

FALL 2023 NEWSLETTER

FIHRI MISSION

The mission of the non-profit Food Ingredient and Health Research Institute (FIHRI) is to eliminate harmful contaminants in food through research and consumer education.



FIHRI BOARD OF DIRECTORS

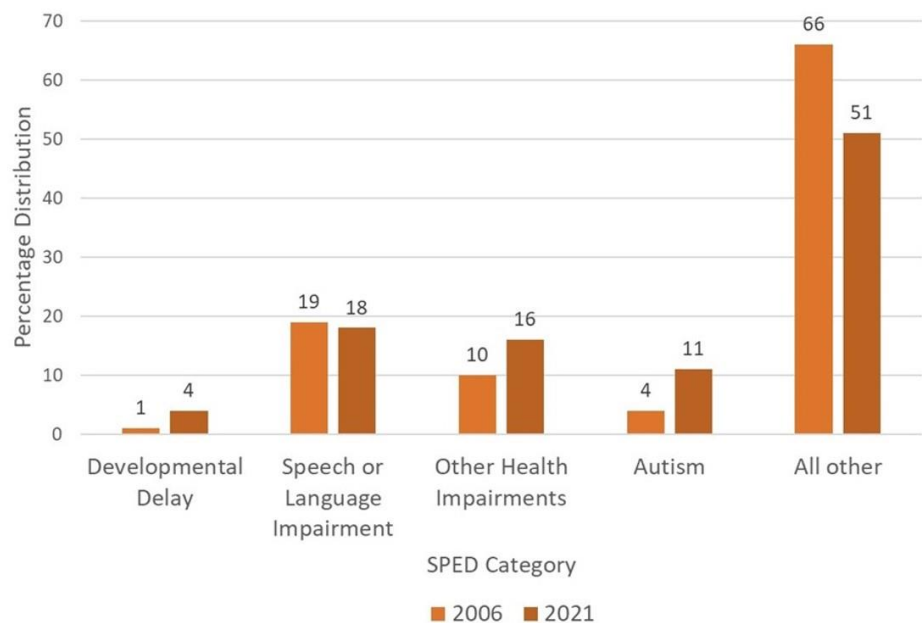
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- Roseanne Schnoll, PhD, NY
- Matt Pamuku, CA
- Jacqui Macy, CA
- Renee Dufault, DHed, HI

A Personal note from the Founding Executive Director's Desk!

This may be the last newsletter as we might be closing down FIHRI in 2024. Why? The truth is that our elderly volunteers are tired of the fight for food ingredient safety. [California recently banned four food ingredients](#), none of which are linked to the increasing prevalence of autism and ADHD. California had set up a scientific committee to study the impacts of food colors on child health and development in 2021. [The scientists found that the food colors yellow #5, yellow #6, and red #40 are not safe for children](#). Despite these findings by scientists working at CA EPA, the state found other less harmful food ingredients to ban. Read the entire report at the following link: [Health Effects Assessment: Potential Neurobehavioral Effects of Synthetic Food Dyes in Children](#).

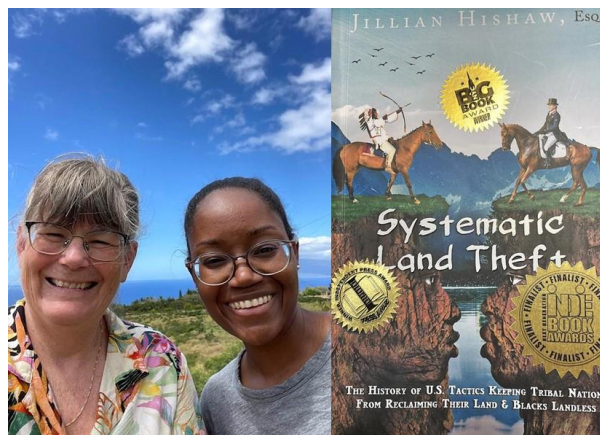
New Publication!

Meanwhile, we published a review article this year (2023) in the *World Journal of Clinical Pediatrics* which reported [the increasing rates of autism, developmental delay, and ADHD among children in American schools](#). We analyzed the U.S. Department of Education's special education data for the years 2006-2021 and found astonishing increases in the caseloads of these debilitating and lifelong learning disorders.



