



Additive
Education

SAFE Newsletter

March 2009

Can the Colours

Australian children are still being exposed to 6 artificial colours that can increase activity levels and/or inattention, leading to educational difficulties. To protect children, these are currently being phased out of foods in the UK and the European Parliament has ruled that any product containing these colours after the end of 2009 must have a warning: "may have an adverse effect on activity and attention in children."

If you would like to see Australian children protected from the nasty effects of these colours, join over 15,000 others and sign the petition at www.additivealert.com.au

Allergy and Additive Free Cake by Brumby's in Mt Waverley Victoria

If you live close to Mt Waverley in Melbourne, ask Andrew to make you a SAFE Birthday Cake, ideal for allergy free celebrations at kinder, school or home. The iced cake looks like a large pear scroll and is beautifully presented in a red Brumby's cake box. It is guaranteed free from nasty additives, nuts, egg and dairy, and costs only \$7.50. He also makes to order FAILSAFE finger buns, pear scrolls and donuts! Ph: 03 9807 3390.

Looking for a pre-packaged additive free food to replace chicken nuggets?

Tivall Vegetarian Nuggets are available through Trialia Foods Australia, located in Melbourne. They passed our Kids and Mums taste test with flying colours and retail at \$6.30 for a box of 12 nuggets (have not replied back about wholesale price). Ph: 03 97011666 or email: info@trialiafoods.com.au

Has your school received a free slushy machine from Innovation Ice Cream?

Make sure your school is aware that all six of this drink's flavours contain either tartrazine (102), sunset (110), quinoline (104) or carmoisine (122), which are linked to behavioural conditions such as attention deficit hyperactivity disorder. This increasingly popular brand of slushy is being promoted as "a healthy treat" with "no artificial flavours, no added sugar, no fat, low GI, 99 per cent fruit juice". What they don't tell you, is that it also contains preservatives as well as the controversial food colourings.

Additive Free Snack that meets School Canteen Amber Guidelines

Here's a convenient product - Arnott's Tiny Teddy 10 x 25g Variety Pack - 3 Honey, 4 Chocolate, 3 Choc Chip. Retail for \$3.79 in major supermarkets.

Got some additive free products or ideas?

Together we can make a difference! Email safenewsletter@additiveeducation.com.au

To subscribe for free to the SAFE newsletter send an email to safenewsletter-subscribe@googlegroups.com

Regards,

Kathleen & Jenny

www.additiveeducation.com.au