

imagine a
world
without
genetically
modified
food

#nonGMO
students for the right to know 

teensturninggreen.org

*a toolkit for students across the country
to get mobilized around the Right to Know*

Table of Contents

Page 4: About

Pages 6-7: FAQ's

Page 9-10: Crops to avoid

Page 12-13: Derived from GMO crops

Page 15: How to avoid GMOs

Page 17: Non-GMO Verified

Page 19: Raise your voice

Page 21: Learn more

Page 23: Companies to ban from your cart

Page 25: What can I do

Page 27: Host a campus event

Page 29: Be an advocate

Page 31: Get involved



Telling people
where their
food comes from
should be a
“fundamental
right”

Michael Pollan

*American author, journalist, activist, and
professor of journalism at UC Berkeley
Graduate School of Journalism*

About

Who

#NonGMO Students for the Right to Know

What

A campaign to inspire students, dining services and school chefs in a conversation about healthy, conscious and non-GMO pantries on college campuses.

When

Starting in September 2013

Where

Campuses nationwide

Why

Because genetically modified organisms (GMOs) have been dominating our food supply since 1994! The long-term implications of GMOs on people and the planet are unknown, and once released into nature, they can never be recalled. If you are a college student, chances are you've been consuming GMOs your entire life and never even knew it! We must demand our Right to Know. We deserve the chance to choose whether or not we want to include GMOs in our everyday lifestyles.

How

Join Teens Turning Green and host an event on your campus to inform and mobilize students and members of your campus community to work toward a healthy and just world where companies are transparent about their business practices and the government protects our Right to Know!

Join our conversations

[*#nonGMO Facebook Group*](#)



The background of the entire page is a dense, close-up photograph of numerous red bell peppers. The peppers are vibrant red with some green at the stems, and they are slightly out of focus, creating a soft, textured background. The text is overlaid on this background in a clean, sans-serif font.

The genetic
modification
of food
is intrinsically
dangerous.

*Dr Geoffrey Clements
Leader of the Natural Law Party, UK.*

FAQ'S

What to know about GMOs

What are GMOs?

GMOs, or “genetically modified organisms,” are plants or animals that have been genetically engineered with DNA from bacteria, viruses or other plants and animals. These experimental combinations of genes from different species cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers’ and consumers’ rights. nongmoproject.org

Why should you care?

GMOs have been on the market for us to unknowingly consume since 1994 and they have been dominating our food supply. The long-term implications of GMOs on people and the planet are unknown, and once released into nature, they can never be recalled. Most of today’s college students were born between 1991 and 1995. That means we’ve been consuming GMOs for our entire lives and never knew it!

Are GMOs safe?

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including China, Australia, Japan, and all the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. It is estimated that 80% of the conventional food on supermarket shelves contains GMO ingredients, but without GMO labeling we don’t know for sure. nongmoproject.org



FAQ'S cont.

Why is this a problem?

The health risks of GMO's and GE Crops are still largely unknown though independent studies have shown that the process of genetic mutation may cause these crops to become toxic, allergenic and nutritionally deficient compared to their organic counterparts. GMO crops also use more herbicides and pesticides while harming soil quality and biodiversity. Increasingly, Americans are taking matters into their own hands and choosing to opt out of the GMO experiment.

Are GMOs labeled?

Unfortunately, even though polls consistently show that a significant majority of Americans want to know if the food they're purchasing contains GMOs, the powerful biotech lobby has succeeded in keeping this information from the public. In the absence of mandatory labeling, the Non-GMO Project was created to give consumers the informed choice they deserve. Look for this logo on your food, beverages and body care products. Check out this recent article [here](#).

Where can GMOs be found?

