



# GOOD FOOD STORE

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)



## Frequently Asked Questions About GMOs

### **What are GMOs?**

GMO stands for “genetically modified organism.” A GMO is an organism that has been altered by the human insertion of DNA which has been “modified” or “engineered” to suit a particular purpose. The DNA can be from a foreign organism, from the same organism or it may be a gene sequence synthesized in a laboratory. GMOs are made with techniques that changes the molecular or cell biology of an organism by means that are not possible under natural conditions or processes.

### **What are potential concerns over genetic engineering in agriculture?**

GMOs threaten our health, the integrity of our environment and the viability of foreign markets to our agricultural exports. They also lead to the consolidation of global and national food systems into the hands of a few giant corporations. Organic farmers (and conventional farmers, as well) frequently report contamination drift of GMO pollen, evidenced in part by mutant herbicide-resistant weeds growing outside fields of GMO crops. To exterminate such weeds requires ever larger volumes of ever stronger herbicides.

### **What crops have been genetically engineered and are on the market now?**

GMO corn, soybeans, canola, alfalfa, sugar beets, papayas, cotton and certain varieties of squash are all grown widely in this country and others. Some milk comes from cows that have been given bovine growth hormone that is genetically engineered.

### **How are these crops modified?**

GMO corn and cotton are engineered to produce their own pesticide, a toxin produced by the *Bacillus thuringiensis* (BT) bacterium. Soybeans, canola, sugar beets and alfalfa are modified to survive weed killers, earning them their description as “Roundup Ready” crops. Because weeds are developing resistance to Roundup/glyphosate, a new generation of GMO crops have been developed for resistance to 2,4D herbicides.

### **What is the Good Food Store’s stance on GMOs?**

The Good Food Store is a strong supporter of the Non-GMO Project, a non-profit organization that provides manufacturers with third party testing to verify their non-GMO status. In our effort to avoid GMO ingredients and to encourage manufacturers to verify their ingredients, GFS buyers have stepped up their scrutiny of new products and, for the most part, require either organic certification or third party non-GMO verification on the label. We track the verification status of products and add shelf signage at the product location in the store to notify customers when a product receives its non-GMO verification. Good Food Store customers have a right to know what is in their food and we support labeling campaigns taking place nationwide.

(continued on back)

## How can I be sure that I'm not buying products with GMOs in them?

The only absolute guarantee is to choose non-GMO verified products. Another way to avoid GMOs is stay away from at-risk ingredients like corn, soy or canola. And although there is no guarantee that it will be completely free of GMO contamination, purchasing certified organic food is another important way to support GMO-free agriculture and prevent corporations who produce GMO seeds from controlling the food market. Reducing your consumption of processed foods can help too, instead purchasing organic whole foods from the produce, bulk and meat departments. Take a moment to read the ingredient labels on convenient, pre-packaged foods. Know that the more ingredients listed on the label, the more chances exist that you will be inadvertently buying products containing genetically engineered ingredients, particularly those derived from corn or soy.

When reading labels, if the following ingredients aren't listed as being organic, they may be from genetically-engineered corn or soy:

**Corn Derivatives:** Corn flour or meal, corn syrup, fructose and fructose syrup (unless specified non-corn), sorbitol, malt, malt syrup, malt extract, dextrin, maltodextrin, mono- and diglycerides, baking powder (corn starch is the usual filler), starch, food starch, modified food starch, confectioner's sugar, monosodium glutamate, vitamins that do not state "corn-free".

**Soy Derivatives:** Most miso, soy sauce, tamari, shoyu, teriyaki marinades, tofu, soy beverages, tempeh, textured vegetable protein (usually soy), soy protein isolate and lecithin. Many non-stick sprays rely on soy lecithin. Bread, pastry, margarine, mayonnaise and salad dressings also may include lecithin.

## Additional resources for information about GMOs:

### Web Sites:

[www.nongmoproject.org](http://www.nongmoproject.org)  
[www.responsibletechnology.org](http://www.responsibletechnology.org)  
[www.gmwatch.org](http://www.gmwatch.org)  
[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)  
[www.justlabelit.org](http://www.justlabelit.org)  
[www.biotechsalon.com](http://www.biotechsalon.com)

### Film & Video:

Genetic Roulette  
The Future of Food  
King Corn  
Food, Inc  
Unnatural Selection  
Hidden Danger in Kids' Meals  
Genetic Engineering: The World's Greatest Scam? (<http://www.youtube.com/watch?v=1H9WZGKQeYg>)  
Open Source Food & Genetic Engineering, Michael Pollan (<http://www.youtube.com/watch?v=6Ta39a5w08w>)

### Books:

The GMO Deception, a collection of essays edited by Sheldon Krinsky and Jeremy Grube  
Eating in the Dark: America's Experiment with Genetically Engineered Food by Kathleen Hart  
Seeds of Deception by Jeffrey M. Smith  
Shedding Light on Genetically Engineered Food by Beth Harrison  
Genetic Roulette by Jeffrey M. Smith  
Your Right to Know by Andrew Kimbrell  
Altered Genes, Twisted Truth by Steven M. Druker  
The Non-GMO Cookbook by Courtney Pineau and Megan Westgate