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What can you do?

Get involved! There are many ways to contribute to the movement. The makers of this little book chose to educate and spread the word about Genetic Engineering. We don't want to force you into believing that GE is bad; we believe it is generally better to know what goes into our food, and our bodies.

If you want to know more or get seriously involved, there are several groups lobbying against GE Foods.

The Society for a GE Free BC has been especially helpful in the making of this chapbook. Check them out at gfreebc.wordpress.com

If you're from the Yukon, check out gmofreeyukon.com

For more resources, visit the **Canadian Biotechnology Action Network** at www.cban.ca

See also nonGMOshoppingguide.com for a complete list of verified non-GMO products.

Join a local group! Search "The Union Against GMO" on Facebook. It is run by a group of UBCO Students. There are several similar initiatives on campus. The UBCO Local Food Kitchen occasionally gives away **free** organic local food if you bring your own bowl.

There is a growing number of **GE Free Zones in BC**.

They are:

Powell River
Salt Spring Island
Denman Island
Nelson
Kaslo
Rossland
New Denver
Richmond
Saanich
Metchosin
Cherryville
Telkwa
North Vancouver

There any other movements petitioning for GE Free crops across the province. In the Okanagan, 200 people came out to protest against biotech giant Monsanto on September 2013.

There are groups (businesses) that appear to be in favor of Genetic Modification. Summerland's Okanagan Specialty Fruits is petitioning for a GM "non-browning" apple, despite the poll that reveals that 69% of Canadians do not want GM apples, and BC apple growers have rejected the GM apple.

Genetic Engineering: How much do you know?

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What is GE?

Genetic engineering (GE) is recombinant DNA technology. In Canada, the term is interchangeable with Genetic Modification. Basically, it is when scientists change plants or animals at the molecular level, producing effects that do not occur naturally.

Why should you care?

The effects of GE foods on humans is a big secret. We don't actually know how it might affect us. On some animals, GE foods have caused liver and kidney problems. Also, scientists have warned that foreign DNA may be able to survive in the human gut. That's just nasty.

Breads & Baked Goods:

- 365
- Alvarado Street Bakery
- Annie's
- Barbara's
- Berlin Natural Bakery
- Boulangerie Nantaise
- Buenatural
- CaveChick
- Country Choice Organic
- EatPastry
- Emmy's Organics
- Ener-G Foods
- Enjoy Life Foods
- Gabbi's
- Genius by Glutino
- Ginnybakes
- Gluten Free Pantry by Glutino
- Glutino
- Hodgson Mill
- Hol-Grain
- HomeFree, LLC
- Immaculate Baking
- Ines Rosales
- Lillabee Allergy Friendly Baking
- Lucy's
- Mac-n-Mo's
- Marge's Bakery
- Maria & Ricardo
- Martha's All Natural
- Mary's Gone Crackers
- Meijer Naturals
- Mighty-O Donuts
- Mt Vikos
- One Degree Organic Foods
- Ozery Bakery
- Plum Organics
- Purely Elizabeth
- Q.bel
- Rudi's Organic Bakery
- Silver Hills Sprouted Bakery
- Skinny Dipper
- Smart Grain
- Sweet Earth Natural Foods
- Tasty Brand
- The Pure Wraps
- Tree of Life
- Tumaros
- Wholesome Chow

**For the complete list, check out
*nonGMOshoppingguide.com***

Cereal and Breakfast

Bars:

- 365
- Annie's
- Arrowhead Mills
- Bakery On Main
- Barbara's
- Chez Marie
- Country Choice Organic
- Crofters
- Earth's Best
- Eden
- Emmy's Organics
- Enjoy Life Foods
- Envirokidz
- Erewhon
- Farm to Table Foods
- Field Day
- Hail Merry
- Hodgson Mill
- Hol-Grain
- Kashi
- KIND Healthy Snacks
- Lillabee Allergy Friendly Baking
- Lundberg Family Farms
- Martha's All Natural
- Mediterranean Organic
- Meijer Naturals
- Muesli Munch
- Nature's Path
- Nutiva
- Nuts About Granola
- Old Wessex
- OMG Foods Inc
- Peace Cereal
- Plum Organics
- Prana Foods
- PROBAR
- Purely Elizabeth
- Ruth's Foods
- Sam Mills
- Sambazon
- Shortstacks
- Stark Sisters Granola
- Tasty Brand
- Two Moms in the Raw
- Uncle Sam
- Upfront Foods
- Van's Natural Foods
- Vigilant Eats
- Weetabix
- Wholesome Chow
- Willamette Valley
- Woodstock

Dairy Products:

- Cascade Fresh
- Helios Nutrition
- Lifeway
- Mt Vikos
- Nancy's
- Rumiano Family Cheese
- Seven Stars Farm
- Sigg's
- So Delicious Dairy Free
- Straus Family Creamery
- Tree of Life
- White Mountain Foods
- Woodstock

Dairy products can be especially tricky. Some labels indicate that recombinant bovine growth hormones are not used in production, but the cows might be fed on GM Feed.



