

What the Feingold Association Provides

New Member Package:

- **Getting Started** – a national food list immediately available on line to new members
- **The Feingold Program book** – *indispensable for beginners*
 - Getting Started Section
 - Handbook Section
 - Special Needs Section – introduction to dealing with SAS, Gluten, Casein, Benzoates, Sulfur
 - Recipes & Menu Plan Section
 - Resource Section
 - Information regarding other services and places to get help
 - “Dear Grandma” letter to help explain to relatives and friends what you are doing
 - Appendix
 - Diet Diary Form (to photocopy) – to help pinpoint reaction triggers
 - Shopping List (to photocopy)
- **Foodlist & Shopping Guide** – 150+ page book for your region of U.S. (Canadian book is smaller)
- **Pure Facts Newsletter** – 10 issues a year with *Foodlist* updates and other information
- **Fast Food Guide** – acceptable foods in fast food restaurants
- **Supplements Guide** – to help you find supplements that meet Feingold guidelines
- **Mail Order Guide** – for specialty items and hard-to-find products

Member Services:

- Telephone help-line
- E-Mail help-line
- Monthly e-newsletter and product alerts by e-mail as needed
- On-line support for subscribers to *Pure Facts* – message board, recipes board, chat room, product alerts list, product submission and reaction report forms

Also Available:

- **Book:** *Why Can't My Child Behave? (fourth ed., 2006)* – by Jane Hersey; editor of *Pure Facts*. Based on the experience of thousands of families for several decades, this book provides practical answers. Nearly 400 pages long, it is a valuable companion to the Program materials.
- **Information Packets** for teachers and physicians
- **School Year Calendar**
- **Reprints** of *Pure Facts* articles from previous years
- **Audio CD:** *What are all those funny things in food? . . . and should I eat them?*
- **Book:** *Behavior, Learning & Health* – (this book) commonly called “*The Bluebook*”
- **Book:** *Healthier Food for Busy People: 20 little rules to help you navigate the supermarket* – An entertaining introduction to better nutrition; 38 pages

How to Order Feingold Program Materials:

- **The Program materials** are provided to those who join the Feingold Association. Join on the website feingold.org (also called ADDdiet.com) or call **1-800-321-3287** (in the United States). In Canada, call 1-631-369-9340.
- **People outside the U.S.** may become an associate member (free) through the website.
- **The books and audio CD** are also available on the website or by calling the numbers above.
- **Financial aid** is available when required, subject to available funds. Contact the Membership Office at the number above if you need a reduced membership fee.