

# 11 Steps for GMO Eradication

## **LEVEL I (Eliminate)**

- 1) Learn which foods are GMO: The current GM food crops are: **Corn** (includes “sweet corn”), **Soy** (includes lecithin), **Sugar beets**, **Honey** (via GMO crops’ pollen), **Cotton** (including cottonseed oil), **Canola** (including canola oil), **Alfalfa**, **Hawaiian papaya**, **Tobacco**, **Yellow crookneck** and **Zucchini squash**, **Dairy**, (tainted with rBGH and from animals fed GM food), **Meat** (all kinds, from animals fed GM food), **Salmon** (the actual animal is slated to be GMO)

**HVP** (Hydrolyzed Vegetable Protein), **TVP** (Textured Vegetable Protein), **xanthan gum**, **vanillin**, **dextrose**, **lactic acid**, **maltodextrin**, **Vitamins A, B2, B6, B12, C, D, E, K** may be from GMO.

- 2) Print out list and carry with you; memorize it if you can. Don’t buy if not labeled certified organic.
- 3) Check food labels for GMO ingredients; if they are not listed as organic, they are likely GMO. Don’t buy it. Exceptions are products that bear the "NON GMO Project" label.
- 4) Buy as little commercially farmed processed food and as much local organic food as possible. Processed foods are more likely to have GMOs as well as *hidden* GMO ingredients.
- 5) Avoid commercial restaurants. Restaurants that are not specifically organic (far and few between), often use cheap food, which is often GMO and non-organic.

## **LEVEL II (Outreach)**

- 6) Share information about the dangers of GMO foods with everyone you can. Share any GMO articles from [www.WakeUp-World.com](http://www.WakeUp-World.com) or [www.ResponsibleTechnology.org](http://www.ResponsibleTechnology.org)
- 7) Ask grocery stores and restaurants, family and friends, not to deal in GM foods. Talk to your childrens’ food director/organizer at school. Everywhere you go, let food-related organizations and people know: NO GMO.
- 8) Call or email food companies that do not specify suspect ingredients as GMO and ask if they are GMO.
- 9) Encourage anyone you know not to use Roundup because it is integral to GM food production, much more toxic than once suspected, and buying it supports Monsanto.

## **LEVEL III (Community)**

- 10) Organize rallies, protests, donate to and support organic groups, create and circulate petitions, set up information booths, and begin a public outreach to masses of people to denounce GMOs and support organics.

Additional actions: pass out GMO warning flyers, write articles, post notes at work, go to protests, Google GMO articles and videos. Host non-GMO-related movie nights.

- 11) Plant that organic garden already! And get your family and community involved.

*\*\*Please visit [GMO Eradication Movement](#) (“GEM”) on Facebook for full document of 11 Steps w/ Examples\*\*  
Please share this list anywhere and everywhere to “Grow the GEM” Thank you!*