It's the stuff of sci-fi films.

If you haven't already seen it, try watching *The Fly* (1986). Prepare to care about molecular modification.

Eating GE foods won't turn you into a fly. (Or maybe it can. As mentioned previously, its effects on humans are kept a secret.)

However, it isn't a bad idea to know which of the foods we consume might contain Genetically Modified Organisms (GMO).

Some brands verified by the Non-GMO Project:

Alternative Dairy Products:

- 365
- Almond Dream
- Amande
- Blue Diamond
- Coconut Secret
- Dream Blends
- Earth Balance
- Eden
- Field Day
- Follow Your Heart
- Galaxy Nutritional Foods
- Good Karma
- Growing Naturals
- Honey Melt
- Luna & Larry's Coconut Bliss
- Mori-Nu
- Nancy's
- Native Forest
- Organic Valley
- Pacific Natural Foods
- Purely Decadent
- Rella
- Rice Dream
- Rich & Creamy Melt
- Sambazon
- Silk
- Simply Soy Yogurt
- So Delicious Dairy Free
- Soy Dream
- Soy Kaas
- Soyatoo
- Tempt
- Tree of Life
- Truwhip
- Wayfare
- WestSoy
- WholeSoy & Co.

Beverages:

- 365
- Ayala's Herbal Water
- Bhakti Chai
- Blue Diamond
- Botan
- Bragg
- C+SWISS hemp ice tea
- Cadia
- Califia Farms
- Choice Organic Teas
- Coco Hydro
- Cocozia
- Cuties Juice
- Earth Balance
- EcoTeas
- Essential Living Foods, Inc
- Ex Drinks
- Field Day
- Flax USA
- Froovie
- Garden of Life
- Golazo
- Good Karma
- Guayaki
- Haiku
- Harvest Bay
- Hemp Oil Canada
- High Country Kombucha
- It Tastes Raaw
- Kiju
- Mamma Chia
- Meijer Naturals
- North Coast
- Numi Organic Tea
- Nutiva
- One Natural Experience
- One World
- Pacific Natural Foods
- Paisley Tea Co
- Palo Root Tea
- Righteously Raw
- Sambazon
- SANS All Natural Soda
- Silk
- So Delicious Dairy Free
- Stash Tea
- Suja Juice
- Superberries
- Tempt
- The Republic of Tea
- Traditional Medicinals
- Tree of Life
- Two Leaves Tea Company
- WingFoot
- Wisdom of the Ancients
- Zevia



Basically, most processed foods may contain GE ingredients. Even if we develop a habit of reading the label on the food we consume, it's important to be critical of the fine print.

Consumers' guide to GE foods

Tips:

1. Buy local.

The Canadian Biotechnology Action Network (CBAN) suggests buying organic, which can be expensive for students. Lucky for us, people in BC have been vocal against GE produce. Still, we have to be critical. On May 10, 2013, the Canadian Food Inspection Agency changed the definition of local food. It can still mean "food produced in the same province as it is sold," but it could also mean "food sold across provincial borders within 50 kilometers of the originating territory."

2. Read the label.

Look for non-GMO labels. Products labeled as "made with organic ingredients" can mean up to 30% of it can be non-organic and genetically modified. Sneaky sneaky.

3. Know GE Foods!

Four GE crops are grown in Canada: **corn, soy, canola,** and **white sugar beets**. These are used as ingredients for processed foods.



Corn flakes, corn chips, cornstarch, corn syrup, corn oil and other corn products; sweeteners like glucose and fructose



Canola oil



Soy oil, soy protein, soy lecithin, tofu, soy beverages, soy pudding



Sugar not specified as 100% cane sugar

Also eggs, milk and meat from animals fed on GE feed.

There are also GE foods imported to Canada from the United States. These are **cottonseed oil, papaya** (from Hawaii or China), **squash,** and **milk products**.

These can include: vegetable oil used for potato chips; papaya in fruit juices; zucchini, yellow crookneck and straightneck squash; milk solids and powder, frozen dairy desserts, and imported mixed drinks with dairy ingredients.