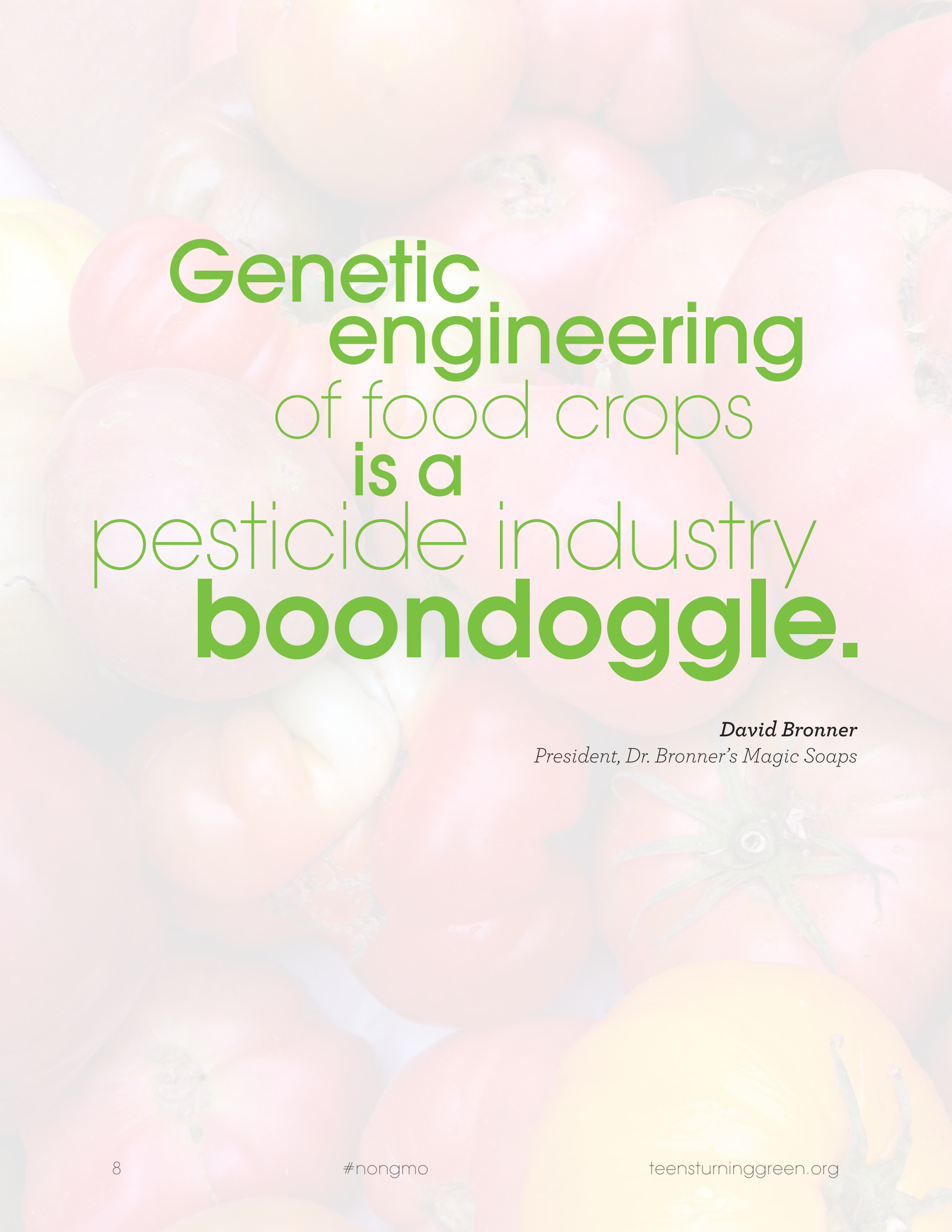
GMOs can be found in any product including produce, packaged food, body care, vitamins, supplements, cleaning products, clothing, cotton bedding and more- products that contain ingredients derived from high-risk GMO crops. Most recently, wheat fields in Oregon were found for the first time to contain GMO's.

See article [here](#) with more information.

Why are we still in the dark?

Big agricultural companies or agribusiness have vested interest in GMO seeds, and the pesticides and herbicides they use in tandem. GMO corn, cotton, soy and sugar beets, which are manipulated to make sweeteners, fats and additives like high-fructose corn syrup and soy lecithin, are in ready-made snacks, condiments, juice, soda, cereals, and other foods we eat every single day. In the U.S., GMOs are in as much as 80% of conventional processed food.

[Click here for a current list of GMO risk crops](#) and more information.



**Genetic
engineering**
of food crops
is a
pesticide industry
boondoggle.

David Bronner
President, Dr. Bronner's Magic Soaps

At Risk Crops

Avoid crops that are genetically modified

Corn (88%): Dominating over 80% of processed food; corn has become fundamental in the Standard American Diet (though most of us didn't make this a conscious decision). Thanks to the long list of misleading names and derivatives, most of us don't realize just how much corn we consume on a daily basis. The following is a list of just a few of the common names corn derivatives are listed as: citric acid, confectioner's sugar, corn flour, corn fructose, corn meal, corn oil, corn syrup, dextrin, dextrose, fructose, lactic acid, malt, mono- and diglycerides, monosodium glutamate, sorbitol, and starch. From food to body care products, GM corn has even found its way into vitamins and supplements! Does Vitamin C sound familiar? From here on out, it should stand for Vitamin Corn.

Soy (94%): From soybean oil to soy protein isolate to Vitamin E, GM soy is almost unavoidable in conventional processed foods and imitation meats on the market. Even though soy must be listed on a product that contains it (due to the fact that it is a common allergen), it's a good idea to become familiar with a few of the names given to its derivatives: mono-diglyceride, soya, soja, yuba, TSF (textured soy flour), TSP (textured soy protein), TVP (textured vegetable protein), lecithin, and MSG. If wishing to consume soy, make sure to source only 100% USDA Certified Organic, Non-GMO Project Verified and traditionally fermented products such as tempeh, miso and natto.

Canola (90%): The name "Canola" was developed as a marketing tool to provide a more appealing name for "low erucic acid rate (LEAR) rapeseed oil". The GM modification reduced the erucic acid levels from 45% to less than 2%. The FDA gave it the GRAS (generally regarded as safe) notification in 1975 and it's been misleadingly marketed as a healthy miracle oil ever since.

At Risk Crops cont.

Cotton (cottonseed oil, 90%): Cotton originating from India and China in particular have developed serious risks. The issue of GMOs is thus pushed beyond being hidden behind food and body care products, impacting textiles, clothes, towels and cotton linens. Since conventional clothing is typically made from this cotton (read tags and labels) it is very important to support companies utilizing organic cotton, recycled materials and other sustainable fabrics.

