

# CO - OLYMPIA MONTHLY

A monthly flyer published by the Olympia Food Co-op

## Help Needed to Include Organics in Washington's WIC Program

**D**ID YOU KNOW that 44% of the infants in the US receive vouchers from WIC, the joint state and federal Women Infants and Children supplemental nutrition program? These vouchers purchase milk, cheese, eggs, juice, vegetables, tuna, peanut butter, and cereal. The WIC program does not allow the purchase of these products if they are labeled ORGANIC. Therefore, many mothers in the WIC program are denied the option of making sure their children's diet is free from chemical residues and genetically modified foods AND none of the federal or state dollars that funnel through this large program go to support organic farmers. Don't you think that low-income mothers should have the choice whether to purchase organic foods for their precious children?

The National Academy of Science, in the report "Pesticides in the Diets of Infants and Children," published in 1993 in response to the Alar scare, made several recommendations. Their conclusions were based on data generated by the FDA, EPA and USDA, and reviewed by hundreds of medical specialists, and this is what they found:

- Since children's systems are physiologically immature, they don't have the immune system filtering ability to defend themselves adequately against these compounds.
- Children eat more food per pound of body weight, which increases the "mg/Kg" of pesticides consumed.
- Children also have less variety in their diets, making each food, such as apple juice, a larger component of the diet. Therefore, children are exposed to higher doses of pesticides than their adult counterparts.

The National Academy of Science specifically recommends that we delay the age of first exposure to carcinogenic and toxic pesticide residues. It is essential for WIC recipients to have the ability to choose organic foods, which are grown without these substances and which are tested regularly—not randomly—for possibly contamination. Since carcinogens are measured by "lifetime load" risk levels, why wouldn't we want our most nutritionally at-risk population to be protected from reaching lifetime load levels early in their lives? (It was estimated that infants consume 35% of the lifetime load of one particular fungicide by their first birthday.) Please support our effort to allow WIC recipients to follow the recommendations of the National Academy of Science through the option of buying organic foods with their vouchers.

On January 25, 2000, Washington Sustainable Food and Farming network formed a task force to compel WIC to go organic. On June 30, 2000, a WIC panel in Olympia will decide whether to include organic food in the Washington WIC food package. To make a case for the inclusion of Organic foods in the WIC program, please contact the following Washington State officials:

*Governor Gary Locke  
Office of the Governor  
PO Box 40002  
Olympia, WA 98504  
(360) 753-4111  
(360) 753-4110 (Fax)  
TTY/TDD (360) 753-6466*

*Secretary of DOH, Mary Selecky  
Washington Department of Health  
P.O. Box 47890  
(360) 236-4030*

**A p r i l 2 0 0 0**



## Co-op Specials...

**RAINFOREST**

**\$2.09**

• Reg. \$2.98

Golden Temple  
**Rainforest Flakes  
and  
Rainforest Muesli**

PACIFIC FOODS

**Low-Fat  
Rice Beverage**

- Plain, Vanilla, or Cocoa
- Full Cases \$13.93
- Reg. \$1.59

*Pacific*

**\$1.29**

**Kashi**

- 30% Off!
- Reg. \$3.33

**Kashi Medley  
and  
Honey Puffed Kashi**

**\$2.39**

SAN-J

**Tamari-Based  
Salad Dressings**

- Several Varieties
- Reg. \$2.75

**\$2.09**





## All Through April!

CRYSTAL GEYSER

**Juice  
Squeeze**

**\$1.29**

- 28 Oz. Bottles
- All Flavors
- Reg. \$1.61

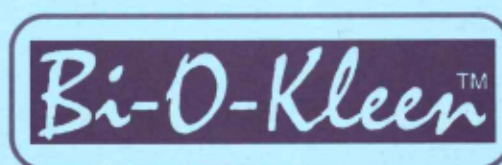


- Original
- Extra
- Premium
- Apple
- Raspberry
- 12 Oz. Bottles
- Reg. \$.94-1.01

**79¢**

REED'S  
**Ginger  
Brew**

B-IO-KLEEN  
**Glass Cleaner  
or  
Spray Cleaner**



**\$3.69**

- Reg. \$4.00-4.59



- NEW PRODUCT!
- Lightly Salted
- Salsa
- Salt & Pepper
- Reg. \$4.00.

