

**GMO – FREE – Seattle (modified 8-14-11)**  
**References and Research**  
**[www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) (this website has links on it)**

**[www.tinyurl.com/gmofreefoods](http://www.tinyurl.com/gmofreefoods) - (IMPORTANT Video Overview)**

Jeffrey Smith (Institute of Responsible Technology) – (1:24 min)  
detailed presentation on the science & politics behind Monsanto, GMO foods

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**Organizations and websites :**

- 1) **[www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) - GMO Free Seattle**  
( "LIKE" our page & ask others to do as well )  
(Following topics are on left side) -  
**Discussions** for articles, topics of interest, meetings / events  
**Events** - Local area meetings, opportunities to help spread word  
**YouTube videos** for great video on a variety of topics  
**GMO Documents** – Resource library of over 100 articles, brochures, practical guides on science & health risk articles; non science articles; resources; action ideas; notes from our local meetings, Labeling and GMO political articles and more  
**Read the folder for "New GMO Reader "**
- 2) **Institute for Responsible Technology (IRT) [www.responsibletechnology.org](http://www.responsibletechnology.org) -**  
get email updates ; (sign up for Tipping Point Forum → Right side in middle)
- 3) **OCA – Organic Consumer Association – (Millions Against Monsanto - website)**  
**<http://www.organicconsumers.org/monsanto/index.cfm>**

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**Booklets and Pamphlets :**

**GMO Shopping Guide** (Download free or order "booklet" copies)  
**[www.NonGMOShoppingGuide.com](http://www.NonGMOShoppingGuide.com)**

**GMO Health Risks** (Download free or order copies pamphlet)  
**<http://www.responsibletechnology.org/docs/140.pdf>**

**Dining Out – Restaurant Guide**  
**Non GMO Shopping Guide (abbreviated 2 page summary)**  
**[www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)** (Both in GMO Documents (left) → Tabling Brochures )

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**Audio – CD**

Jeffrey Smiths "Don't Put That in Your Mouth" can listen on website or download audio file.  
May copy and pass out this CD to others  
**<http://www.responsibletechnology.org/posts/826>**

**Books CDs, DVDs**

**[www.responsibletechnology.org](http://www.responsibletechnology.org) → Resources → Educational materials**

Genetic Roulette by Jeffrey Smith  
Seeds of Deception by Jeffrey Smith

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**I-Phone application for Non GMO shopping (I-Tunes store → " ShopNoGMO ")**

## **GMO Free Washington - [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)**

**GMO Free Washington** is a Seattle (Western WA.) based action group that works together to help educate & work toward a Non-GMO future here in Seattle & around the entire planet.

We're concerned with the genetic modification of our (your) foods and seeds.

Our [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) → GMO Document Library – is filled with information, > 100 articles (scientific & non scientific), brochures (i.e. shopping, dining out, etc.), to use & share with others

Our 1<sup>st</sup> goal is to collaborate with others locally as well as nationally to collaborate and grow our group in order to be more effective with exciting local projects. We'll follow events such as the "Right to Know March" in D.C, Oct 16 and there will be local activities planned around this.

Our 2<sup>nd</sup> goal, will be to create a unified stand against these Genetic Engineering (GE) companies and to make Seattle a GMO-Free zone, and for those wanting to participate, which may involve organizing visible protests against companies like Monsanto. The other part is to be able to "vote with our dollar" to show that we are serious. Not everyone is able to cut out GMO products because they are cheaper. Through education about the effects of a GMO laden diet we will help people make better & healthier food choices. We'll work with food stores, & restaurants to help educate them to become more GMO free which will help them have a marketing edge because of their non-GMO status.

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### **Getting involved in GMO Free Seattle and Volunteering**

We have a lot of work in front of us, and the more you can get involved your awareness and therefore the health of you, your family and the ones you love will be improved.

- 1) Go to our great website [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) and "Like" us.
- 2) Share this resource paper and our [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) with others.
- 3) Go to the GMO Documents (left side of website) and read the articles in "New GMO reader"
- 4) If you'd like to get more involved and or volunteer in any way (large or small)

**send us an E-Mail** (with your contact information - name, email and contact phones) to [INFO@GMOFreeSeattle.com](mailto:INFO@GMOFreeSeattle.com) (**All information is private**)

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**If you knew you were eating toxins,  
would you stop eating them ?**

**If you knew your child was eating toxins,  
would you stop feeding them ?**



**Get involved:  
[WWW.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)**