

# CONNFACT

CONNECTICUT FAMILIES AGAINST CHEMICAL TRESPASS

## A Conversation about Genetically Modified/Genetically Engineered Foods

### What foods are GMO?

GMOs are foods that come from seeds that have been produced in a laboratory by the methods of genetic engineering. These novel organisms, produced by biotech companies, would never occur in nature and have been created to either withstand massive amounts of herbicides or to produce their own pesticides.

**Soybeans/edamame** (beware of all soy ingredients in any processed foods)

**Corn** (beware of all corn ingredients in any processed foods)

**Cottonseed** (oil)

**Canola** (oil)

**Sugar** (from sugar beets)

**Zucchini**

**Yellow crook-neck squash**

**Hawaiian papaya**

**Alfalfa** (used to feed grass-fed livestock)

Coming soon...

Salmon, apples, and bananas.

They are already in testing phases!

(And there are 75 more in the pipeline.)



### How to Avoid GMOs

If the item is labeled USDA Organic and/or Non-GMO Project Verified, then it's non-GMO. Beware however, if it is not organic, it can be non-GMO, but still be sprayed with pesticides such as glyphosate. For example, sugar cane, tea, and wheat are all sprayed with glyphosate, which is used as a desiccant - to dry it out before harvesting. It is also important to know that the EPA just approved a version of corn/soy called Enlist Duo, which is not only resistant to glyphosate, but also to 2,4,D, a weed killer that contains a component of Agent Orange.

**Dairy, Poultry and Beef** - Most animal products come from livestock raised on GMO feed and/or dairy cows administered synthetic (GE) growth hormones (rBGH or rBST). "Vegetarian fed" may sound healthy but those animals were likely fed GMO corn, soy, or alfalfa. To avoid GMOs, buy organic dairy, organic poultry and organic 100% grass fed meats. If grass-fed meat is not organic, the livestock could have been fed GMO alfalfa, and still be called "Grass fed."

**Fish** - buy wild caught fish as opposed to farmed fish. Farmed fish are most likely eating GMO feed.

**Oils**- Use olive oil, avocado oil, coconut oil, grape seed oil, sesame oil, and/or walnut oil. To avoid GMOs, stay away from canola, corn, soybean and other "vegetable" oils. The best oils to heat are: avocado and coconut oil. These have a high smoke point and won't produce damaging free radicals when heated.

70 - 80% of processed foods contain at least one GM ingredient. Read labels and look for any potential GM ingredients. For cereals, crackers, cookies, bread or any packaged food, read labels to check for GM ingredients. Even easier, just buy products that are organic or Non-GMO Project Verified.

Many condiments contain GM ingredients, especially mayonnaise, ketchup, salad dressings, barbeque sauces and marinades. To avoid GMOs either make your own or buy organic.

**Nut Butters** - While there are no GM nuts at this time, sometimes nut butters are mixed with GM oils. Check labels to make sure the ingredients are nuts and salt only. Please keep in mind that peanuts are often grown in soil rotated with cotton, which is heavily sprayed with pesticides including glyphosate. Therefore it is important to use organic peanut butter and peanut oil and keep them in the refrigerator.

Blue and white corn are non-GMO at this time. So is popcorn.

Baby food and especially baby formulas contain GMOs. For baby formula, most definitely buy organic to avoid GMOs. Remember, breastfeeding is by far the best food for an infant! Breast milk cannot be replicated.

Pet foods and vitamins may contain GM ingredients as well. Check labels and/or call the companies for the products you are using.

Trader Joe's claims that all of their private label products are non-GMO. Whole Foods recently announced that they will have complete transparency in their stores with regard to GM ingredients by 2018. Note: While Whole Foods has plenty of GMO free items, there are MANY items with GM ingredients sold in Whole Foods. Many of their store-made items are made with canola oil.

Download a free shopping guide at [nongmoshoppingguide.com](http://nongmoshoppingguide.com)

## What You Can Do to Help

- 1) Vote with your dollar – always try to avoid GMOs at the market.
- 2) Contact food companies and tell them you do not want GMOs in your food.
- 3) Tell your friends, family and people you know to do the same.
- 4) Sign up for ConnFACT/GMO Free CT Action Alerts so that we may email you when we need your help. Most likely we need help making calls or with our social media efforts for other states so we can enable our trigger clause in CT. Visit our website [connfact.org](http://connfact.org) to sign up.
- 5) Call or write to your state and federal legislators; ask them to support GMO labeling.
- 6) If you know of any group who would like to set up a GMO Free CT event to educate people on GMOs, please let us know. Email us at [connfact@gmail.com](mailto:connfact@gmail.com).
- 7) Make a donation to ConnFACT: PO Box 932, Farmington, CT 06034, or go to [connfact.org](http://connfact.org).

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