

A GE-FREE future starts in your trolley



(Cole/Greenpeace)

Everyday shoppers have the power to keep our food free of GE. When customers speak – food companies listen!

Contact your favourite brands today and ask them to remove GE ingredients from their entire food chain.

INGHAMS 1800 777 663

Inghams use massive quantities of imported GE soymeal in their chicken feed.

WOOLWORTHS/SAFEWAY (02) 9323 1555 or 1800 638 434

Woolworths have no policy to remove GE ingredients, GE oils or GE fed animal products in their own brand products. Woolies chickens are fed GE.

GOODMAN FIELDER 1800 025 768

Goodman Fielder have a policy to remove GE ingredients but have no policy to remove GE derived oils and processed ingredients or GE fed animal products.

COLES/Bi-Lo 1800 061 562

Coles have made some efforts to remove GE ingredients but have no policy to remove GE derived oils or GE fed animal products in their own brand products. Coles chickens are fed GE.

KFC 1800 620 723

KFC are a major buyer of chickens that have been raised on GE feed. Ask them to source GE-free feed.

Visit the True Food Network at www.truefood.org.au to find out more about what you can do to ensure Australian food is GE-free from paddock to plate.

Printed on 50% recycled / 50% oxygen bleached plantation paper, using non-GE soy based inks.
(Cover image: Clay)

2nd EDITION - 2003

TRUE FOOD GUIDE

HOW TO SHOP GE-FREE

You CAN say no to genetically engineered food



GREENPEACE

The big food experiment

Our food is under threat. A handful of multinational chemical companies have taken our staple foods and placed them in the science laboratory. Through experimentation, they have come up with new kinds of food that could never have occurred in nature – corn that produces its own insect killer and soybeans that are immune to chemical sprays. We have all become part of a big food experiment.

What is GE?

Genetic engineering (GE) is a radical new technology that manipulates genes and DNA – the blue-print of living things. Unlike traditional breeding processes, GE takes genes from one life form and crosses them with those of another. Genes from bacteria, viruses, plants and animals, have been inserted into soybeans, canola, corn and cotton to grow experimental crops. These crops (also called 'genetically modified organisms' or 'GMOs'), are processed into foods and sold all over the world. They are bought by us and served up on our plates. Right now, millions of Australians are eating GE foods, without realising it.

It's time for true food

Since the launch of the first True Food Guide in May 2002, food companies have received thousands of calls from consumers, asking them to remove GE from their food. Public polls show the majority of Australians don't want to eat GE food. Consumer concern about the issue is increasing.

Responding to this groundswell of concern, companies are moving to eliminate GE from their products. Leading food manufacturers like Sanitarium, National Foods and Unilever have completely removed GE from their supply chains. