

# Anniversary Report



CENTER FOR  
Science in the  
Public Interest  
*America's Food and Health Watchdog*

CELEBRATING  
50 YEARS

Taking Stock.  
Promoting Health.



## From Fifty to the Future

Dear Reader,

Nixon was in the White House. For the third time, Americans had landed on the moon and returned to the Earth. More than 300,000 American troops were deployed to Vietnam, while at home, the Rolling Stones released the landmark album Sticky Fingers and the 26th amendment was ratified, giving 18-year-olds the right to vote.

In short, there was a lot going on in 1971. That was also the year three young scientists, a microbiologist, an oceanographer, and a Jesuit chemist, operating out of low-budget, borrowed space in Washington, DC, inked the founding documents of the Center for Science in the Public Interest. Shortly thereafter, CSPI won a ban on sulfite preservatives (a sometimes-lethal allergen) in most fresh foods and a health warning label on alcoholic beverages.

Fast forward fifty years and CSPI is firmly established as America's food and health watchdog. This milestone comes at a twinned moment of transition as the Trump administration recedes and the Biden administration emerges and the COVID-19 pandemic begins to fade as better tests, treatments, vaccines, and public health measures are developed. (Here it seems appropriate to acknowledge, as of this December 2020 writing, our gratitude to Dr. David Kessler, CSPI's former Chairman of the Board, for his service to the country as the vaccine lead for the Biden Administration.)

But while CSPI values and honors its past, we look forward with a resolute gaze to the challenges ahead.

We envision a healthy population with reduced impact and burden of preventable diseases and an equitable food system that makes healthy, sustainable food accessible to all. This report, which is likely in your hands because you share CSPI's commitment to independence, scientific rigor, and transparency, shows the path forward to a healthier America.

On behalf of the staff and board of CSPI, and on behalf of those whose lives we touch with our work, I thank you for your support as we begin the next fifty years together.

Sincerely,

A handwritten signature in blue ink that reads "Peter Lurie".

Dr. Peter G. Lurie  
President





# 2021-2022 Campaigns

## Center for Science in the Public Interest



## Preserving Good Nutrition in the National School Meals Program

The nutritional quality of school meals is at risk, just when low-income children affected by the Covid-19 pandemic need that food the most. For many kids, those meals are it is all they will eat that day.

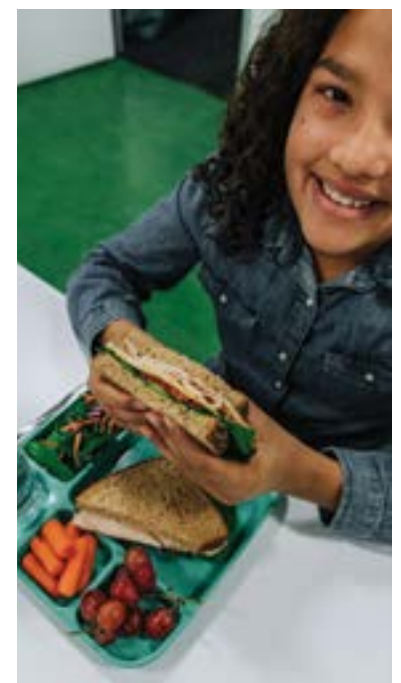
The threat comes from the U.S. Department of Agriculture. To help ease the operational and procurement challenges caused by the pandemic, the agency has issued blanket waivers of school food nutrition standards. The USDA is also trying to weaken those standards permanently through its rule making process.

The nutritional quality of school meals cannot be sacrificed, and CSPI is mobilizing a coordinated response to the assault.

We are developing resources to help schools meet their procurement challenges so that meals remain nutritious. We are funding state and local campaigns to protect and strengthen nutrition standards in schools. And we are working to ensure that science-based national standards for sodium and added sugars are not just maintained but are strengthened.

Given the immense strain on school food service programs and the increased need, CSPI is also supporting free school meals for *all* children, free of stigma and shame, now and for years to come. We are seeking additional funding support for these critical opportunities to improve the lives of millions of children.

Roughly 98% of school districts now meet the improved USDA nutrition standards for healthier school meals—standards CSPI successfully defended in court in 2020. Those standards include more fruits, vegetables, and whole grains and less unhealthy saturated fat and salt. That is a huge improvement for the 30 million children who participate in the National School Lunch Program every day, three-quarters of whom come from low-income families.





As a result of CSPI's successful national campaign, culminating in May 2018, nearly 300,000 chain restaurants, supermarkets, convenience stores, and movie theaters are posting calories on their menus and prepared foods. Virtually all vending machines also must now disclose calories.

## Guaranteeing Greater Access to Nutritious Foods

*Food insecurity is the most common hardship among the millions who lost or are losing their jobs due to the Covid-19 crisis. Food insecurity forces people to make trade offs between spending on food, rent, utilities, medication, and other necessities. Insufficient food budgets can make families over-reliant on inexpensive, unhealthy foods. Strengthening access to the federal Supplemental Nutrition Assistance Program (SNAP) and increasing benefits helps families stay healthy.*

*There is compelling evidence that SNAP alleviates food insecurity. But it is not clear whether the program improves participants' diets. It is worth testing emerging strategies that attempt to do that. CSPI is coordinating with anti-hunger, public health, and health equity advocates nationwide to improve SNAP and food access during these tough times and beyond.*



U.S. Department of Agriculture Food and Nutrition Service "Meals to You" program volunteers assemble food boxes for children in rural Texas, Puerto Rico, and Alaska.

