

# GMO Resources \* Citizens for Local Food, a Local 2020 Action Group\* 2015

Genetically Modified “foods” to consider avoiding (some are grown non-gmo- ask!): Arctic Apple, Sugar Beets, Zucchini and Yellow Squash, Alfalfa (animal feed), Cotton, Potatoes & Tomatoes, Corn, Soy, Canola, Hawaiian Papaya; dairy products that contain growth hormones (rBGH); rennet for cheese making, baker’s yeast, vaccines, E coli bacteria, injectable insulin, aspartame, honey that is contaminated with GM pollen, and food products made from the above food items (including high fructose corn syrup, canola oil, cottonseed oil, soy isoflavones and soy lecithin, soy oil etc). Also, GM mosquitos, salmon, citric acid, some synthesized vitamins. GOOGLE IT.

## Books:

Genetic Roulette, by Jeffery Smith

Seeds of Deception, Jeffery Smith

Altered Genes, Twisted Truth, Steven Drucker

Genetically Altered Foods and Your Health, Ken Roseboro

The Unhealthy Truth: How Our Food Is Making Us Sick and What We Can Do About It, Robyn O’Brien.

GMO-Free: Exposing the Hazards of Biotechnology to Ensure the Integrity of Our Food Supply, Mae-Wan Ho, Lim Li Ching.

## Movies (many of these are currently streaming free on the internet):

GMO/OMG (2013), Scientists Under Attack (2009), Genetic Roulette (2012), The Future of Food (2004), The World According to Monsanto (2008), The Corporation (2003), Silent Forest (2009), FRESH (2009), Bitter Seeds (2011), Farmageddon (2011), Food, Inc (2008), Hawai’i: Islands at Risk (2007), Queen of the Sun (2013), War on Health: Expose of the FDA (2012).

## Websites:

<http://www.nongmosourcebook.com/>

<http://seedsofdeception.com/>

<http://www.non-gmoreport.com/index.php>

<http://www.nongmoproject.org/>

<http://www.responsibletechnology.org/>

<http://gmo-awareness.com/shopping-list/>

<http://www.labelgmos.org/>

<http://www.justlabelit.org/>

<http://foodtank.com/news/2015/02/the-war-on-genetically-modified-food-critics-et-tu-national-geographic>

<http://www.fooddemocracynow.org/>

<http://www.gmwatch.org/>

<https://www.organicconsumers.org/campaigns/millions-against-monsanto>

<http://www.councilforresponsiblegenetics.org/>

[www.plowingtheground.blogspot.com](http://www.plowingtheground.blogspot.com)

<http://www.councilforresponsiblegenetics.org/ViewPage.aspx?pageId=261> (SAFE SEED PLEDGE info)

<https://www.youtube.com/watch?v=NU5FASjyDI4>  
(Researcher Stephanie Seneff discussing Autism and RoundUp trends)

<http://gmo-awareness.com/resources/>

<http://www.microbeinotech.com/products.aspx> (\$145 test for urine levels of glyphosate, the active ingredient in RoundUp)

<http://occupy-monsanto.com/>

<http://www.monsanto.com/products/pages/default.aspx>

<http://www.nongmomonth.org/about/>