

Dear [School Board Member],

I hope this email finds you well. I want to express my pride in the work you're doing for [Your School]. I'm reaching out about an issue that deeply affects my family.

[Your dye story if applicable.]

Extensive research, including studies by the Office of Environmental Health Hazard Assessment (OEHHA), a division of the California Environmental Protection Agency, has linked synthetic dyes to adverse neurobehavioral outcomes in children. This conclusion is based on an analysis of 27 clinical trials in humans, as well as laboratory animal studies that provide insight into how food dyes may affect the body. Chronic exposure to these dyes can impair children's ability to learn, succeed in school, and maintain healthy relationships with peers, potentially leading to serious long-term consequences. Moreover, Red 3, is a known carcinogen, while Yellow 5 and Yellow 6 may contain carcinogenic contaminants. Red 3 and Yellow 5 can be genotoxic.

According to the OEHHA report, reactions to synthetic dyes can mimic or exacerbate existing mental health conditions like ADHD. Neurobehavioral effects caused or worsened by these dyes in children include hyperactivity, inattentiveness, restlessness, sleeplessness, irritability, and aggression. With the increasing diagnosis of behavioral disorders among US children, this assessment underscores the importance of protecting children from exposures that may exacerbate behavioral problems.

Given the risks associated with consuming synthetic dyes, I believe it is crucial that we take action to protect children at [Your School]. [Fact sheet: <https://bit.ly/4e4kIZ9>] The fact remains that many children experience adverse neurological reactions to synthetic dyes, often without realizing it. As the OEHHA report highlighted, some of our most vulnerable US populations consume the highest number of products colored with synthetic dyes. I believe it's unfair and unethical to expect parents, children, and individuals to have to police their own food to avoid these chemicals. A logical solution to this problem is to remove synthetic dyes from our children's school foods. Especially since their school breakfasts and lunches don't come with an ingredients label.

I hope you'll consider removing dyed food on behalf of the families of [Your School]. Such a change is both feasible and cost-free and could significantly benefit countless lives, particularly the most vulnerable student's at [Your School].

Thank you for your consideration and for the work you're doing on our behalf.

Warm regards,

[Your Name]

