

# Weston A. Price Foundation 2013 Conference

## Exhibitor and Donor Guidelines

### IMPORTANT MESSAGES FROM THE WAPF BOARD OF DIRECTORS

Dear Donors and Exhibitors –

Please note that **businesses based on a multi-level marketing business model**, including independent associates connected with such businesses, **shall not be permitted to exhibit** at WAPF conferences.

Please note these **special guidelines regarding raw dairy donations, distribution and sales** at the WAPF conference or host hotel or parking lot.

#### Allowed for Sale at Exhibits

- Raw Milk Cheese Aged 60 Days (from any farm holding an aged raw milk cheese permit).

#### Allowed for Food Donations

- Low Temperature Pasteurized Dairy Products (butter, yogurt, kefir, cream, smoothies, ice cream etc.).
- Raw Milk Cheese Aged 60 Days (from any farm holding an aged raw milk cheese permit).

#### NOT Allowed for Sale at Exhibits or as Food Donations

- Raw Dairy – Butter, Cream, Kefir, and Milk, Colostrum and/or Raw Yogurt

<i>Food Category</i>	<i>Approved</i>	<i>Not Approved</i>
<b>Beverages</b>	Lacto-fermented beverages such as kvass, water kefir and kombucha; herbal coffee substitutes; plain and flavored mineral water in glass bottles without added sweeteners; organic herbal iced tea. Fermented drinks must be tested for < .5% alcohol by volume.	Commercial soft drinks made with HFCS; diet drinks; canned, bottled and frozen fruit juices; fluoridated water; coffee; non-organic tea (high in fluoride; water in plastic bottles. Fermented beverages with > .5% alcohol by volume. Water alkalizing machines. Any drinks which contain caffeine.
<b>Bread</b>	Sourdough or sprouted breads made from freshly ground organic whole grain flour.	Commercial breads based on white flour. Additives including gluten, soy flour or partially hydrogenated vegetable oils.
<b>Chocolate</b>	None	None
<b>Coconut Products</b>	“Water”, “milk” and “cream” extracted from fresh coconuts; whole canned coconut milk without additives; canned coconut cream; desiccated coconut meat; coconut vinegar; and coconut sugar	“Lite” coconut milk; sweetened coconut meat; coconut products containing preservatives.
<b>Coffee</b>	None	None
<b>Cod Liver Oil and High-Vitamin Fish Oils</b>	High-vitamin fermented cod liver oil and skate liver oil; high-vitamin cod liver oil.	Cod liver oil and fish oil with low levels of vitamin A and/or low levels of vitamin D.

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<b>Condiments</b>	Raw vinegar; aged balsamic vinegars; raw naturally fermented soy sauces, tamari and miso; arrowroot; mustard made with natural ingredients; flavoring mixes made with natural ingredients.	Most commercial sauces, ketchup and other condiments; liquid amino acids; bouillon cubes.
<b>Cookies and Bars</b>	Cookies and bars made with organic natural sweeteners, soaked or sprouted flour, soaked/dried nuts and seeds, and butter, coconut oil or other traditional fat.	Most commercial cookies and bars made with partially hydrogenated vegetable oils and high amounts of refined sweeteners like sugar and HFCS; granola bars; energy bars, especially those containing soy protein.
<b>Crackers</b>	Sourdough or sprouted crackers made from freshly ground organic whole grain flour.	Most commercial crackers based on white flour. Additives including gluten, soy flour or partially hydrogenated vegetable oils.
<b>Eggs</b>	Fresh eggs from pastured poultry, preferably soy-free and fertile.	From CAFO animals.
<b>Fats and Oils</b>	Extra virgin olive oil, coconut oil, palm oil, sunflower oil, lard, tallow and suet from pastured livestock, goose and duck fat, cold pressed sesame oil; peanut oil, flax oil and high oleic safflower oil; refined palm oil and unrefined coconut oil.	Most commercial vegetable oils including cotton seed oil, soy oil, corn oil, canola oil, hemp oil and grape seed oil; all margarines, spreads and partially hydrogenated vegetable shortenings.
<b>Flours and Baking Supplies</b>	Freshly ground and then soaked, organic whole grain flours; freshly ground organic sprouted/dehydrated grains; aluminum-free baking powder.	Unsoaked whole grain flours, bleached white flour, soy flour and baking mixes made with them; baking powder containing aluminum.
<b>Fruits &amp; Vegetables</b>	Fresh organic or biodynamic fruits and vegetables, preferably local and in season. Unsprayed sea vegetables, whole or powdered (not capsules).	Conventionally grown fruits and vegetables, esp. Most canned fruits and vegetables, most Hawaiian papaya (GM)
<b>Grains and Legumes</b>	Organic dried beans, lentils, brown rice, whole grains and whole grain breakfast cereals that must be cooked; organic popcorn. All grains should be soaked in an acidic medium to minimize enzyme inhibitors and phytic acid.	Unsoaked, uncooked grains. Extruded cold breakfast cereals, unsoaked granola; white rice and white four products including pasta; canned baked beans and similar products; puffed grain products, such as rice cakes; factory-made modern soy foods.
<b>Lacto-Fermentation Starters</b>	Natural culturing starters for kombucha, dairy products, bread and vegetables.	N/A