## Strengthening SNAP

We are seeking resources to invest in community-led stakeholder engagements that build consensus and support for strengthening healthy eating through SNAP without increasing stigma or reducing participation. Those efforts would lay the groundwork

for state and local research pilots and, eventually, policies. Local and regional support for healthy SNAP pilots, combined with the data from those pilots, could lead to federal policies that improve SNAP nationwide.

# Securing Access to Affordable Healthy Online Shopping

We are pressing for greater access to affordable online grocery shopping that promotes healthy options. Ideally, SNAP and other food program participants in all states would be able to shop online in more stores, pay no delivery fees, and not be targeted by junk-food marketers. Shoppers would instead see more promotions for healthy foods and beverages.

Those changes would help vulnerable elderly or sick SNAP participants who are quarantining to stay safe from the Covid-19 virus. It would also be a lifeline for people living with a disability, caregivers of small children, those who don't have access to transportation, and people who live in rural communities or areas in which access to healthy food is limited.



## Encouraging Local Retail Policies

Improving the food environment at supermarkets supports healthy eating for everyone. CSPI's groundbreaking investigative report, *Rigged: Supermarket Shelves for Sale*, reveals how Big Food undermines our health. It exposes how manufacturers use backroom deals to get their foods placed in prime locations in the supermarket.

CSPI, Healthy Eating Research, the Johns Hopkins Bloomberg School of Public Health, and The Food Trust released a report outlining a new national research agenda on retail strategies to support healthy eating.

Based on that research, CSPI is encouraging supermarkets and

other stores to support healthier purchases and reduce promotions of unhealthy foods. We are meeting regularly with public health officials and community leaders to urge them to adopt policies for their communities. And our strategy is working.

Berkeley became the first city in the nation to pass a healthy-retail bill. A half dozen other campaigns are underway. To accelerate change, we are developing a scorecard to evaluate in-store promotions of sugary beverages and other unhealthy foods. We'll use it to compare practices in stores in lower-income neighborhoods with those in higher-income areas.



## Fostering Healthy Innovations for Food Banks

Millions of people are relying on food donations during the pandemic. CSPI is developing recommendations for state and federal policies that will, over time, improve the nutritional quality of foods and beverages donated and distributed through food banks. We have completed an analysis

of policies that lead to healthier donated foods, and we are now seeking funding to hire a full-time staff member, to underwrite state and local policy campaigns, and to explore ways to shorten lines at food banks (including developing pilots of universal basic income programs through food banks).







CSPI led the push for the Nutrition Facts label that now appears on billions of food packages and pushed for an official definition for the term “organic” to include on the label.

More recently, CSPI promoted and won the line for “Added Sugars” on Nutrition Facts labels, along with a percent Daily Value. That addition is expected to prevent 350,000 cardiovascular disease cases and 600,000 diabetes cases and save \$31 billion in healthcare costs over the next 20 years.

## Preserving Independent Science-Based Dietary Policy and Advice

Every five years, CSPI testifies before, submits extensive comments to, and monitors the progress of the committee that recommends updates to the *Dietary Guidelines for Americans*. The DGA forms the backbone of federal nutrition policies and consumer advice. That’s why it is critical that CSPI continue to lead the battle to defend the updates from undue food-industry influence.

This year, we collaborated with partner organizations to develop and promote the *Guidelines’* first science-based dietary recommendations for pregnant women, infants, and young children. And we are working hard to see that the new *Guidelines*

uphold longstanding advice to limit saturated fat intake, and that they recommend a stricter limit for added sugars than the current DGA.

We are seeking funding to defend those recommendations and counterbalance special-interest lobbying as the Departments of Agriculture and Health and Human Services finalize the updates to the DGA. *Strong Dietary Guidelines for Americans*, are a critical tool for CSPI’s campaigns to improve the foods served in schools, restaurants, universities, correctional facilities, and most everywhere else.



# Reducing Risks to Maternal and Child Health in Policymaking

We want to better protect pregnant women and children from hazardous chemicals in food. And, if we have the resources, we want to see increased folate fortification of corn masa flour.

Hispanic Americans have lower folate intakes than non-Hispanic white and Black Americans. That might explain why they also have higher rates of neural tube birth defects. Fortifying corn masa flour—a key ingredient in corn tortillas and tamales—with folate could lower rates of spina bifida and other neural tube birth defects.

In 2016, the FDA began letting manufacturers voluntarily add folate to corn masa products.

That followed pressure from a coalition including non-governmental organizations as well as Gruma (the major producer of corn masa products sold in the U.S.) and Walmart. But Gruma and Walmart never followed through, and very few corn masa products on store shelves today are fortified with folate.

With additional funding, CSPI would be able to hold companies accountable for their past promises. We would work with groups serving the Latino community and with maternal and child health advocates to mobilize consumers to demand that corn masa products be fortified with folate.

## Developing Clearer Mercury Advice for Pregnant Women

CSPI is calling on the FDA to revise its outdated advisory and action levels for mercury to reflect current science. We are also asking the agency to develop materials for cultural groups that consume high levels of higher-mercury fish, and to require stores and online merchants to display that information.

We designed a novel chart that balances the risks (from mercury) and the benefits (from omega-3s) in different kinds of seafood. (The FDA's chart only tracks risks.)

We want to promote this new, clearer, and more informative data widely through a funded communications plan directed at prospective and current parents on social and earned media.







Since CSPI published its groundbreaking “Liquid Candy” report in 1998, there was a 30% reduction in per capita consumption of carbonated sugary drinks. But consumption remains dangerously high, fueling diabetes and obesity.

## Building Community Support for a DC Sugary-Beverage Tax

Public health advocates, business leaders, and policymakers in Washington, DC, are supporting a sugary-drink tax as a way to improve health, raise needed funds, and reduce medical costs associated with diabetes, heart disease, and other chronic illnesses. Soda taxes are now on the books in seven jurisdictions nationwide, and rigorous evaluations show that they are successful in raising revenue while lowering consumption of sugary drinks.

CSPI worked closely with a coalition of community partners to introduce a sugary-drink tax bill in early 2020. (We are using as a model the successful campaign for a healthy-retail bill in Berkeley, California.) The tax would likely raise more than \$20 million annually for the District. We will build equity into the design of the tax, to ensure that the revenues are invested back into community priorities. The communities that are disproportionately burdened by illnesses related to sugary-drink consumption support the bill.





# Seeking Equitable Access to Healthy Food through State & Local Guidelines



How to ensure more equitable access to healthy food? Revamp food service guidelines for public facilities and programs. With CSPI's support, large institutions and state and local governments are increasingly adopting healthy guidelines for the foods and beverages they purchase, serve, or sell. That includes government buildings, correctional facilities, parks, recreational facilities, hospitals, universities, and senior centers.

The guidelines harness the purchasing power of governments and shift dollars that public

institutions are already spending to healthier options. Transforming community food environments in this way can be politically non-controversial, economical, and instrumental in reducing long-term community health costs.

We need to encourage more national, state, and local organizations and government agencies to develop and implement healthy food service guidelines. With additional funding, we could develop and provide materials, technical assistance, strategic advice, testimony, and grassroots support.

More than 100 localities and states have adopted food and nutrition guidelines to create healthier public spaces. Those policies harness the purchasing power of public and large institutions to transform community food systems, shifting dollars that public institutions are already spending to ensure more equitable access to healthy food.



*CSPI tracks policy wins nationwide for healthier food on state and local property.*



CSPI's investigation and request for enforcement action prompted federal agencies to warn the marketers and distributors of 12 dietary supplements marketed as opioid withdrawal aids that they can no longer market these products with drug treatment claims—a big step toward getting these harmful products off the market.



During the pandemic, CSPI's advocacy prompted agency action against supplement companies making unscrupulous, misleading anti-viral claims by supplement companies. We also exposed deceptively marketed supplements that claim to help people quit smoking or improve women's fertility.

## Using Litigation in the Service of Transparency and Public Health

CSPI's legal team pioneered the use of private litigation to correct unfair and deceptive marketing practices and to fill the void between federal regulations and enforcement. In groundbreaking legal action, CSPI spurred Kellogg to adopt the first enforceable nutrition standards for marketing cereals and other foods to children. And CSPI's threat of litigation led the soda industry to pull full-calorie sodas from schools nationwide.

CSPI's lawyers are currently in court representing consumers who allege that Costco's ginkgo biloba supplement doesn't provide the brain health benefits that it claims to. CSPI's attorneys joined the plaintiff's legal team after a lower court dismissed the lawsuit, concluding that manufacturers can make claims on their dietary supplements so long as they have some scientific support—no



*Consumers deserve good lawyers to fight Big Food and put their interests front and center.*

matter how suspect or heavily outweighed by contrary evidence. We hope to help reverse that decision and uphold consumers' right to truthful supplement labeling.

CSPI's litigation department has also been working hard to stop supplement scammers who are seeking to exploit

public fear over Covid-19. We worked on several letters urging the FDA and the FTC to crack down on supplements that make deceptive Covid claims.

We use litigation—or the threat of litigation—to ensure that consumers

aren't tricked into buying foods or supplements that are harmful, that claim to provide benefits that they don't, or that claim to be healthier than they actually are. We are seeking funding for future cases against other major purveyors of harmful, unhealthful, or misleading foods and dietary supplements.

## Fixing the Serious Problems with Dietary Supplements

The Dietary Supplement Health and Education Act of 1994 largely deregulated the dietary supplement industry. That has resulted in a Wild West for consumers and a burgeoning sector that racks up more than \$40 billion in annual sales.

Today, supplements make a wide range of unproven claims, and hundreds of products—notably, those sold for weight loss, sexual performance, or muscle building—are tainted with prescription drugs.

The industry recently lost a few of its most ardent supporters in Congress, and its more established segments are showing an interest in basic reforms and improved oversight to level the playing field and deal with the shady practices of fly-by-night players.

CSPI is seeking support as we urge the FDA to take more aggressive enforcement action against unscrupulous supplement manufacturers.



# Responding to COVID-19 with Transparency and Scientific Rigor

CSPI has emerged as a voice for transparency and scientific rigor when it comes to the tests, treatments, vaccines, and public health interventions needed to end the COVID-19 pandemic. CSPI has worked to slow the spread of disease, advocated for safety protections for essential workers, and championed increases to SNAP, school meals, and other aid programs to provide economic relief to Americans and help accelerate the recovery.

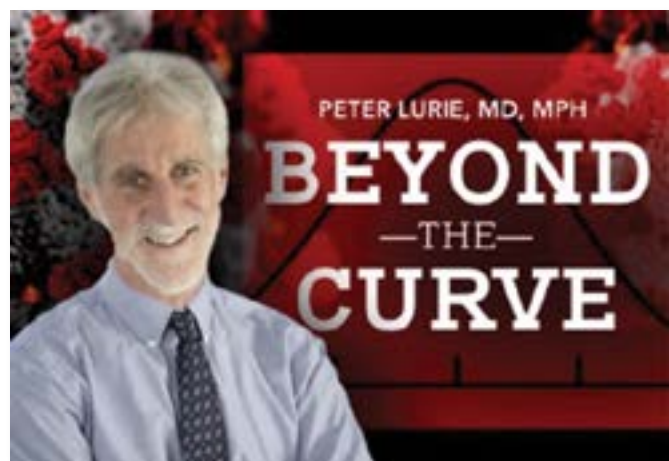
As a physician with a background in drug and medical device approval at FDA, Dr. Peter Lurie has become an indispensable resource for journalists, congressional staff, and others on scientific questions related to the coronavirus. Early in the pandemic, CSPI created the COVID-19 Evidence Hub to identify the best online clearinghouses for studies and study results related to tests, treatments, and vaccines. Lurie testified before a Senate committee about the folly of drugs such as hydroxychloroquine. And CSPI has successfully pushed for federal enforcement action against those who would profit from the pandemic by peddling fake cures, often as dietary supplements. One target: Reverend Jim Bakker whose show advocated the use of colloidal silver against the coronavirus.

CSPI marshalled support from more than 4,000 public health experts to support Dr. Anthony

Fauci when he was under attack from the Trump White House, and mobilized the nation's leading virologists, epidemiologists, and vaccinologists to urge the FDA to thoroughly review vaccines for safety and efficacy. Lurie was variously asked by outlets such as the Washington Post, the New York Times, Associated Press, CBS, CNN, NBC, ABC, NPR, Axios, Politico and elsewhere to comment on the accuracy of COVID-19 testing, the Regeneron antibody cocktail, hydroxychloroquine, famotidine, oleandrin, the right-to-try law, and other controversial topics associated with the disease. Lurie published op-eds on several of these topics in the Washington Post, The Hill, and Barron's.

Throughout 2021, CSPI will act to counter vaccine hesitancy by studying how misinformation spreads and educating the public, especially about vaccine safety. To kick off those efforts, CSPI interviewed Dr. Fauci on vaccine hesitancy in our *NutritionAction Healthletter*.

CSPI is seeking funding to push for transparency and scientific rigor in the medical system, as the country faces its current challenges, emerging health problems, and future epidemics. A generous donor has provided a lead gift for this new initiative, and we are seeking additional support.



Sign up for CSPI's COVID-19  
blog at [cspinet.org](https://cspinet.org)



Three states and more than a dozen localities have passed policies that make kids' meals healthier. And 26 top restaurant chains have agreed to take soda and other sugary drinks—the number-one source of added sugars in Americans' diets—off their kids' menus. Over the past 10 years, the percentage of top restaurants with sugary drinks on their children's menus has dropped from 93% to 61%.

As a result of CSPI's successful national campaign, culminating in May 2018, nearly 300,000 chain restaurants, supermarkets, convenience stores, and movie theaters are posting calories on their menus and prepared foods. Virtually all vending machines also must now disclose calories.

## Getting Soda Off—and Vegetables On—Kids' Menus

Half of every food dollar is spent outside the home. That gives restaurants tremendous influence over what we eat. And they have decided that children's food is pizza, chicken nuggets, fries, and sugary drinks. According to a national poll by the American Heart Association, more than 80% of adults think that it is important for restaurants to offer fewer unhealthy foods on their children's menus.

CSPI is spearheading a movement to take soda and other sugary drinks off kids' menus and improve their food offerings. More than a dozen jurisdictions have enacted policies that do just that. California, Delaware, and Hawaii have passed statewide policies. Setting the high-water mark for future policies, we helped pass the most comprehensive kids'-menu bill this

year in Maryland. It requires that at least one meal on the menu meet expert nutrition standards.

