



## Cheap and Dirty

U.S. residents are far more likely to get hit with salmonella or some other foodborne illness, than those in the U.K. The Bureau of Investigative Journalism (TBIJ) and the *Guardian* found “shockingly high” levels of foodborne illness in the U.S. The *Guardian* reports that annually, around 14.7% (48 million people) of the U.S. population is estimated to suffer from an illness, compared to around 1.5% (1 million) in the UK. In the U.S., 128,000 are hospitalized, and 3,000 die each year of foodborne diseases. Driving these grim statistics is the multi-billion-dollar industrial factory farm industry that not only makes us sick, but pollutes our water and air, exploits workers, is causing an antibiotic resistance crisis and is unconscionably inhumane. They do it all in the name of “cheap food.”

TBIJ and the *Guardian* conducted its investigation based on U.S. government documents containing data on 47 meat plants across the U.S. According to the *Guardian*: “Some of the documents relate to certain companies, including Pilgrim’s Pride, one of the biggest poultry producers in the US, and Swift Pork. Although not a comprehensive portrait of the sector - there are around 6,000 US plants regularly inspected by Food Safety and Inspection Service - the documents provide a snapshot of issues rarely detailed in public which has rung alarm bells with campaigners in both the US and UK.” Those rarely detailed “issues” include: meat contaminated with fecal matter; meat processing equipment contaminated with grease and blood; and chicken dropped on the floor then rinsed with chlorine and put back in the production line. Take Action: [orgcns.org/zl0WF5](http://orgcns.org/zl0WF5)

## Pass the Veggies, Please

The USDA recommends we all eat 2 to 3 cups of vegetables per day. If everyone followed those guidelines, there wouldn’t be enough vegetables to go around. That’s because the Farm Bill, that massive piece of legislation that determines how \$90 billion a year in tax dollars is spent to shape our food system, favors subsidies that support processed, GMO junk foods, over healthy, nutrient-dense vegetables. Once every five years, the Farm Bill comes up for reauthorization, giving Congress a chance to rewrite it. This year it’s up again. If Congress wants to help reduce malnutrition and diet-related disease, it should include legislation in the Farm Bill to encourage the production of more organic vegetables—instead of considering nonsense proposal’s like Trump’s “Harvest Box” which would force-feed nutrient-poor processed (and highly subsidized) foods to SNAP recipients. It’s time to stop letting Congress use the Farm Bill to subsidize the richest landowners growing monocultures of Monsanto’s pesticide-drenched GE grains used to make high fructose corn syrup, ethanol and feed for animals in factory farms. Take Action: [orgcns.org/2CAMDox](http://orgcns.org/2CAMDox)

## Crazy for Grass

In 1999, Jon Taggart converted the crops on his 1,400-acre ranch in Grandview, TX, into 900 acres of native grasses, and launched his 100% grass-fed beef business. Everyone, said he was crazy. In 2011, when Texas was hit with a drought that dragged on for nearly 18 months, Taggart was one of the few ranchers who was able to keep on doing business as usual, while others had to move their cattle out to more fertile ground.

While acres of GMO corn and soy on many of the state’s ranches shriveled up and died, the deep-rooted grasses on Taggart’s ranch survived. And so did Taggart. Taggart, recently featured in an ABC News “Food Forecast” segment, calls himself a pioneer in the grass-fed, grass-finished—also known as 100% grass-fed—meat industry. But he’s the first to admit he isn’t doing anything new. “Cows are ruminant animals. They have four parts to their stomach for a reason, and that’s so they can digest grass, which we don’t very well, and convert it to a protein that we can consume. They were designed to eat grass. This system worked for a few million years before we got here. It’s designed to work that way and it works very well if you just get out of the way and let it happen.” [orgcns.org/2FkdunG](http://orgcns.org/2FkdunG)

## Right to Know?

Interested in vaccine choice laws? Want to know if your state has a bill in the works? The Alliance for Natural Health (ANH) is tracking vaccine legislation in 17 states. ANH reports: “This was the determination not of some “anti-vaxxer” group, but of the National Academy of Medicine (formerly the Institute of Medicine), which advises the government on issues relating to medicine and health. In a 2013 report, the Academy concluded, “Key elements of the schedule—the number, frequency, timing, order, and age at administration of vaccines—have not been systematically examined in research studies.”



OCA’s position on vaccine safety: Some vaccines may be safe, some may not be safe, at least not for some people. As with any medicine, consumers have the right to know exactly what is in every vaccine, and what the latest, and best research says about the potential risk for each and every recommended vaccine, as well as the cumulative risks associated with aggressive vaccine schedules. We support the rights of parents to make informed decisions about the potential risk to their child of a vaccine or series of vaccines. We reject the false narrative, promoted by Big Pharma, that there are only two sides to the vaccine debate: pro-vaccine or “anti-vaxxer.” Instead, as with any medication, we advocate that consumers seek guidance from reliable sources, and that medical practitioners and pharmaceutical manufacturers provide truthful, up-to-date information about the medicines they promote and profit from. Find out if your state is considering a new vaccine law: [orgcns.org/2FlQip7](http://orgcns.org/2FlQip7)

## Fat Chance

Monsanto’s favorite false talking point is that we need millions of acres of GMO corn, soy and beets—and the vile pesticides used to grow them—to “feed the world.” Not true, of course. As we heard last year from Hilal Elver, the UN special rapporteur on the right to food: “It is a myth. Using more pesticides is nothing to do with getting rid of hunger. According to the UN Food and Agriculture Organisation (FAO), we are able to feed 9 billion people today. Production is definitely increasing, but the problem is poverty, inequality and distribution.”

To answer the question, “Is genetically modified food the sure thing that will feed the world, or is it a risky game of chance?” our friends across the pond at Beyond GM have come up with a fun way to share the real facts about GMOs with your friends and neighbors who may still think there’s a shred of truth to Monsanto’s lies. Beyond GM’s GMO Wheel of Chance is designed to arm consumers with the truth about genetic modification in food and farming, including this: Genetic engineering of our foods is not the “sure bet” Monsanto and others would have us believe. Conversations about GMOs can quickly become complex and we wanted to find a way to encourage people who may not know much about GMOs, but who are interested, to dip into the topic and learn a little more. The wheel design is based on a traditional wheel of fortune and topics are divided into four key areas: consumers, farming, the environment and the marketplace and each spin leads to a pop-up of bite-sized information.

[orgcns.org/2sJX2rd](http://orgcns.org/2sJX2rd)