



# ALASKA STATE LEGISLATURE

## Senator Bill Wielechowski

*Serving East Anchorage*

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## CSSB 187 (EDC)

### School Nutrition: Prohibit Food Dyes

#### Sponsor Statement

34-LS0846\N

Senate Bill 187 aims to improve the health and academic outcomes of Alaskan students by removing synthetic food dyes from school lunches. Color additives provide no nutritional value and are used to make food look more appealing. It is imperative that Alaska make a commitment to serving healthy, nutritious meals to our youth.

The seven food dyes that SB 187 would remove from school lunches:

- Red dye 3
- Red dye 40
- Yellow dye 5
- Yellow dye 6
- Blue dye 1
- Blue dye 2
- Green dye 3

These synthetic food colorings have been linked to numerous adverse health effects that disproportionately affect students including irritability, hyperactivity, inattentiveness, sleep disorders, aggression, immune system reactions, and even cancer.

Synthetic food dyes are commonly used in cereals, snacks, cookies, yogurt, processed meat, salad dressings, canned fruits and vegetables, and some fruit-derived products such as flavored apple sauces or jams. Despite the abundance of these dyes, numerous natural alternatives have been discovered that share zero side effects with their synthetic counterparts.

Nine other states have passed similar legislation and many other states are considering similar measures.

SB 187 will support a more nutritional diet for kids that is conducive to setting up students – and the future of Alaska – for success.