Sugar Beets (95%): Sugar beets, genetically modified to resist herbicides, have been circulating in the U.S. market since 2009. Conventional sugar and non-cane sugars labeled simply as “sugar” in processed foods are derived from GM sugar beets.

Papayas (50%): GMO papayas have been grown in Hawaii for consumption since 1999, sold in the US and Canada but banned from the European Union and other countries.

Dairy: Most conventional dairy sold in the U.S. contains rBGH, a growth hormone that has been banned in 27 other countries.

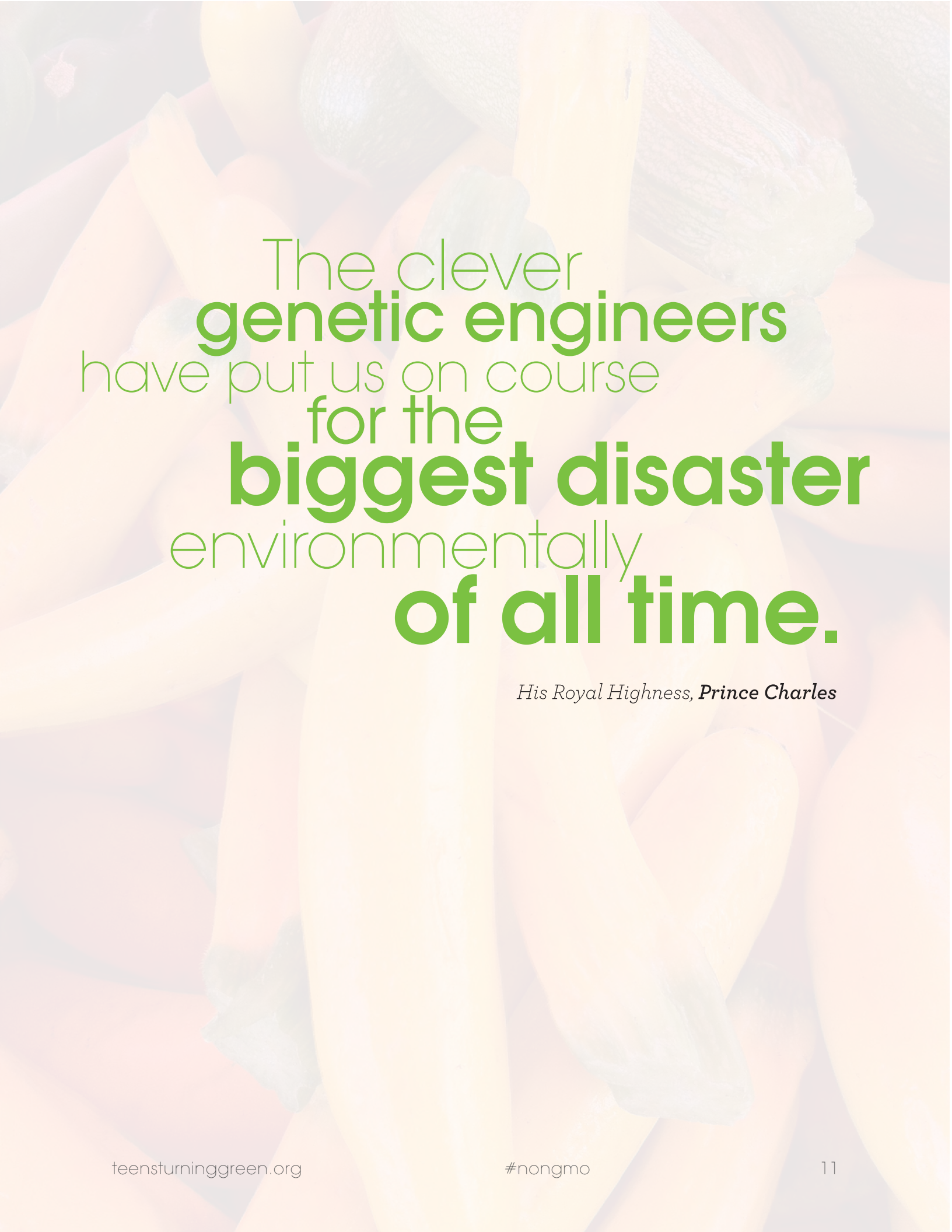
Zucchini and Yellow Squash: Closely related, these two squash varieties are modified to resist viruses.

Potatoes and Alfalfa: Both have been cleared for planting by the FDA.

Aspartame: Aspartame is a chemical additive used as a sweetener in numerous beverages and food products. It should be avoided for numerous reasons, including the fact that it is derived from GM microorganisms and has been found to be neurotoxin. It also goes by the names NutraSweet and Equal.

Just recently discovered in Wheat
readersupportednews.org





The clever
genetic engineers
have put us on course
for the
biggest disaster
environmentally
of all time.

