

Dear [State Representative],

Good morning! I want to express how proud I am of the work you're doing for [Your State]. I'm reaching out about legislation related to an issue that deeply affects my family.

[Your 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 effects in children. 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 have also been identified as 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. Given the risks associated with consuming synthetic dyes, I believe it is crucial that we take action to protect our children. [fact sheet: <https://bit.ly/4e4kIZ9>]

The fact remains that many children experience adverse neurological reactions to synthetic dyes, often without realizing it. Shockingly, thousands of foods are approved for reimbursement under the National School Lunch Program, many of which contain these harmful chemicals. I believe it's unfair and unethical to expect children to have to police their own food to avoid these chemicals. Furthermore, school lunches do not come with a warning label, so children don't know if there are dyes in their fruit cup, muffin, or sauce.

[Your School Experience, if applicable.] We've worked with our school system and teachers, but this has required significant effort from all parties involved. Implementing a statewide ban on synthetic dyes in school food programs, similar to the one proposed in California, would simplify this process and ensure the health and safety of not only our family but all children in [Your State]. [Here's more information on the [proposed ban in California: https://bit.ly/4g4vyQE](https://bit.ly/4g4vyQE)]

I hope you'll consider championing a bill to ban synthetic dyes from school meals on the behalf of the citizens of [Your State]. Such a change is both feasible and cost-free and could significantly benefit thousands of lives, particularly the most vulnerable members of our population.

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

Warm regards,

[Your Name]

