



Biological Farmers of Australia Media Release 12th November 2008

Chemical free children crop up best – leading health author links organic with children's health at the BFA Organic Roadshows - Armidale Fri 28th & Coffs Harbour Sat 29th November 2008

Sue Dengate, author of 'Fed Up' (with food additives), and founder of the Food Intolerance Network knows more than most about 'added nasties' in your average mouthful.

She will spill the manufactured bag for those interested in the finer points of food ingredients at the Biological Farmers of Australia (BFA) organic roadshows this November.

She says knowing "what not to eat" particularly affects children.

"Food has changed dramatically since processing became widespread in the 1970's – with the use of additives and preservatives rising even in 'healthy' foods, like bread, yoghurt, juice and muesli bars.

"These ingredients are now being linked to serious and behavioural problems in children including hyperactivity, decreased attention and concentration levels, mood swings and sleeping problems."

Sue says when the effects of taking out the additives are as strong as - "60% of an entire class of six-year-olds showing better behaviour, cooperation and sleeping patterns" – it's time to take getting rid of synthetic add-ins seriously.

She says organic food provides a system which prohibits the culprits.

"What is not commonly realised is there are 50 additives that have been associated with children's behavioural problems which are not permitted under the BFA's Australian Organic Standard."

She says she was struck by the benefits of organic after coming across the BFA's Australian Organic Standard in her research.

"I realised if organic standards were adopted as mandatory tomorrow, all the current troubles we're experiencing from preservatives and additives would theoretically vanish."

She says organic snacks could offer parents one means of navigating the confusion of product health claims - "although it is important parents with a child with behavioural problems are also aware about natural food chemicals."

She says Australian parents should be particularly concerned about synthetic ingredients, with six food colours banned in the UK still available on our shelves.

"We are currently running a '*Kids First – Can the Colours*' campaign, in an effort to get FSANZ to remove these colours – which have been linked to hyperactivity in children - from the wide range of foods that contain them here," she says.

Hear more on food additives and children's health at the BFA's Organic Roadshows!

When? Armidale: Friday 28th November 8.30am – 3.30pm **Coffs Harbour:** Saturday 29th November, 8.30am – 3.30pm



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Where? Armidale: New England Regional Art Museum, Kentucky St, Armidale, NSW
Coffs Harbour: Coffs Harbour Racing Club, Howard St, Coffs Harbour
RSVP: Contact BFA on (07) 3350 5716 email info@bfa.com.au to register interest
Visit http://www.bfa.com.au/index.asp?Sec_ID=150 for more information.

ENDS

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To obtain images or find out contact details for organic farmers in your area contact BFA media officer Jaime Newborn ph: (07) 3350 5716 ext. 222; email marketing@bfa.com.au
The BFA has a vision for organic industry growth and education in Australia. Ask about your copy of the Organic Industry Market Research Report to see how the organic industry in NSW is achieving its goals! More information is available at http://www.bfa.com.au/index.asp?Sec_ID=260



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