His Royal Highness, Prince Charles

Ingredients

Common ingredients derived from GMO crops

Unless labeled as USDA Certified Organic or Non-GMO Project Verified, most processed foods often contain hidden genetically modified ingredients. The following is a list of common GMO derived ingredients to watch out for:

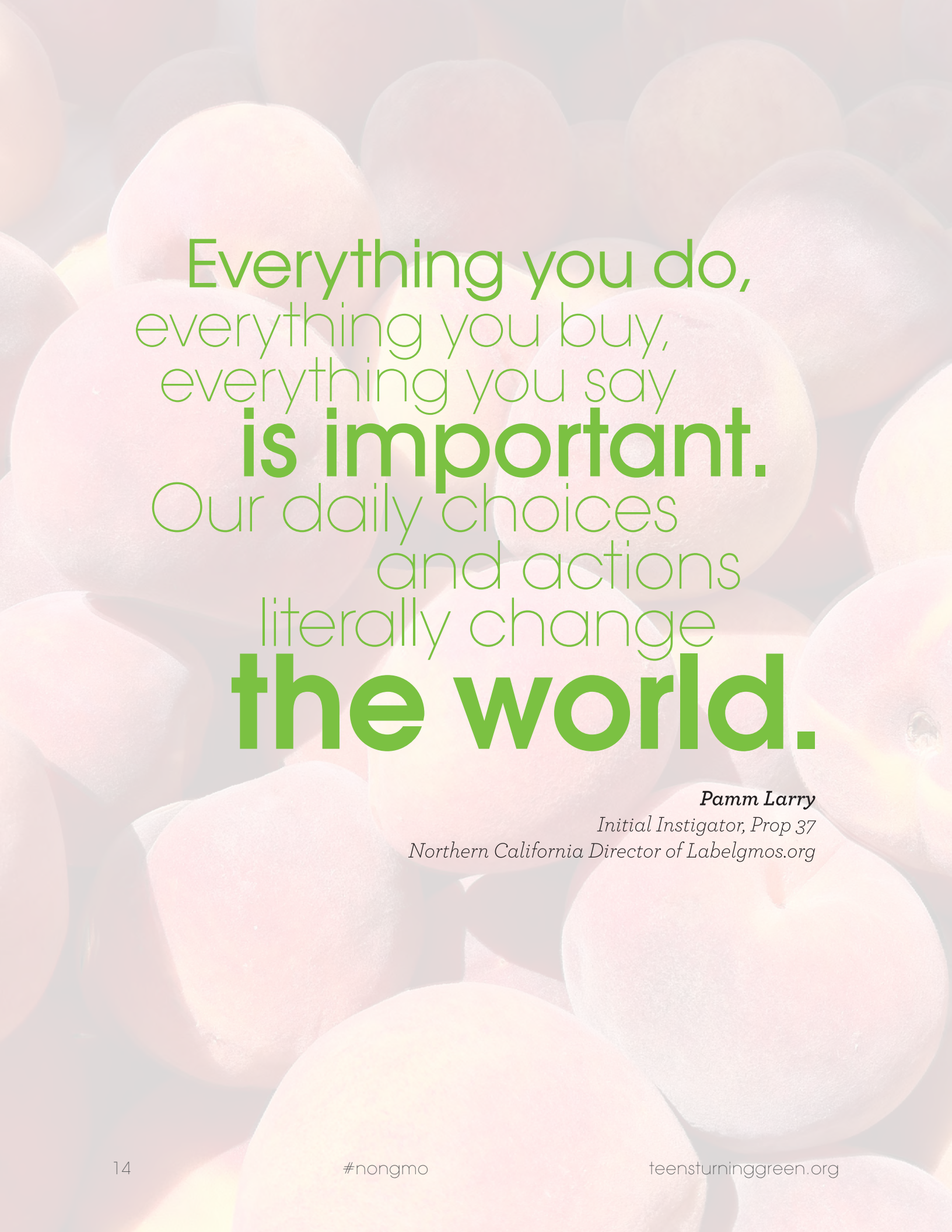
Aspartame (also called aminosweet®, nutrasweet®, equal spoonful®, canderel®, benevia®, e951)	Erythritol
Baking powder	Equal
Canola oil (rapeseed oil) caramel color	Ethanol
Cellulose	Flavorings (“natural” and “artificial”)
Citric acid (vitamin C)	Food starch
Cobalamin (vitamin B12)	Fructose (any form)
Colorose	Glucose
Condensed milk	Glutamate
Confectioner’s sugar	Glutamic acid
Corn flour	Gluten
Corn gluten	Glycerides
Corn masa	Glycerin
Corn meal	Glycerol
Corn oil	Glycerol monooleate
Corn sugar	Glycine
Corn syrup	Hemicellulose
Cornstarch	High fructose corn syrup (HFCS)
Cottonseed oil	Hydrogenated starch
Cyclodextrin	Hydrolyzed vegetable protein
Cystein	Inositol
Dextrin	Inverse syrup
Dextrose	Inversol
Diacetyl	Invert sugar
Diglyceride	Isoflavones
	Lactic acid

Ingredients_{cont.}

Lecithin
Leucine
Lysine
Malitol
Malt
Malt syrup
Malt extract
Maltodextrin
Maltose
Mannitol
Methylcellulose
Milk powder
Milo starch
Modified food starch
Modified starch
Molasses
Mono and diglycerides
Monosodium glutamate (MSG)
NutraSweet
Oleic acid
Phenylalanine
Phytic acid
Protein isolate
Shoyu
Sodium ascorbate
Sodium citrate
Sorbitol

Soy flour
Soy isolates
Soy lecithin
Soy milk
Soy oil
Soy protein
Soy protein isolate
Soy sauce
Starch
Stearic acid
Sugar (unless specified as cane sugar)
Tamari
Tempeh
Teriyaki marinades
Textured vegetable protein
Threonine
Tocopherols (vitamin e)
Tofu
Trehalose
Triglyceride
Vegetable fat
Vegetable oil
Vitamin B12
Vitamin E
Whey
Whey powder
Xanthan gum

From the Non-GMO Shopping Guide



Everything you do,
everything you buy,
everything you say
is important.
Our daily choices
and actions
literally change
the world.

