

WHAT ARE

GMOs?

A GMO IS A

Genetically Modified Organism

GMOs are created when a scientist in a laboratory inserts a gene from one animal or plant into an unrelated animal or plant, or inserts the gene from a bacterium or virus into a plant or animal.

Genetic modification is not the same as traditional cross-breeding techniques.

Genetic modification produces plants and animals that would never occur in nature.

No long-term studies have been done on humans to determine if GMOs are safe.

But animal studies link the consumption of GMOs to an increase in allergies, kidney and liver disease, ADHD, cancer, infertility and chronic conditions such as Crohns Disease.

All of those ailments have increased since GMOs entered the food supply in the early 1990s.

Turn this leaflet over for tips and resources

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WHAT YOU CAN DO

★ Buy Organic Foods

USDA certified organic foods are made without the use of GMOs or dangerous agricultural chemicals.

★ Buy Foods with the Non-GMO Project Label

The Non-GMO Project is North America's only third-party verification and labeling system for non-GMO foods and products. However, this label does not ensure that the product is chemical-free.

★ Avoid Foods Labeled *Natural*

Even though GMOs are not natural, there's no law that says you can't put a natural label on a product that contains GMOs.

★ Grow Organic Food at Home

The best way to make sure your food is GMO-free, is to grow it at home. Be sure to buy organic seeds, and if you want to save seeds for the next year, be sure you buy *Open Pollinated* or *Heirloom* seeds.



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