We also convinced two dozen major restaurant chains, including McDonald's, Burger King, Wendy's, Dairy Queen, Olive Garden, Chipotle, and Red Lobster, to voluntarily drop sugary beverages from their children's menus. Unfortunately, two-thirds of the top chains still push sugary drinks to kids.

We are seeking additional funding to get more companies to agree to remove sugary drinks from their kids' menus. We also need resources to push for more state and local policies, including measures that would require the entire kids' menu to adhere to expert nutrition standards.





# Confronting Targeted Marketing to Communities of Color

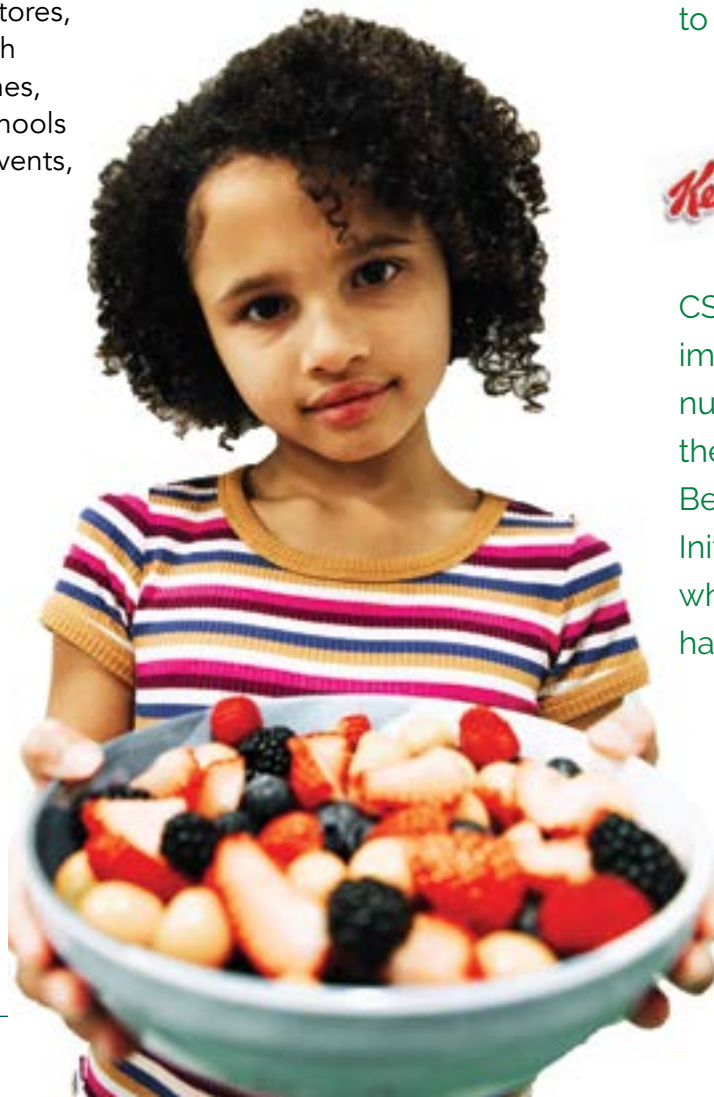
Most food that's marketed to children is of poor nutritional value. Ultimately, that "puts kids' long-term health at risk," according to the *National Academies of Medicine*.



Children are bombarded with ads, celebrity endorsements, and other pitches for foods and drinks on TV, radio, the internet, social media, and mobile apps. In stores, the marketing is done through product packages, toys, clothes, and other merchandise. In schools and neighborhoods, it's via events, sponsorships, and contests.

Low-income children and children of color are exposed to more unhealthy food marketing than their higher-income, white peers. Not only are they exposed to more media; food and beverage companies disproportionately target Black and Hispanic kids with advertising for many of their least nutritious products. That contributes to serious health disparities.

CSPI is seeking funding to host a roundtable where stakeholders discuss targeted marketing to communities of color. Our goal is to develop a strategy that promotes marketing that is equitable and reasonable.



CSPI has gotten more than two dozen top companies to cut back on junk food advertising, including Disney.

Junk food marketing on the top kids channel, Nickelodeon, has declined by 26% and—following the threat of litigation—Kellogg agreed to stop advertising its unhealthiest foods to kids.



CSPI has also won improvements to the nutrition standards of the Children's Food and Beverage Advertising Initiative (CFBAI), which 19 companies have adopted.



CSPI led efforts to urge large food manufacturers and restaurants to cut the salt, and many have reduced sodium by 10% to 25%. Slashing sodium levels in the American diet by half would save as many as 100,000 lives a year due to lower rates of heart disease and stroke. In 2016, after CSPI sued the FDA for failing to respond to our 2005 petition, the agency proposed draft voluntary guidelines for industry-wide sodium reductions. We are working hard to secure final FDA guidelines.



## Working to Decrease Foodborne Illness

Foodborne illnesses cause an estimated 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths every year in the United States. Government, industry, and consumers have a shared responsibility to work toward systemic improvements that will bring those numbers down. That includes putting in place—from farm to fork—effective mechanisms to prevent pathogens and contaminants from making their way into food. It also means implementing systems to identify, investigate, and solve food-related outbreaks. And it means rushing information to consumers so they can protect themselves during outbreaks and recalls.