Pamm Larry

Initial Instigator, Prop 37

Northern California Director of Labelgmos.org

How to Avoid GMOs

1. Become familiar with High-Risk GMO Crops (and their derivatives).
2. Buy products that are certified by the Non-GMO Project Verified and USDA Certified Organic seals. This is the only official way to avoid GMOs, since both regulate against the use of GMOs.
3. Don't buy or eat anything with corn that isn't organic. That means corn chips, cereals with corn (or soy, for that matter), corn bread, and over 80% of conventional processed foods.
4. Eliminate high-fructose corn syrup (a.k.a. "corn sugar") from your diet.
mariasfarmcountrykitchen.com
5. Learn how to read and understand labels, ingredients lists, and numbers on the PLU (Price Look Up) code on produce: 5-digit numbers starting with #9 means organic, #8 was created to indicate GMOs but it is not being used and 4-digit numbers starting with #4 means conventional.
6. Purchase more whole foods and avoid processed foods, supplements and vitamins.
7. Avoid animal products that are not certified organic or purchased from a trusted farmer.
8. Purchase clothing, towels, bedding and other textile products made from certified organic cotton, hemp, or other sustainable fabrics.
9. Plant a garden- start small and grow (make sure to use only Non-GMO seeds)
10. Become an informed consumer and speak up as a responsible citizen. Find out what farmers are feeding their animals when they aren't eating grass.
11. **Read!** Be vigilant, keep an eye out, and read whatever you can to try to stay informed.
12. Take Action! Write letters. Send petitions. Speak up. Demand change and demand organic!!!!

excerpted from mnn.com

Show us
the science
saying that there's
nothing to worry about,
and then
label products,
proudly.


***Maria Rodale**
CEO and Chairman of Rodale, Inc.*

Non-GMO Verified Products

There are plenty of ethical companies committed to Non-GMO production. These companies aren't waiting for the government to mandate labeling, they are doing right by the people and the planet! Remember that you're voting with your dollars every time you shop at the grocery store.

[*Click here for a list of Non-GMO Verified Products*](#)





Do not wait
for leaders;
do it alone,
**person to
person.**

*The Blessed **Mother Teresa** of Calcutta*

Raise Your Voice

1. As a citizen of this nation, you have the Right to Know what is in your food
2. Large multibillion dollar agricultural corporations, such as Monsanto, are fighting independent research on their GE seeds to further inhibit transparency
3. Threats to our health and to the well-being of our future generations is largely unknown
4. GMOs pose a threat to plant and animal diversity
5. Farmers and their families around the world are facing hardships due to unsustainable harvests, crop contamination, unavoidable debt, and patent driven lawsuits.
6. Although claiming to help fight global hunger, GMOs have become a pesticide scheme for agribusinesses
7. With the depletion of topsoil, the decline in pollinator species, and the contamination of non-GE plant species, the future of our agricultural system is growing increasingly unsustainable.
8. The FDA does not have a mandatory GM food safety assessment process and has never approved GM foods as safe.
9. By becoming an informed, educated, and mobilized citizen, you have the power to utilize consumer rejection and vote GMOs out of our food supply.
10. Because you can! You are the greatest effector in your world. Every single one of us matters to the future of this planet.

You may **not**
control
all the events
that happen to you,
but you can decide
not to be
reduced
by them.

Maya Angelou
American author and poet

Learn More

- #nongmo students for the right to know
[*nongmo-students-for-the-right-to-know*](#)
- The Non-GMO Project
[*nongmoproject.org*](#)
- The Institute for Responsible Technology
[*responsibletechnology.org*](#)
- Center for Food Safety
[*centerforfoodsafety.org*](#)
- Organic Consumers Association
[*organicconsumers.org*](#)
- Food Democracy Now
[*fooddemocracynow.org*](#)
- Just Label It!
[*justlabelit.org*](#)
- Label GMOs
[*labelgmoss.org*](#)
- Navdanya
[*navdanya.org*](#)
- Dr. Joseph Mercola
[*gmo.mercola.com*](#)
- Robyn O'Brien
[*robynobrien.com*](#)
- The Organic and Non-GMO Report
[*non-gmoreport.com*](#)
- Union of Concerned Scientists
[*ucsusa.org*](#)
- Biosafety Information Centre
[*biosafety-info.net*](#)
- GMO Myths and Truths
[*earthopensource.org*](#)
- Food Tank
[*foodtank.org*](#)
- GMO Inside
[*gmoinside.org*](#)
- GMO Awareness
[*gmo-awareness.com*](#)
- GM Watch
[*gmwatch.org*](#)
- Seed Freedom
[*seedfreedom.in*](#)

Please click [*here*](#) for a comprehensive collection of resources about GMOs including films, infographics, books, articles, and people changing the world.



