

25 Things You Can Do Today To End GMOs (Created by GMO Free Los Angeles)

Get involved www.GMOFreeSeattle.com

1. Avoid GMOs. Consumer rejection sends a strong message and keeps your family healthy. 75% of all processed food has GMO ingredients. Corn, soy, and canola oil is 80%-90% GMO. Purchase organic. Get your Non-GMO shopping guide. Look for the Non-GMO Project label.
2. Help educate! Talk to others; whether its friends, family or strangers – Hand out GMO educational material or leave a pile of it where others will see it.
3. Send out emails that help to educate your friends and family.
4. Send out GMO related Facebook updates and “like” other non-GMO organizations on Facebook so you can share links with others- such as GM Watch, Millions Against Monsanto GMO Truth Alliance, Organic Consumer Association, GMO Free Seattle and GMO Dangers for updates.
5. Send out Twitter feed that helps educate others and keeps them reminded of the importance of stopping GMOs.
6. Offer an educational talk or webinar to anyone interested. Religious, parent oriented, health, school/colleges and gardening related organizations often welcome this information.
7. Invite friends and family members to watch a non-GMO movie such as **The World According to Monsanto** or **The Future of Food**.
8. Give non-GMO related gifts such as the books **Seeds of Deception** or **Genetic Roulette** or even a Non-GMO tote bag.
9. Donate to any non-GMO organization who is working toward GMO elimination. They could not do the work that they do without our financial help.
10. Contact the food manufacturers you buy from and ask them if they use GMOs in their ingredients. Let them know that you will no longer buy their products if they contain GMOs.
11. Contact your local health food store and ask them if you can hand out GMO educational material to their customers. Or better yet, ask them to have a Non-GMO Education Center Store Display.
12. Contact your local restaurants to help educate and ask them to use non-GMO ingredients
13. Contact your local newspapers, magazines or any media with educational letters or videos.
14. Get a booth at a local event or Farmer’s Market and hand out educational material.

15. Help educate your local healthcare professionals about the dangers of GMOs and why they should recommend a non-GMO diet.

16. Contact your government representatives, including the president, and let them know that you want GMOs stopped.

17. Pass out GMO educational materials to homes in your area

18. Keep in touch with other non-GMO organizations for updates such as the True Food Network, Friends of the Earth or GM Watch.

19. Circulate and get signatures for GMO labeling petition.

20. Play Non-GMO DVD's on public access television.

21. Volunteer to help at Non-GMO sites such as the Institute for Responsible Technology or Millions Against Monsanto.

22. Grow your own Non-GMO food.

23. Ask the grocery store chains to stop selling GMO tainted food.

24. Take Care of Yourself! Taking on a huge industry that is tied to our government can feel overwhelming. Make sure you spend time taking care of yourself.

25. Get Involved and Get Active! - Contact :
The Institute for Responsible Technology,
Millions Against Monsanto and
GMO Free Seattle (Facebook) www.GMOFreeSeattle.com .