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)


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!