Freedom
is what we do
with what
is done
to **US**

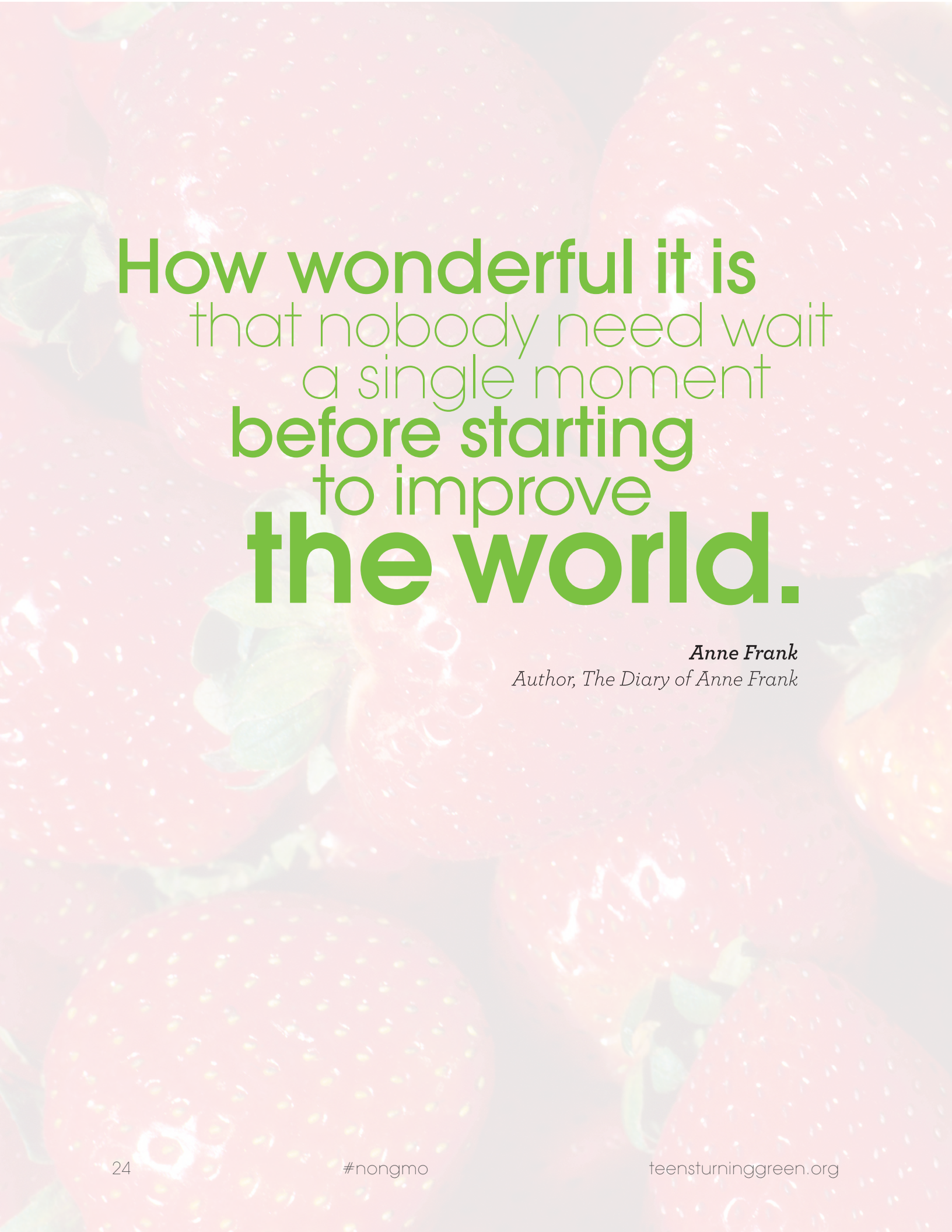
Jean-Paul Sartre
Nobel Laureate, Philosopher

Companies to ban

Companies to ban from your shopping cart and pantry

The following companies support GMO farming and use GMOs in their products. They are putting millions of dollars into the fight against labeling laws and are preventing us from having the Right to Know.