Outbreaks in leafy greens, other produce, and meat products have highlighted the need for government and industry to investigate outbreaks more swiftly and effectively and to not keep consumers in the dark. Illnesses from harmful bacteria like Salmonella have remained at the same high levels for decades. It's time for bold changes to food production practices and regulations. That is especially true for poultry, which is a leading cause of illness.

CSPI has been one of the nation's leading food safety advocates, fighting to shape federal, state, and local policies to protect consumers. We help people make their voices heard in the halls of government. And we give them the unvarnished truth about food safety risks. Our ultimate vision is a safer system that fosters consumer trust and confidence in the food supply.

**CSPI is building a network of scientists, academics, public health officials, and industry contacts to create these needed changes. Our goals include:**

- Enabling faster resolution of foodborne illness outbreaks.
- Putting in place systems to notify consumers about recalls of food they have purchased faster and more effectively.
- Increasing produce safety by strengthening existing rules and supporting research to drive science-based solutions.
- Reducing exposure to the leading causes of foodborne illness by revamping regulations and industry practices to target the most dangerous types of Salmonella in poultry, and by better enforcing slaughterhouse standards and improving testing for pork and beef.
- Ensuring that government food safety and related public health programs are fully funded.



# Preserving the Effectiveness of Medically Important Antibiotics

Antibiotic resistance is widely regarded as one of the top public health challenges society will face in the coming years. And with good reason. If current trends continue, eventually there will be fewer and fewer medicines left to effectively treat even simple bacterial infections.

More antibiotics are sold for use in farm animals than are prescribed to humans. That accelerates the development of antibiotic resistance, and it has serious implications for both human and animal health. Under current policies and practices, these precious drugs are used not only to treat sick animals but also to compensate for the unsanitary, crowded, or stressful conditions under which pigs, chickens, and cattle are often raised.

The coronavirus pandemic provides the perfect example of why we must act now to reduce the development of antimicrobial resistance. Antibiotics remain one of the few effective tools to treat deadly complications of secondary infections in some Covid-19 patients.

CSPI is fighting for better monitoring and control of antibiotics. We are urging farming communities, veterinarians, and industry leaders to embrace voluntary reductions in the use of unnecessary antibiotics. And we want professional veterinary oversight over all medically important antibiotics, as well as better guidance for how they should be used responsibly. We also are asking the new administration to appoint a director to coordinate a national antibiotic resistance action plan that will enable the FDA, USDA, and CDC to make dramatic progress on combating antibiotic resistance.





After a 20-year campaign, the FDA finally banned artificial trans fat from the food supply in 2018. Trans fat was responsible for tens of thousands of fatal heart attacks every year.

Seven carcinogenic artificial flavors are no longer allowed in food, as of 2018 thanks to CSPI.

And food additives are used more safely because of CSPI's work. That includes limits on the use of Violet dye #1, sodium nitrate and nitrite, and sulfites (which had been killing people suffering from asthma).

What's more, companies have started replacing synthetic food dyes, which impair some children's behavior, with natural colorings.

## Developing Modern Regulation for Modern Technology

CSPI encourages sensible government policies and corporate practices in the development of genetically engineered plants and animals that are released into the environment or that end up in our foods.

We act as a watchdog, educate key stakeholders, and make the case for mandatory pre-market approval. We seek solutions that mitigate risk and maximize the benefits of new technologies. We also lend technical assistance to policymakers around the world, to advance regulatory frameworks that guarantee the safety of both consumers and the environment.

Finally, we are working with other consumer and environmental organizations to advance understanding of genome editing applications for food, agriculture, and the environment—and pushing government and industry for oversight that is transparent, participatory, and ensures safety. We commissioned white papers on genome editing risks, applications of genome editing for climate adaptation, and equity considerations for gene editing in agriculture and the environment.

## Eliminating Dangerous Food Additives and Improving the Science

Our *Chemical Cuisine* ratings database is one of the most sought-after resources for consumers who want to know what has been put in their food to increase its shelf life, to color it, to replace its fat or sugar, or to heighten its flavors, among other purposes.

After leading successful campaigns to remove trans fat and some of the most harmful artificial flavorings, preservatives, and artificial sweeteners, we are currently focused on understanding how chemicals in foods known as “obesogens” may affect the development of obesity.

And we are working to eliminate food dyes that have been associated with behavioral problems in children or are carcinogenic. Red 3, for example,

was banned from cosmetics in 1990 after it was directly linked to cancer in animals. It should also be banned from food. An ongoing risk assessment by the California Office of Environmental Health Hazard Assessment is poised to validate our take on the science on dyes, which we believe clearly demonstrates a behavioral risk to children.

We are also seeking to fundamentally reform and modernize the science used by the FDA in evaluating the safety of chemicals in food.

We are seeking funding to pursue these important campaigns, and for our efforts to communicate the safety and risks of chemicals to the public.

