

EASY STEPS TO FOLLOW

1. CHECK THE LABEL

Food that contains GMOs will not say that they do! If you are looking for a GMO free food, the label will say SO!

2. ORGANIC ONLY

When looking for organic food that has no GMOs, antibiotics, or added hormones, a package saying ORGANIC will give you this. DO NOT buy food that is labeled 'natural' because it can contain GMOs, antibiotics, and hormones! If you're having trouble finding the difference, ONLY an organic package of food will have a certification on the back near the ingredients. This certification will PROVE that it is organic.

3. GO LOCAL

It can be difficult to find organic and GMO free products in a grocery store where there are tons of other foods mixed in. Try going to your local co-op or store where you KNOW that their products are really natural and no chemicals or anything else added.

Pamphlet Courtesy of:

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Shop RIGHT!



Pictures from:

<http://www.treehugger.com>

<http://mamanatural.com>

<http://blog.tcgardens.com>

SHOP ORGANIC

AND

GMO FREE



Ever wanted to eat more healthily, organic, and GMO free? Using this pamphlet as a guide for shopping, now it's easy!

WHY SHOULD I BUY ORGANIC OR GMO FREE FOOD?

Genetically Modified Organisms, more commonly known as GMOs are genetic engineering, basically combining organisms that don't naturally go together. In farming, farmers tend to combine corn genes with each other. For example if one corn grows really abundantly, but doesn't grow very fast, a farmer will combine the corn that grows abundantly with a corn that grows very fast. Through research scientists have found that GMOs result in many sicknesses. Also the United States is one of the few countries that has NOT banned the use of GMOs.



WHY NOT NATURAL?

It is common for many people to think that “natural” and organic on a food packaging mean the same thing. However in the food labeling biz there is a HUGE difference. If a food product says it's organic it mean that the food does not have GMOs, antibiotics, and hormones. Natural products allow all of these things! While the ingredients look the same, there are MAJOR differences.

WHERE CAN I GET IT CHEAP?

Many people don't know where to go for organic and/or GMO free food. Usually your run of the mill grocery store won't carry a lot of organic foods for a reasonable price. The best places to find cheaper organic food will be your local mini grocery stores. Co-ops are great places to find real natural food for lower prices. Something you have to consider while shopping for these foods is that for the most part organic food will be more expensive than your antibiotic chicken or potato chips when you first compare them. When you do in depth price comparison of cheap unhealthy food vs more expensive organic, you find out that in the long term you will end up paying more because of the cheap unhealthy food. This is because if you continue to eat let's say McDonald's you will most likely end up with health issues, and having to pay really pricey medical bills.