereal; think again.



Perhaps you have tried cereal from the health food store, found it to be almost as tasty as the cardboard box it came in, and given up on these products. Well, consider giving them another chance; some of the new cereals coming out taste as good as (or better than) what you used to buy...but unfortunately, a few of them still do taste like the box!

If you're on Stage One the biggest problem with health food cereals will be avoiding those sweetened with fruit juice or containing salicylate fruits or almonds.

You may also have believed that health food cereal is more expensive

than supermarket brands, but the opposite is often the case, especially when you consider the cost per pound of the hearty variety vs. the air + sugar combinations.

Raymond's favorites

Raymond is a discerning 3 year old who knows what he likes in a breakfast cereal. He chooses: Frosted Funnies (Barbara's Bakery); Galaxy Grahams (Erewhon); Maple Corn (Arrowhead Mills); Banana O's (Erewhon).

Another preschooler casts his vote for Startoons Frosted Cocoa Crunch (Barbara's). All are Stage One.

Not just for kids

If you grew up loving Shredded Wheat, take a good look at Barbara's round shredded wheat biscuits. Other than the shape, you would think you were eating your old favorite.

A delicious newcomer to the breakfast table is Low Fat Rainforest Flakes (Stage Two). This is a combination of flakes and nuggets of nuts, oats and honey. It should please those kids and adults who can tolerate grape juice. (Note: Since these cereals and their packaging are not treated with preservatives, they do not have a long shelf life.)

Much too Sweet? Even health food cereals can be far too sweet for some palates. Try making a blend of the sweet variety with blander tasting flakes or puffed grains.

Conference - Good Information, Good Friends, Good Food

FAUS thanks the companies which donated products for our members and guests.

Dutch Mill

All natural doughnuts were provided by this New York firm.

Eden Soy

Milk alternatives were available for our allergic members.

Erewhon

Try some of their new cereals listed above.

Glenn Foods

Snacks, cereals, and natural lollypops are some of the Glenn products.

Haagen Dazs

Talk about living well! What can compare with Haagen Dazs?

Health Valley

Delicious snack bars are among this company's many offerings.

Sorrell Ridge

Sweet jams and jellies without a speck of sugar.

Stage One Nutrition

These snack bars are perfect for school lunches.

Walden Farms

Natural salad dressings accompanied Feingold lunch and dinner.

Walnut Acres

Thanks to this pioneer in healthy eating for their onion soup.

Wilde Temptings

Scrumptious brownies that taste like they must be bad for you.

X-O Plus +

This unique product freshens the air naturally.

Conference Thanks

The efforts of many people go into making our annual conference a success.

Special thanks go to Carolyn Allen, Diane O'Rear and Marlyn Schwarzenbach. The help of Ethie Campagna, Susan Bartlett and Martha Mauer is appreciated, as is the cooperation of the families of all our volunteers.

We are already planning for Conference 1995, our 20th year. Mary Cookson has donated many hours of work, and Diane Wilde has recently come on board.

Can you guess where Conference '95 is going to be held? It's the world's most popular tourist attraction! Stay tuned...

School Year Calendars

Feingold members in the United States are now receiving their new 1994-1995 School Year Calendar.



Once again, the calendar highlights some of our own "Feingold kids" and has been printed with soy-based (rather than petroleum-based) ink, which is generally well tolerated by chemically sensitive people.

The mailing includes printed information from some of the companies advertising in the calendar. We think you will be delighted to have additional information about these exciting new products.

Also enclosed is a folder with medical information about the harmful effects of synthetic dyes in medicines, and products which are free of these additives. Please pull this out and pass it on to your doctor. The Association believes that no child should be exposed to these undesirable chemicals.

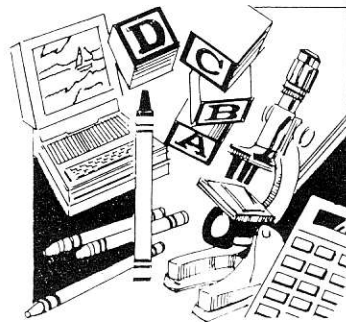
Calendars are mailed out bulk rate, and only in the United States. If you joined after they were mailed or if you live outside the U.S. and would like to have one, please contact the FAUS office in Virginia. The suggested donation is \$10. Proceeds from the calendar help us fund our special projects to better serve our members.

Color Johnny Sick

Binney & Smith Co., the venerable old firm whose green and yellow crayon boxes are part of our school memories, has a new twist.