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<b>Lacto-Fermented Vegetables</b>	Unheated, organic lacto-fermented vegetables made with unrefined salt and a culture, not vinegar.	All pasteurized pickled vegetables and sauerkraut. Low or No-Salt lacto-ferments
<b>Meat – Fresh</b>	Fresh or frozen beef, lamb, chicken, turkey and pork, including fat and organ meats, from (preferably soy-free) animals allowed to graze; venison and other game meat.	From CAFO animals.
<b>Meat – Processed</b>	Sausage, bacon, ham and luncheon meat from (preferably soy-free) animals allowed to graze.	From CAFO animals. Containing MSG (including hydrolyzed protein, citric acid, “spices”, or “natural flavors”). Containing high levels of additives. High pressure treated.
<b>Nuts and Seeds</b>	Soaked and dehydrated fresh raw peanuts, almonds, pecans, cashews, macadamia nuts, walnuts and sunflower, pumpkin, sesame and flax seeds, preferably organic.	Peanut butter or nut butters containing partially hydrogenated vegetable oils, flavorings or other additives. Unsoaked/dehydrated nuts/seeds.
<b>Pemmican and Jerky</b>	Pemmican, jerky and other meat snacks made from (preferably soy-free) animals allowed to graze and wild fish jerky, processed with natural sweeteners (if any), with minimal additives.	From CAFO animals. Containing MSG (including hydrolyzed protein, citric acid, “spices”, or “natural flavors”). Containing high levels of additives. High pressure treated.
<b>Salt and Spices</b>	Unrefined salt, fresh herbs, non-irradiated herbs and spices.	Iodized salt; MSG; salt and spice mixes containing MSG, citric acid or hydrolyzed protein.
<b>Seafood</b>	Fresh or smoked caviar and roe; fresh or frozen ocean-going fish, esp. herring and mackerel; shell fish (crab, lobster, oysters, clams and mussels) in season, fresh or frozen wild shrimp, fresh or frozen Pacific or Atlantic salmon; kippered (smoked), dried or pickled herring, eel, mackerel and salmon; dried, salted small fish; trout and catfish guaranteed from clean waters. OK – canned tuna without hydrolyzed protein or other additives; canned sardines or anchovies in olive oil; canned Alaskan salmon; canned oysters; canned crag; canned roe or caviar.	Farmed salmon, catfish and trout; fish containing soy or vegetable oil or hydrolyzed protein.
<b>Snack Food</b>	Soaked/dried nuts and seeds; organic popcorn home popped in lard or coconut oil.	All chips, popcorn and snack foods cooked in partially hydrogenated vegetable oils, microwave popcorn, pizza containing added flavorings, MSG, nitrates and partially hydrogenated vegetable oils. GM Corn Products.

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<b>Soups and Stocks</b>	Homemade soups based on homemade stock (bone broth); homemade stock made with bones or chicken, duck, turkey, beef, lamb, pork, fish or bonito flakes.	Most canned and all dehydrated soups, which are loaded with MSG; stock sold in aseptic boxes; bouillon cubes.
<b>Sweeteners</b>	Organic natural sweeteners such as maple syrup, maple sugar, molasses, green stevia leaves and green stevia powder, dehydrated cane sugar juice, malt syrups, coconut or palm sugar, date sugar, sorghum syrup and raw honey.	White sugar, corn syrup, HFCS, fructose, agave, imitation syrups, heated and filtered honey, concentrated fruit juices and stevia extract (liquid and powder); artificial sweeteners such as sucralose (Splenda) and aspartame (Nutra-sweet) and Equal)