

# Outside

FOLD LINES

## HOW CAN I AVOID GMOs?

With new genetic engineering techniques such as CRISPR, RNAi, ODM, and gene drives now emerging, keeping these technologies out of your shopping basket is trickier than ever. To keep it simple, look for the Non-GMO Project Verified Butterfly — the best assurance that a product has been produced according to the most rigorous standard for GMO avoidance.

Look for the Butterfly!



## WHERE DO GMOs SHOW UP IN MY FOOD?

### High-Risk Crops

Genetically engineered versions of the following crops are widely commercially available and are considered to be high risk for being GMOs:

Alfalfa | Canola | Corn | Cotton | Soy | Sugar Beets | Papaya | Zucchini and Yellow Summer Squash | Potato

### Animal Products

Livestock, bee, and agricultural feeds are at high risk for being genetically engineered; this impacts animal products such as:

Eggs | Milk | Meat | Honey | Seafood

### Processed Inputs

GMOs also sneak into food in the form of processed inputs derived from genetically engineered crops, and inputs produced by genetically engineered microbes such as yeast; some examples include:

Flavorings | Enzymes | Vitamins | Corn Syrup and other Sweeteners | Vegetable Proteins Oils | Synthetic Milk and Egg Proteins, and other Products of Synthetic Biology

### Monitored Crops

The following items are included in our surveillance program and on our monitored risk list because they are either at risk of contamination from existing genetically engineered crops or could soon be in widespread commercial production:

Apple | Camelina | Flax | Mushroom | Mustard Orange | Pineapple | Rice | Salmon | Sugarcane Tomato | Wheat | Turnip | Bok Choy | Chard Rutabaga | Table Beets | Varieties of Squash

## THANK YOU!

As a 501(c)(3) nonprofit organization, the Non-GMO Project relies on the generous financial support of shoppers, brands, and retailers to achieve our mission. Together, we are building a safe, healthy food supply for future generations.



Brought to you by the Non-GMO Project

# GMO FAQ

What are they?  
Are they safe?  
How can I avoid GMOs?



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# Inside

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## WHAT ARE GMOs?

Genetically modified organisms (GMOs) are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods.

Most GMOs have been engineered to withstand the direct application of herbicide and/or to produce an insecticide. However, new techniques are now being used to artificially develop other traits in plants, such as a resistance to browning in apples, and to create new organisms using synthetic biology.

## WHY DO SHOPPERS TRUST THE BUTTERFLY?

The Non-GMO Project is a non-profit organization committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. In fulfillment of this mission, we believe:

1. Everyone has a right to know what is in their food and deserves access to non-GMO choices.
2. By voting with our dollars every time we shop, collectively we have the power to change the way our food is grown and made.
3. Preserving and building the non-GMO supply chain is a critical step in transitioning toward a safe, healthy food supply for future generations.

## ARE GMOs SAFE?

A growing body of evidence connects GMOs with many problems, including environmental damage and violation of farmers' and consumers' rights. More than 60 countries around the world — including Australia, Japan, and all the countries of the European Union — require GMOs to be labeled. Globally, there are also 300 regions with outright bans on growing GMOs.

In the absence of credible independent long-term feeding studies, the safety of GMOs is unknown. Increasingly, citizens are taking matters into their own hands and choosing to opt out of the GMO experiment.

## WHAT ARE THE IMPACTS OF GMOs ON THE ENVIRONMENT?

More than 80 percent of all genetically modified crops grown worldwide have been engineered for herbicide tolerance. As a result, the use of toxic herbicides, such as Roundup®, has increased fifteenfold since GMOs were first introduced.

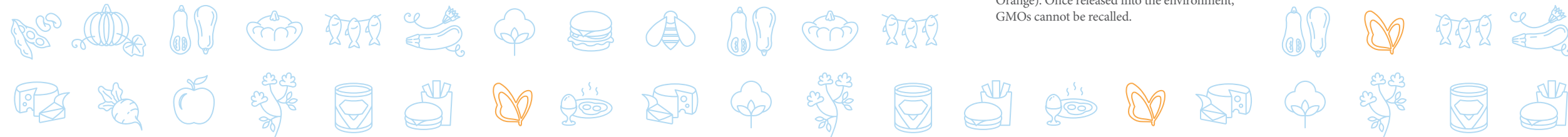
In March 2015, the World Health Organization determined that the herbicide glyphosate (the key ingredient in Roundup®) is "probably carcinogenic to humans."

Genetically modified crops are also responsible for the emergence of "superweeds" and "superbugs", which can only be killed with ever more toxic poisons such as 2,4-D (a major ingredient in Agent Orange). Once released into the environment, GMOs cannot be recalled.

## HOW DO GMO CROPS AFFECT FARMERS?

Because GMOs are novel life forms, biotechnology companies have been able to obtain patents to control the use and distribution of their genetically engineered seeds. As a result, the companies that make GMOs now have the power to sue farmers whose fields have been contaminated with GMOs, even when it is the result of the drift of pollen from neighboring fields.

Genetically modified crops therefore pose a serious threat to farmer sovereignty and to the national food security of any country where they are grown.



Celebrating 10 Years of Non-GMO Month and Non-GMO Choices