This year they introduced crayons containing tiny capsules which burst when the crayon is used. They spew forth sixteen different smells to add to the toxic chemicals already found in many classrooms.

According to press reports the smells mimic the scents of "fruit, flowers, and fresh air"? (What chemical stew goes into duplicating the "smell of fresh air". What is the air quality index of Easton, Pennsylvania, where the plant is located? Could it be that the chemists at Binney & Smith have grown up smelling industrial fumes, and believe that is fresh air?)



Pure Facts

Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States. For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

College-bound

Preservatives in cereal

My son, Chris, will be a senior in high school, and we have been visiting colleges. On a recent trip to Northeastern Missouri State U., I asked to talk with someone in the food service to see what the problems and possibilities will be for Chris eating cafeteria food. I learned an interesting, but disturbing fact.

While Kellogg's Raisin Bran which you buy in the grocery store does not contain BHT, the Kellogg's Raisin Bran packaged for institutional use does contain BHT. Also, they had Cheerios Multi-grain cereal which contains BHT, but the store packages do not list this.

Maggie Daues

Preservatives in milk

Ben Kirkup has been on the Feingold program for many years, but he remains extremely sensitive to food additives.

The college Ben attends has been very cooperative, and purchased whole milk for him from a local dairy. This should have prevented Ben from ingesting the preservatives in vitamin A palmitate, routinely added to low-fat and skimmed milks. Unfortunately, this dairy adds vitamin A palmitate to its whole milk as well, and nobody had thought to check the label.

The Kirkups appreciate the many accommodations the college has made, including allowing Ben to store some of his food in the kitchen's freezers. He can then use the microwave ovens in the dining room to prepare food and eat with his friends.

The Ideal Dorm Room

The allergic college student will do best if his or her room is: not in a basement, free of rugs, free of plants, free of pets, and hopefully — not too dusty.

The other ideal component is a roommate who does not smoke.

Join our Pen Pal Club!

My name is _____

Address _____

City _____ State _____ Zip _____

I am a girl

I am a boy

My age is _____

Mail to: FAUS Pen Pals, 48 Bedell Avenue, Hempstead, NY 11550

Feingold



News

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September 1994

Meet...

Lynn Murphy

As the new Executive Director of FAUS, Lynn brings a wealth of experience in both our organization and in the operation of non-profits. For the past four years she has served as executive assistant to the CEO of PHP - the Family Resource Center in San Jose, CA



The Center, originally called Parents Helping Parents, helps children with any special need to reach their full potential through creation and education of advocates — generally their parents. One of Lynn's responsibilities has been to administer a grant to train parents in the rights of their children with special educational needs.

She heads a support group at PHP on the broad subject of diet, allergy and behavior, and with FABA President, Debbie Jackson, co-facilitates the Feingold group to help parents get started on the program.

Her experience at PHP, with its CEO as her mentor, has provided unique opportunities. Lynn has learned many of the technical aspects of running an association from PHP and from the United Way's certificate program in non profit management. She wants the Association to maintain the warmth it has always provided, while adopting modern business standards.

Lynn has been an active Feingold volunteer for many years. As a chemically sensitive adult, she has experienced first hand the benefits of the program. Many readers have met the Murphy family through our videotape. Joey will be starting his freshman year in college this month; daughter Lori and hubby of 21 years, Joe, continue to volunteer in the association. Lynn's mom, Lois Miele, is chairperson of the FAUS Product Information Committee as well as her role model in approaching life with humor, a positive attitude and willingness to help others.

When she first called the association 15 years ago, the friendly voice on the other end of the line was our long-time volunteer, Markey Dokken. Markey went on to become a coach, booster and very good friend.

Lynn's colleagues welcome her talent, enthusiasm and dedication to the work of the association.

Thank You Thank You Thank You Thank You

...to Gloria Casey for her article in the *Delaware State News*

...to Joan Falconer for helping us to reach families in her community.

...to *Latitudes* for publishing the Association's name and phone number. *Latitudes* is a publication concerned with treatments for autism, Tourette syndrome, ADD, hyperactivity and learning disabilities. Call (407) 798-0472 for information.

...to MOTHER'S Resource Guide for telling their readers about us. MRG is a publication devoted to increasing communication and networking within the mothering community. Call 800-886-1550 for information.

Waldorf, MD

There will be an introductory Feingold meeting and workshop in Waldorf on October 7, sponsored by the Family Education Center. Both members and guests are welcome. For more details, call the center at (301) 705-8527.

