

Genetically Modified Food

Why we care

Genetically modified crops are weakly regulated and pose risks to the environment. More than 60 countries require labeling or restrictions on GM products whereas American consumers do not have this information. Over 90 percent of US corn, soybeans, cotton, canola, and sugar beets are genetically modified. The most common GM technique is to create seeds that will survive weed killers, leading to increased herbicide use and “superweeds” that are resistant to the weed killers. Some GM crops, like field corn, have inserted genes that generate insecticides; these may harm beneficial insects along with pests. GM crops can also cross-pollinate with organic crops, causing farmers to risk losing their organic certification.

Simple, positive steps to avoid GM foods

- Buy organic. US certified-organic producers are not allowed to use GM seeds.
- Limit meat and dairy because the animals were likely fed GM corn and soybeans. Or look for a “100% grass fed” or “organic” label. For local sources, visit eatwild.com.
- Avoid processed foods and vegetable oils made from corn, soybean, cottonseed, and canola (unless labeled organic).
- Look for the **Non-GMO Project Verified butterfly label** on a package, which assures that the product meets the standards set by a third-party nonprofit.
- Select Whole Foods 365-brand products with a non-GMO label or Trader Joe’s store brands. Eat at restaurants, such as Chipotles, that don’t use GMO foods in their ingredients.
- For more information, visit the Center for Food Safety’s web site and see its [Shopper’s Guide](#).

Questions or feedback? Contact Jeanne Roy at jeanne@ecoschoolnetwork.org.