1. Monsanto Company
2. E.I. Dupont De Nemours & Co.
3. PepsiCo, Inc
4. Basf Plant Science
5. Bayer Cropscience
6. Dow Agrosiences LLC
7. Syngenta Corporation
8. Kraft Foods Global, Inc
9. Coca Cola Company
10. Nestle
11. General Mills, Inc
12. Conagra Foods
13. Kellogg Company
14. Smithfield Foods, Inc
15. Del Monte Foods Company
16. H.J. Heinz
17. Campbell Soup Company
18. Hershey Company
19. J.M. Smucker Company
20. Bimbo Bakeries USA
21. Ocean Spray Cranberries, Inc
22. Mars, Inc
23. Hormel Foods Corporation
24. Unilever
25. Bumble Bee Foods, LLC
26. Sara Lee Corporation
27. Pinnacle Foods Group, LLC
28. Dean Foods Company
29. McCormick & Company, Inc
30. Abbott Nutrition
31. Rich Products Corporation
32. Dole Packaged Foods Company
33. Welch Foods, Inc
34. WM. Wrigley Jr. Company
35. Sunny Delight Beverages Company
36. Tree Top, Inc.
37. Land O' Lakes, Inc.
38. Hillshire Brands Company
39. Mead Johnson Nutrition Company
40. Faribault Foods, Inc.
41. Godiva Chocolatier, Inc.
42. Clorox Company
43. C.H. Guenther & Son, Inc
44. Goya Foods, Inc.
45. Morton Salt
46. Reily Foods Company
47. Inventure Foods, Inc.
48. Sargento Foods, Inc.
49. Idahoan
50. Croplife America



How wonderful it is
that nobody need wait
a single moment
before starting
to improve
the world.

Anne Frank

Author, The Diary of Anne Frank

What can I do

What can I do as a student and as a consumer?

Plenty!

- To ensure that your next meal is Non-GMO, choose products that bear the Non-GMO Project Verified seal.
- Tell Washington to Label Genetically Engineered Foods!
- Remember that you're voting with your dollars each time you walk the grocery aisles and make purchasing decisions.
- Trust that individual and collective efforts DO make a difference.
- Don't give up, no matter how daunting!
- Everything you do, everything you buy, everything you say IS important. Our daily choices and actions literally change the world.
- 92% of Americans want to label genetically engineered foods. If more of us speak out, we can convince the FDA to change its policies.
- Host a #nonGMO Students for the Right to Know event and engage students on your campus in effecting change at your school.
- Work to transition your school's campus dining and food service to non-GMO.
- Organize a non-GMO pantry in your dorm room or apartment.
- Stopping the introduction of GMOs into our agricultural system and natural forests might be the most important change our generation can make. If you stop buying GMOs, companies will stop using them and farmers will stop growing them.

Change the world – because you CAN!

The evidence is so clear,
GMOs have not
increased production,
there's a **failure to yield,**
they **have not reduced** use of
chemicals,
worse, they have **increased**
the **use of chemicals**
because they have **created**
superpests and
superweeds.

Professor, Dr. Vandana Shiva

*Founder, Navdanya movement to promote the use of native seeds,
Environmental Leader, Author, Activist, and Scientist*

Host a Campus Event

#nonGMO Students for the Right to Know

TTG will support students on campuses around the country to host a #nonGMO event. Please take a look at the following info to find out how to apply and what the events will entail.

Application

- Log on to fill out an event application [here](#)
- Identify a student leadership team to help develop and host the event

Event

TTG will provide the following:

- Non-GMO Verified Product Display
 - Informational Board
 - Demo/sampling of food, snack, body, and beverage items
 - Set of cards to highlight crops + products made with GMO seed
- Event flyer (can be customized for each school)
- T-Shirts: GMO OMG T-shirts will be available to sell on campus with proceeds supporting the #nonGMO Students for the Right to Know campaign.
 - **Time to Take Action:** A song written by Sarah Vorreiter, University of Illinois and performed by Ashley Ugarte, Rice University