Bulletin Board

Northern Virginia - One of our new members, Kathy Beck, writes: "As a new Feingold member, I appreciate being able to employ this natural method to help my child be 'her true self' and enjoy life. I would like to get to know other Feingold parents, either by phone, or to meet occasionally as a support group. I find I am learning so much in so short a time about food, food processing and additives, and children's sensitivities. I'd like to be able to talk with other parents and share 'tips.'" Kathy lives in Fairfax County and can be reached at (703) 690-2405.

Manchester, MA - Brenda Robinson is the mother of a 3 year old Feingolder. She is interested in meeting other member families, especially those with a few years experience. Brenda's phone number is (603) 625-2885.

Hormones in Milk

Thanks to our members who contacted us in response to the item in the last issue concerning the addition of bovine growth hormone to milk. The organization opposing it is the Pure Food Campaign, 1130 17th Street, Suite 300, Washington, DC 20036 (800) 253-0681

Product Alert!

BREAKSTONE Lightly Salted Whipped, and Unsalted Butters - The formulation has been changed to include "natural flavors". Since natural flavors may contain a variety of troublesome ingredients such as preservatives, salicylates, and MSG please discontinue using these products while PIC is investigating.

SWANSON'S NATURAL GOODNESS Chicken Broth has been reformulated and now contains autolyzed yeast — a source of MSG (monosodium glutamate).

COLUMBO Vanilla Yogurt now has salicylate flavorings and should be moved to Stage Two.

HEBREW NATIONAL Beef Franks are now a Stage Two product; they contain paprika (a salicylate) as well as MSG/HVP.

HUGLI Clear Vegetable Broth Cubes - now have MSG/HVP and tomatoes; move this to Stage Two. Hugli also makes a low salt variety which has MSG/HVP, cloves and tomatoes.

AMWAY GLISTER Toothpaste, which appears on Foodlists in the Northeast, now contains synthetic coloring and should be removed.

SUNBELT Chewy Granola Bar: Oats & Honey contains almonds and should be moved to Stage Two.

FRITO LAY Salsa Rio flavor Tortilla Chips have been discontinued. The new salsa type chip they make, called "Zesty Salsa" contains synthetic coloring and is not acceptable.

LURIDE SF uncolored fluoride treatment has been discontinued. If you would like to contact the manufacturer, Colgate Palmolive, and ask them to reconsider, their number is 1-800-225-3756.

KENTUCKY FRIED CHICKEN The oil used contains BHA, so this would exclude any deep fried foods. The Colonel adds MSG to his gravy and chicken.

Kellogg's cereals

Kellogg's is now adding corn syrup to its NUTRI-GRAIN cereals. NUTRI-GRAIN Wheat is now called NUTRI-GRAIN Golden Wheat; NUTRI-GRAIN Wheat & Raisins is now NUTRI-GRAIN Golden Wheat & Raisins. A company representative has assured us that these cereals do not contain any anti-oxidant preservatives (BHA, BHT or TBHQ) in the product or packaging.

They have discontinued their NUTRI-GRAIN Corn and their KELLOGG'S High Fiber All Bran (in the brown box). Their Extra Fiber All Bran (in a white box) lists BHT on the label.

PIC Report

The Product Information Committee has received a great deal of information from Barbara's Bakery, a Petaluma, California food company. BARBARA'S products are available nationwide in health food stores and some supermarkets.

Stage One (non-salicylate)

BARBARA'S Cookies & Mixes

Butter Pecan Bites
Chocolate Chip Crisps
Chocolate Chip Grr-nola Treats
Chocolate with Chocolate Creme
Chocolate with Vanilla Creme
Lemon with Lemon Creme
Vanilla with Vanilla Creme

BARBARA'S Cold Cereals

Frosted Funnies
High 5
Shredded Spoonfuls
Shredded Wheat
Startoons Frosted Cocoa Crunch

BARBARA'S Crackers

Wheatines: Sesame
Wheatines: Cracked Pepper
Wheatines: Original

BARBARA'S Corn Chips

Blue Corn
Organic Yellow Corn Tortilla
Regular Pinta Chips
Unsalted Blue Corn
Unsalted Organic Yellow Corn

BARBARA'S Potato Chips

No Salt Added
Plain
Regular True Blues
Ripple
Sweet
Unsalted Yogurt & Green Onion
Yogurt & Green Onion

BARBARA'S Pretzels

9 Grain
Bavarian
Bavarian - No Salt Added
Mini's
Mini's - No Salt Added
Whole Wheat Honeysweet

BARBARA'S Candy

Caramel Corn: Original
Caramel Corn: with Peanuts

The Feingold® Associations do 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.