



SAFE Newsletter

May 2009
Supporting Additive Free Eating

Hello Everyone,

Welcome to another edition of the SAFE School Canteen Newsletter. It seems that parents are making their concerns about food additives heard, but there's still a way to go! See story below about the National Healthy School Canteens Project.

Sausage Sizzles and School Fetes

Organise an 'Additive Free Option' when there's a sausage sizzle at your school! Send a note home with a slip to be returned with the money prior to the day. Some schools organise it this way already, to minimise wastage. One school that offered this was amazed by the number of families that were happy to pay an extra \$1 for an additive free sausage in bread. Their local Brumby's supplied bread at no cost, which was spread with Nuttex and topped with a FAILSAFE sausage. See <http://www.honestbeef.com.au/> for preservative free sausages, if you've not got your local butcher trained up yet!

At school fetes, fairy floss can be made without the pink colouring. It still tastes exactly the same so it's a perfect Additive Free treat. Ask the Fairy Floss Machine hire company to ensure it's cleaned to remove all traces of pink. I've done this before (called it SNOW) and made just as much money as a pink floss stall and also used it as an opportunity to hand out information to the community too.

MSG and Obesity

How effective is the current healthy school canteen policy aimed at combating obesity by lowering salt, fat and sugar, whilst increasing the use of additives such as MSG? Recent research by the University of North Carolina shows that people who consume MSG are more likely to be overweight than people who don't.

In the study of 750 adults in three Chinese villages, the highest MSG consumers were nearly three times more likely to be overweight than the non-users, regardless of exercise and food intake. Animal studies have indicated for years that MSG might be associated with weight gain, due to metabolic effects such as

suppression of fat breakdown. This latest study is the first to demonstrate the link between MSG use and weight gain in humans. *He K and others, Association of monosodium glutamate intake with overweight in Chinese adults. Obesity 2008;16(8):1875-1880.*

Bring these findings to the attention of your school community, or to the school canteen body in your state.

National Healthy School Canteens Project

The Department of Health and Ageing has published the findings of the initial public consultations for the above project, and is calling for comments. The aim of the project is to develop a uniform approach for classifying foods and training canteen staff in the delivery of healthy choices in the school canteen. Their summation on Food Additives and Flavourings is quoted here:

"Food additives and flavourings

This issue generated debate at most consultations. Canteen managers stated they were often approached by parents asking for the canteens to stop providing products with additives in them. Representatives from FOCiS were also receiving enquiries regarding this issue. There seemed to be general confusion among participants regarding the evidence about food additives and colourings on childrens behaviour, however it was argued by many stakeholders that the national criteria must look at foods for the general population and be guided by current FSANZ rulings."

It's obvious that parents with valid concerns about food additives are not the "stakeholders" with the most clout here. If you would like to express your disappointment at this attitude, which has effectively stifled open discussion and input from all interested parties, see

http://www.nhsc.com.au/index.php/getinvolved_submitcomments/

Looking for some information to share with your school?

For a summary of the effects of food additives on health, behaviour and learning see <http://www.fedupwithfoodadditives.info/information/references.htm>

Schools that have gone low additive and the results:

<http://www.fedupwithfoodadditives.info/factsheets/Factschools.htm>

Know of some additive free products or want to share some helpful ideas?

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

Regards,

Kathleen, Jenny & Marianne (we're now in SA too!)

www.additiveeducation.com.au

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http://docs.google.com/Doc?id=dpn2j3j_1729kpx2fc

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