

The Non-GMO Project offers North America's only third party verification for products made according to rigorous best practices for GMO avoidance.



The brands listed in this shopping guide have enrolled products in the Non-GMO Project's Product Verification Program. Some of these products have been "verified" as meeting the Non-GMO Project Standard, and some are in the process of becoming verified.

New products are being enrolled and verified all the time. For more details, and for the most current enrollment listing, please visit www.nongmoproject.org



Current as of 9/1/10

GMOs (or "genetically modified organisms") are organisms that have been created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This relatively new science typically merges DNA from different species, creating combinations of plant, animal, bacteria and viral genes that cannot occur in nature or in traditional crossbreeding. Virtually all commercial GMOs are bred to withstand direct application of herbicide and/or to produce an insecticide. None of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit. Studies, meanwhile, increasingly show a correlation between consumption of GMOs and an array of health risks.

We support your right to choose safe, healthy non-GMO food & products.



(Enrolled, continued) One World * Organic Baby * Organic Classics * Organic Planet * PJ's Organics * Popcorn, Indiana * Prairie Emerald * Prana Foods * Pulmuone Wildwood * Pure * Rainbow Light Nutritional Systems * Rapunzel * Real Foods Manufacturing USA * Reese * Rella * Rising Moon Organics * Rumiano Cheese * Ruth's Foods * Salute Salut! * Siggie's * Silk * Skinners * Snyder's of Hanover * SOGA * Sophie's Kitchen * Soy Kaas * Soygeia * Stark Sisters Granola * Stubb's * Sunera * Sushi Sonic * Swan Gardens * Taste of Nature * Tempt * Tofurky * Toninno * Traditional Medicinals * Tumaros * Turtle Island Foods * Uncle Sam * US Soy LLC * Wayfare * Weetabix * Westsoy * White Mountain Foods * Whole Foods Market * Yoga * Yummi Bears Organics



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Our online shopping guide includes comprehensive search features, allowing you to find Non-GMO Project options by brand, product name, and even product category. From our website you can also download a PDF of this printed shopping guide & share copies with your friends and family! You'll also find a link to download our FREE Non-GMO Project Shopping Guide iPhone app, giving you access to the most up-to-date product listing while you shop.



Become part of our online non-GMO community: find us on Facebook & Twitter for current news, ideas for action and good conversation on all things relating to GMOs and the Non-GMO Project.



Brought to you by the Non-GMO Project

A non-profit coalition committed to providing clearly labeled and independently verified non-GMO choices



Protecting your right to know what's in your food.

AVOIDING GMO RISK INGREDIENTS

The following crops carry risk of being genetically modified, because GMO varieties are commercially produced in North America and certain other parts of the world, or because there are known instances of contamination. These crops may not be used in Non-GMO Project approved products unless verified as compliant with the Non-GMO Project Standard:

Canola, Corn, Cotton, Flax, Papaya, Rice (from China, starting in 2010), **Soy, Sugar Beets, Zucchini and Yellow Summer Squash.**



Ingredients derived from these risk crops include: Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Microbial growth media, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products.



Animal derivatives such as milk, meat, eggs, honey and other bee products, are also considered high-risk by the Non-GMO Project Standard, because of potential GMO contamination in feed and other inputs.

If a product contains any of the above items, your strongest assurance that the manufacturer has followed best practices for GMO avoidance is for the product to be "Non-GMO Project Verified." Other non-GMO claims are based on individual brands' internal standards and self-evaluation. Non-GMO Project claims, on the other hand, are backed by independent, third party audits to a transparent, consensus-based Standard.

For more information on GMOs, the Non-GMO Project, or the Standard we use to verify products, please visit www.nongmoproject.org

NON-GMO PROJECT VERIFIED BRANDS



The following brands have products that are VERIFIED as compliant with the Non-GMO Project Standard. The number of verified products is indicated in parentheses after each brand name. For a detailed listing of product names, please see www.nongmoproject.org. Also, watch for the Non-GMO Project Verified seal!

- A.Vogel (6) 
- Berlin Natural Bakery (17) 
- Bragg (1) 
- Café Altura (9) 
- Cape Cod Select (1) 
- Choice Organic Teas (30) 
- Coconut Secret (5) 
- Earth Balance (4) 
- Eden (65) 
- Endangered Species Chocolate (11) 
- Envirokidz (10) 
- Field Day (30) 
- Funky Monkey Snacks (7) 
- GlucoLift (3) 
- Grain Place Foods (39) 
- Green Mountain Gringo (8) 
- Guayaki (32) 
- HAPPYBABY Pouches (8) 
- HAPPYTOT (5) 
- Little Duck Organics (3) 
- Luna & Larry's Coconut Bliss (12) 
- Lundberg Family Farms (82) 
- Maria & Ricardo (31) 
- Mary's Little Garden (6) 
- Modesto WholeSoy Co. (2) 
- Native Forest (2) 
- Nature's Path (51) 
- New Chapter (57) 
- North Coast (8) 
- Nutiva (7) 
- Ole (1) 
- Organic Valley (4) 
- Pacific Natural Foods (13) 
- Pacific Northwest Farmers Cooperative (14) 
- Pure Country Pork Inc. (4) 
- R.W. Garcia (11) 
- RiceSelect (63) 

(Verified brands, continued)

- Salba (2) 
- San-J (5) 
- Seven Stars Farm (5) 
- SK Food (17) 
- So Delicious (52) 
- Stahlbush Island Farms (25) 
- Stone Buhr Flour Company (3) 
- Straus Family Creamery (31) 
- SunRidge Farms (3) 
- Sunset (24) 
- Sunset Kids (3) 
- Sunshine Burger (6) 
- VerTerra Dinnerware (11) 
- Viterra (1) 
- Whole Foods 365 (13) 
- WholeSoy & Co. (11) 
- Woodstock Farms (39) 

NON-GMO PROJECT ENROLLED BRANDS

The following brands have products that are ENROLLED in the Non-GMO Project's verification program and are actively in the process of becoming verified. *Note: some of the brands with verified products listed above have additional products that are still in the process of being evaluated; for details see www.nongmoproject.org*



A Moveable Feast * Annie's Homegrown * Attune Foods * Bakery On Main * Barbara's Bakery * Bellamessa * Bionaturae * Bora Bora * Bridgewell Resources * Cal-Organic Farms * Central Market Organics * Chez Gourmet * Crispy Cat * D & A * Dave's Gourmet * Della * Don's Chuck Wagon * Earth's Best * EatSmart Naturals * Emerald Cove * Emperor's Kitchen * EO * Erewhon * Fischer & Wieser * Follow Your Heart * Garden of Eatin' * Garden of Life * Glee Gum * gogo * GoodBelly * Grimmway Farms * Growing Natural's * Haiku * HealthForce Nutritionals * Hemp Bliss * Hemptein * Hodgson Mill * House Foods * Jolly Llama * Jovial Organics * Jungbunzlauer * Kavli * Keller Crafted Meats * Kettle Foods * Koyo * La Tolteca Let's Do... * Living Harvest * Lotus Foods * Manitoba Harvest * Mary's Gone Crackers * Mediterranean Organic * Meijer Naturals * Miso Master * Modesto Milling * Mom's * Moosewood * Nancy's * Napa Valley Naturals * Natural Sea * New Morning * Nexcel Natural Ingredients * North Coast * NuGo * Old Wessex * One Natural Experience * (continued on reverse)