## Demanding Transparency on Allergens

This year, CSPI's longstanding campaign to have sesame declared as an allergen in foods culminated in a major victory with passage of the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act. More than a million Americans live with a sesame allergy, but until now sesame was not required to be declared on food labels, and could be concealed as a "spice" or "natural flavor." Under the FASTER Act, food companies will have to declare sesame as an allergen starting January 1, 2023.

CSPI was the first group to call for sesame to be labeled as an allergen in foods. Our advocacy continues as we build on progress with sesame by urging the FDA to ensure that the list of priority allergens is updated regularly based on emerging scientific evidence.



CSPI's petition to the FDA for allergen labeling helped inspire the Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004, which requires clear labeling of the eight leading allergens—peanuts, tree nuts, milk, eggs, fish, shellfish, soybeans, and wheat.

## Controlling Contaminated Poppy Seeds

Unwashed poppy seeds contain high levels of morphine, codeine, thebaine, and other opiate alkaloids. The unwashed seeds, which have long been overlooked as a component of the opioid epidemic, have been associated with at least a dozen deaths reported in the United States since 2010. The seeds are available for sale online, including on Amazon and Ebay.

CSPI is calling on the FDA and Congress to drastically reduce the level of opioids in poppy seeds sold here. And we want to make sure that the FDA conducts enhanced testing and inspection of poppy seed products and poppy seed importers and distributors.