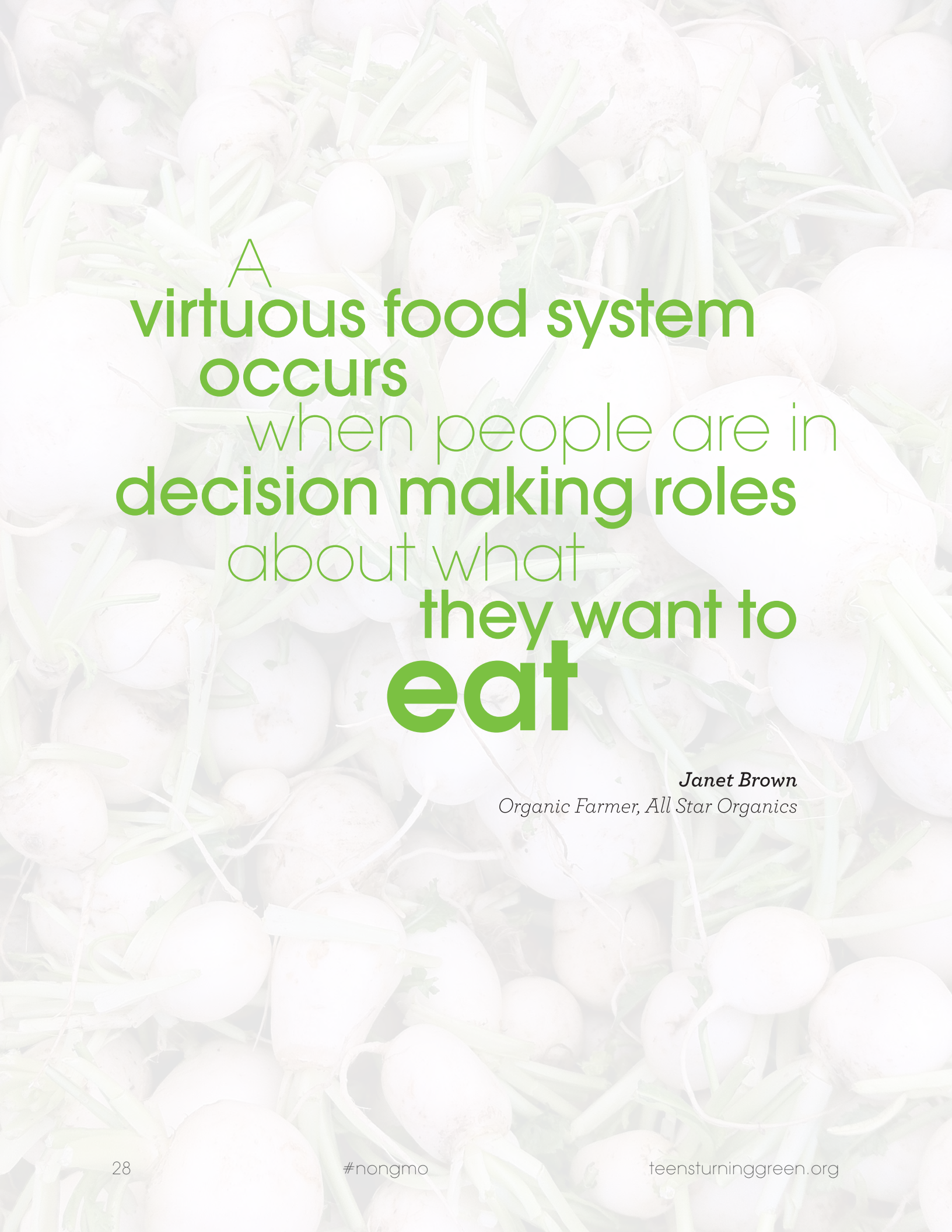
Student Leaders to Organize

- Location, date and school permission for the event
- Tables and tablecloths scheduled/rented for event

- Speaker or panel (TTG will help)
- Flyers to spread the word (TTG can provide and customize these with your school info for students to post and spread the word via social media)
 - Invite students, heads of campus dining, campus and community chefs, school leaders, faculty, professors and other staff.
- Video/Photos: Students on each campus will be asked to upload visuals from their events to TTG team and post on social media

Next Steps

- Organize team of interested students and staff
- Set a time to meet with the Campus Dining and Chefs to plan a Non-GMO food day on campus
 - Set a date and organize with other schools
 - Work toward a nonGMO food day once a week
 - Goal: Non-GMO dining halls
- Make a video
 - Interview students on campus to discover how aware they are of GMO's
 - Ask the following questions:
 - Do you know what GMO stands for?
 - If yes, what?
 - Do you eat GMO's?
 - Do you feel that you have the right to know if there are GMO's in your food?
- Share responses in video form on TTG social media



A
virtuous food system
occurs
when people are in
decision making roles
about what
they want to
eat

Janet Brown

Organic Farmer, All Star Organics

Be an Advocate

Find out who is leading Right to Know efforts in your state.

If you are in one of the 26 states working toward Right to Know legislation, Get Involved! Here is a list of each state and if you click you will find links to great resources state by state. If your community doesn't currently have Right to Know initiatives, start one! (TTG will help)

List of 26 states

- Alaska
- Arizona
- Colorado
- Connecticut
- Florida
- Hawaii
- Illinois
- Indiana
- Iowa
- Maine
- Maryland
- Massachusetts
- Minnesota
- Missouri
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- Oregon
- Pennsylvania
- Rhode Island
- Tennessee
- Vermont
- Washington
- West Virginia



The
fundamental
truth stands
that over the decades
no real benefit
has offset
the proven harm
caused by
GMOs.

Ignacio Chapel

*Associate Professor of Microbial Ecology
at the University of California, Berkeley.*

*Senior Researcher at GenØk,
the National Center for Biosafety, Norway.*

Get Involved

Learn More

Visit the Non-GMO Project; a non profit that believes everyone deserves an informed choice about whether or not to consume genetically modified organisms. They have a comprehensive list of thousands of companies (and their products) who are committed to building the Non-GMO food supply.

Join In

Work with Teens Turning Green and the #nonGMO Students for the Right to Know campaign to engage campus dining and chefs in working toward healthy, Non-GMO pantries, dining halls and campus stores. Work with TTG and the #nonGMO Students for the Right to Know campaign

- Talk about a Non-GMO day in your dining hall each week
- Host a Non-GMO communal dinner on campus, in your home, or community and share it on social media
- Work with TTG to host a sampling event and a panel discussion on your campus
- Inform your campus retail buyers about products that don't contain GMOs (TTG has a list of healthy options in each category)

- Join our [#NonGMO Facebook](#) group
- Post your accomplishments on TTG social media



October is Non-GMO Month

Americans from all 50 states can participate in supporting the Non-GMO movement by hosting events in their communities, on campuses, at their dinner tables; anywhere that food brings people together. Be a part of the movement to fight for your Right to Know. Visit <http://www.nongmomonth.org> for more information on how to become involved.

Tell the World

Use your social media outlets for change.

Share [#NonGMO2013](#) on **Twitter** and **Facebook**.

