

Food Allergy Support Group of Monmouth County Fall 2004 Newsletter

New Leadership Committee

As many of you may already know, after five years, Ginny Smith has stepped down as facilitator of the Food Allergy Support Group of Monmouth County. Ginny helped found the group in 2000 and has been an incredible leader, for a time handling the group by herself and most recently with Lisa Cronin as co-facilitator. She will remain as a member of the group and she is helping to plan the Halloween party. Ginny has given so much to the group that it has been impossible to find just one person to take her place. Several people have volunteered to help fill the void she has left:

Treasurers: **Lisa Cronin** and **Kim Wester**
Workshop Scheduling: **Lisa Cronin** and **Kim Wester**
Newsletter: **Ann Houdalis** and **Ellen Montemarano**
Secretary/Telephone Support: **Angie Frankovic**

Thank you to everyone who has volunteered and thank you to Ginny for the years of hard work and dedication. You will be missed as the leader of the group.

E-Mail List

The support group has a new email list on YahooGroups. This list is for the support of members as well as to communicate information about upcoming meetings and events

Send an email to
FASGMC@yahoogroups.com
to join.

Contact Ellen Montemarano at
elle68@comcast.net or 732-264-6694 if you
have any questions or problems.

Upcoming Workshops and Events:

SEPTEMBER

****Wednesday September 7, 2005**

Speaker: **Dr Tina Zecca**, Asthma, Sinus & Allergy Center

Business: We will discuss the planning of the Halloween party and The Food Allergy & Anaphylaxis Network Walk

OCTOBER

Sunday, October 2, 2005

The FAAN Walk

<http://foodallergy.org/Support/Walk/walk.html>

Registration: 12:00 p.m.; Walk: 1:00 p.m.

Ridgewood, NJ

Distance: Approximately 3 miles

Contact Angie Frankovic [afrankovic@comcast.net] for more information.

****Wednesday, October 5, 2005**

Workshop: Details TBD

Sunday, October 30, 2005

Halloween Party

A safe, food-free, fun & friendly event for our kids!
Invitations and details will be mailed at a later date.

NOVEMBER

****Wednesday, November 2, 2005**

Workshop: Details TBD

DECEMBER

Holiday Dinner; Details in next newsletter

** Wednesday Workshops

begin at 7:30 p.m. at:

Asthma, Sinus & Allergy Center

1 Branch Ave., Red Bank

(732) 741-8222

Tina Zecca, DO, Medical Advisor

For information, please contact:

Lisa Cronin

(732) 739-6845

csama1998@msn.com

Kim Wester

(732) 441-1516

theabwesters@yahoo.com

What is FALCPA?

The Food Allergen Labeling and Consumer Protection Act (Passed by Congress 7/21/04)

FALCPA requires that on food manufactured on or after January 1, 2006, the presence of a major food allergen be declared in its ingredient list or via:

- the word "Contains" followed by the name of the major food allergen (milk, wheat, or eggs for example); or
- a parenthetical statement in the list of ingredients e.g., "albumin (egg)"

Major food allergens contained in spices, flavorings, additives, and colorings must be declared.

FALCPA defines "major food allergen" as:

- Milk
- Egg
- Fish
- Crustacean shellfish
- Tree nuts
- Wheat
- Peanuts
- Soybeans

In the case of fish, Crustacean shellfish, or a tree nut, the specific type of fish (e.g., bass, flounder, cod), Crustacean shellfish (e.g., crab, lobster, shrimp), or tree nut (e.g., almond, pecan, walnut) will be used.

FALCPA does not require "may contain" or manufactured in a plant that also processes . . ." labeling. Companies that do so are doing this voluntarily.

However, FALCPA will call on the Secretary of Health and Human Services to submit a report to Congress on:

- cross-contact during food manufacturing and processing, and ways to avoid it;
- the use of advisory labeling ("may contain") by the food industry;
- consumer opinion on advisory labeling; and how the industry is doing with respect to cross-contact and labeling.

FALCPA will also require the Secretary of Health and Human Services to:

- conduct inspections of facilities where food is manufactured, processed, packed, or held;
- consult with experts on "gluten-free" labels;
- collect and publish data on the prevalence, incidence, and treatment of food allergy;
- convene an expert panel to review current research on food allergy;
- consider creating guidelines for preparing allergen-free foods in restaurants, grocery store delis and bakeries, and school cafeterias; and
 - assist state and local emergency medical services in the treatment of allergic reactions.

When 2006 approaches, keep in mind that, especially in pre-packaged goods, the food may have been manufactured prior to January 2006 and may not have FALCPA labeling

Information taken from [The Food Allergy & Anaphylaxis Network \(FAAN.\)](http://www.foodallergy.org/Advocacy/labeling.html)
<http://foodallergy.org/Advocacy/labeling.html>

Back to School Information

FAAN has information about managing allergies in school at <http://www.foodallergy.org/school.html>