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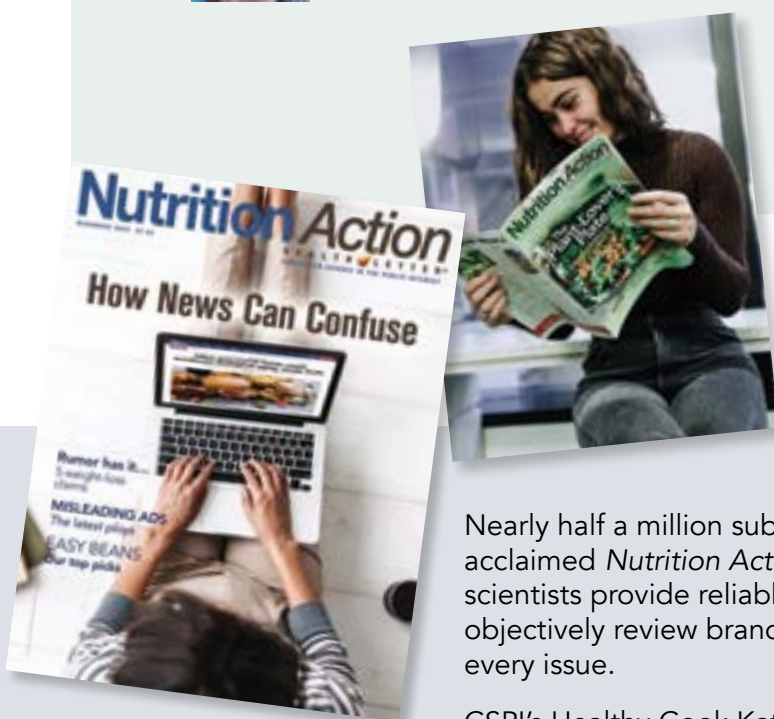
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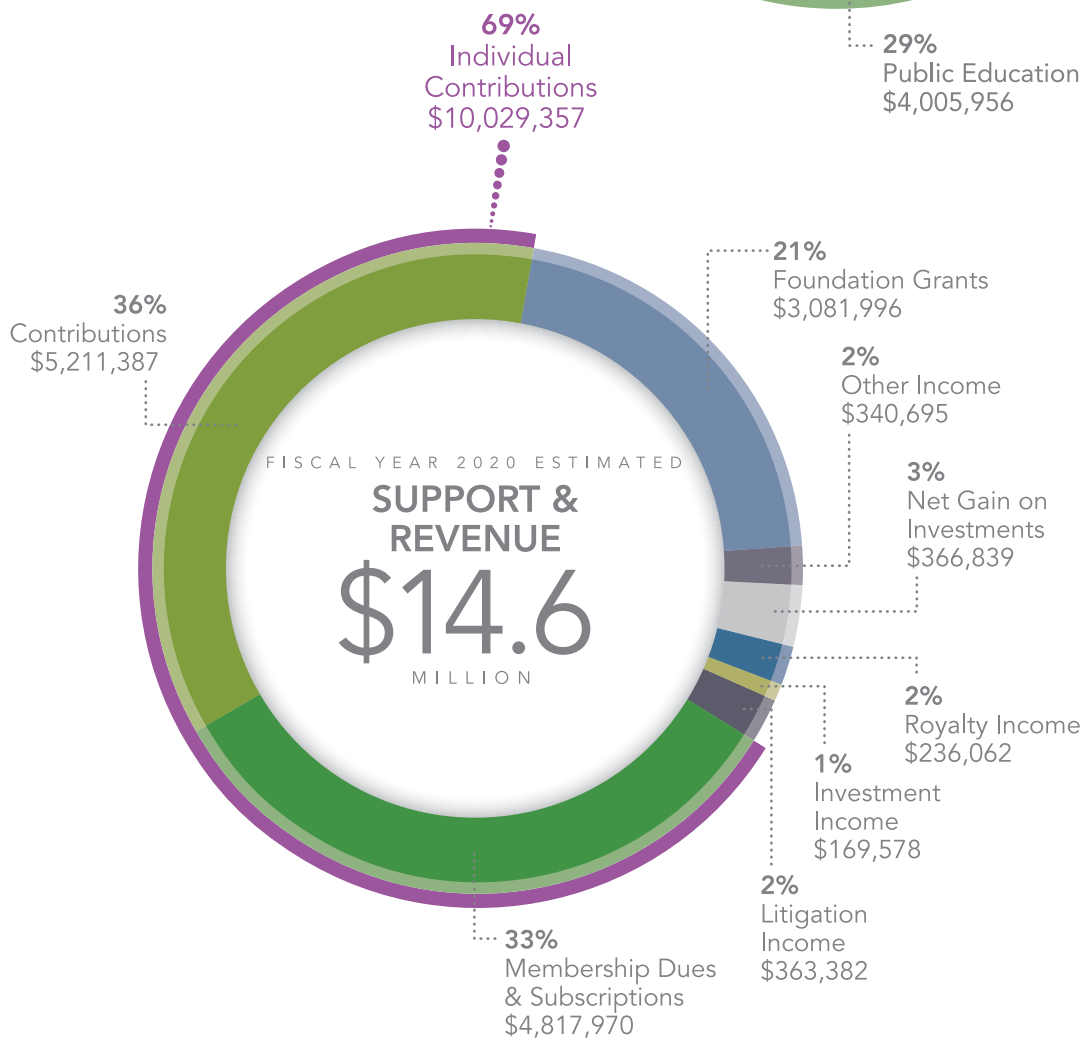
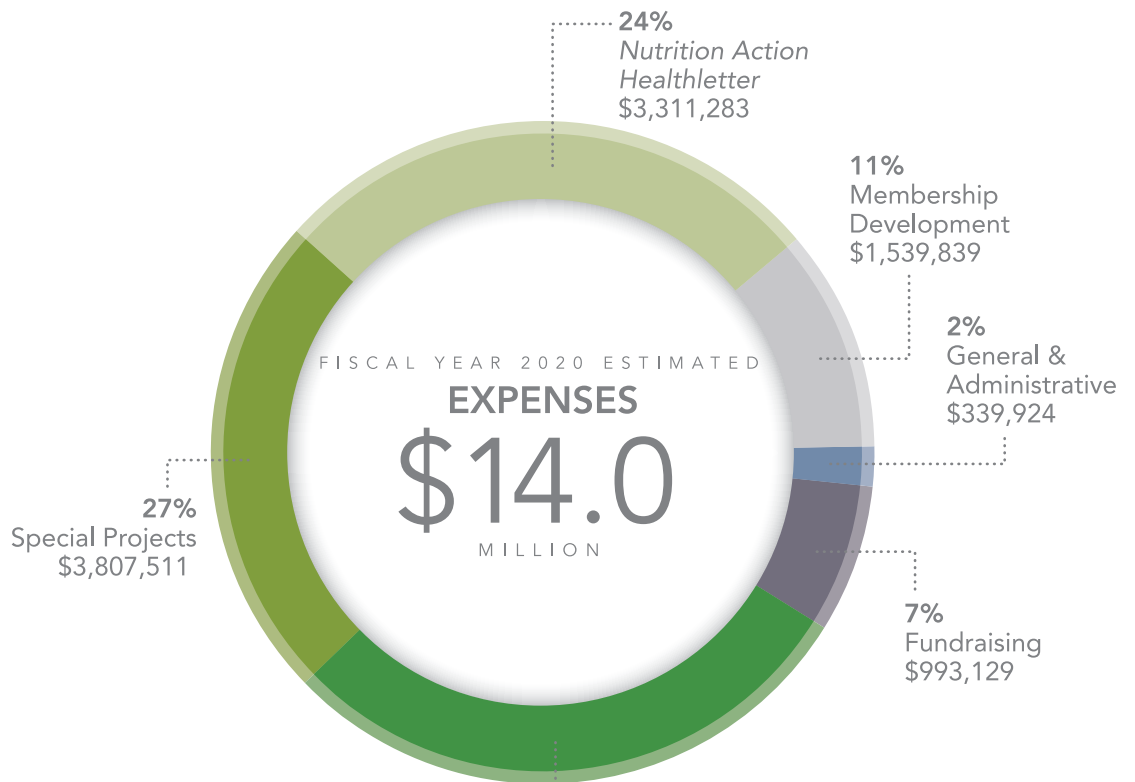
**James Sullivan, PhD**



Nearly half a million subscribers receive a wealth of information from CSPI's acclaimed *Nutrition Action Healthletter*. Free from advertising, CSPI's scientists provide reliable analysis of the latest research on diet and health, objectively review brand-name products, and independently rank foods in every issue.

CSPI's Healthy Cook Kate Sherwood shares her tricks of the trade in recipes that demonstrate how to enjoy a diet healthy for both families and the planet.

# CSPI Fiscal 2020 Budget





CELEBRATING  
**50 YEARS**

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