**\$2.99**

KETTLE FOODS  
**Krinkle Cut  
Potato Chips**

Special orders for full cases must be placed no later than 4/24.



## New Product Features

Hello Cooperators! It's time once again for that exciting monthly feature **NEW PRODUCTS!**

All of the products listed below are currently available at the Eastside store. Some are available at the Westside. Remember, you can use our Customer Suggestion system to recommend new products at either store.

For folks who need to limit their cholesterol intake but still want to bake, Tofutti now produces **EGG WATCHERS** frozen egg whites. Egg Watchers comes in two 8 ounce milk-style cartons packaged together to provide the equivalent of 8 large eggs. The egg whites are pasteurized & homogenized. Look for them in the freezer.

And while you're browsing the freezer, look for the new, certified organic **VEGGIE CHIK-N PAT-TIES** from Hearty & Natural. Wheat- and gluten-free, these patties are packed 4 to a box. The fact that these burgers are certified organic insures that no genetically modified ingredients are included.

As long as we're cold, try the new **BUBBIE'S KOSHER PICKLES** and **BUBBIE'S HORSERADISH**, located in the dairy cooler.

**HORIZON ORGANIC DAIRY** is now producing shelf-stable milk in aseptic packages. This certified organic milk lasts up to 8 months and requires no refrigeration prior

to opening. Comes in quart boxes. Look for it with shelf stable soy, rice and grain beverages.

The grocery department is always happy to see new organic products, especially when they come from an old favorite like **Annie's Homegrown**. Your favorite macaroni & cheese producer has recently introduced **ORGANIC PASTA & ALFREDO SAUCE**, and it's available at both stores.

From **Natural Value**, the Co-op is now carrying **TROPICAL FRUIT SALAD** and **ORGANIC GRAPE-FRUIT SECTIONS**. The fruit salad consists of pineapple, red & yellow papaya, and guava in pineapple and passion fruit juices. The fruit is firm and the juice has a nice tang to it. The organic grapefruit sections are packed in their own juice.

Also from Natural Value, **TALL KITCHEN BAGS**. I've lost count of the number of customers who requested this product. The bags are made from 10-30% internal recycled material and up to 30% post consumer recycled material.

In the products we never expected to see category, **MOUNT HAGEN ORGANIC INSTANT COFFEE**.

New from **KETTLE FOODS**, **KETTLE KRINKLE CUT KETTLE CHIPS**. Available in three flavors, salt, salt & pepper, and salsa, these extra-crispy chips come in a full 16 oz. bag.

Our body care buyers have introduced two **CLEAR CON-SCIENCE CONTACT LENS SOLUTIONS** for soft contacts. Cruelty free and free of a number of harmful ingredients, the **SA-LINE SOLUTION** is appropriate for heat disinfecting and storage, while the **MULTI-PURPOSE SOLUTION** is for cleaning and disinfecting that does not involve heat.

I saved my favorite new product for last. While I was visiting in Santo Tomás, Chontales, Nicaragua, I got to know several wood carvers who make **beautiful bowls** and **kitchen utensils**. I made arrangements with them to send some for us to sell at the Co-op. These spoons, spatulas, spreaders, scoops and platters are all hand carved from granadillo or nispero wood and finished with vegetable oil. Some are already available at the Eastside store, and more will be arriving as shipping allows. Nicaragua is generally regarded as the poorest country in Central America. Work is hard to find, and often pays way less than a living wage. By purchasing these hand-made products direct from the artists, the Co-op and our members can become part of a sustainable economic venture that provides us with beautiful, usable utensils and provides the artisans of Santo Tomás a market and a reasonable wage. This is what world trade should look like. (Other artisania from Santo Tomás is available at Traditions Fair Trade.)