Over the last fifteen years, autism has nearly tripled and developmental delay has quadrupled in the American public schools. ADHD caseloads are increasing also. These increases occurred while student enrollment remained flat. Overall special education cases increased 10.4%. This is really bad news! California failed to make a difference and did not set an example for the rest of the country when it refused to ban THE food ingredients most strongly linked to the development of autism and ADHD.

The good news is we had an extraordinary funder this year. Without her support, we could not have achieved what we did. What did we do? We changed the narrative. We helped people all over the world understand the role food insecurity, unhealthy and poor diet play in changing DNA methylation patterns across generations. We are successfully pushing the narrative of [nutritional epigenetics](#). Using marketing strategies to educate the public is not new but it takes money. Thank you, Jillian Hishaw, Esq., Founder & Director of F.A.R.M.S. for all your instrumental support!



Dr. D meets in person with the author Jillian!

Dr. D met with Jillian in person on April 6, 2023!! What an honor and a pleasure!! Jillian Hishaw, Esq., is the award-winning author of *Systematic Land Theft*. This awesome book is about the history of U.S. tactics keeping tribal nations from reclaiming their lands and Blacks landless.



To spread the nutritional epigenetics message, Dr. D went on a speaking tour. Her first presentation of the year was at the University of Hawai'i Pharmacy College in Hilo on March 17. She then went on to give a series of online presentations at several global conferences focused on nutrition or pediatrics (June 19, August 7, August 28, and Sept. 12).

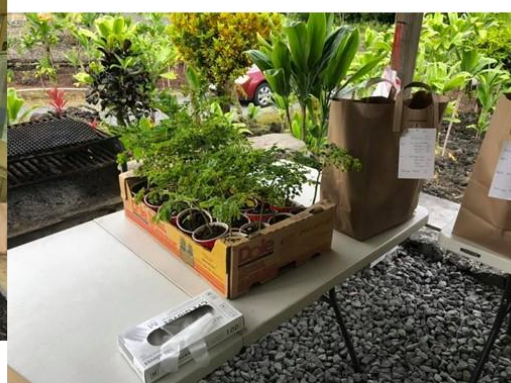
Scenes of Our Educational Efforts!



w/Dr. Sun at UH Pharmacy College



Men of Pa'a -> Healthy Diet workshop.



Ai' Pono Plant and Food Distribution Project
w/VFFF

To support FIHRI's education and research efforts,
please donate today!
[Click here to donate!](#)



FOOD INGREDIENT AND HEALTH RESEARCH INSTITUTE
ANNUAL FINANCIAL STATEMENT – TWO YEARS
October 1, 2022 – September 30, 2023

ASSETS	<u>2022</u>	<u>2023</u>
	None	None
LIABILITIES	None	None
TOTAL ASSETS AND LIABILITIES	\$0.00	\$0.00
REVENUES		
Donations (\$6,000 from F.A.R.M.S. in 2023)	\$2,098.39	\$6,468.8
Grants	\$12,226.81	\$0.00
EXPENSES		
Office supplies (Office Max, US Post Office)	\$517.37	\$1,109.41
Website/Technology (Network Solutions, Zoom, Adobe, McAfee)	\$514.83	\$742.59
Research Related (Nature, Springer article fees, Abstract submission fee)	\$1,650.00	\$200.33
Marketing (Press release fees, FB ads, Submit for Wikipedia page)	\$0.00	\$3,038.16
Fiscal Sponsorship Payments (VFFF)/HCF grant residuals)	\$12,612.00	\$1,000.00
Association Membership Fees (ASN, APHA, Academia)	\$0.00	\$409.00
Travel for Dr. D (one conference, one meeting)	\$0.00	\$2,501.66
NET REVENUES END OF YEAR	\$2,546.21	\$13.47

All checking account statements and receipts are available for auditing purposes. This financial statement was prepared by the Executive Director who attests and certifies its accuracy.


Dr. Renee J. Dufault
Executive Director
Food Ingredient and Health Research Institute

October 10, 2023
Date

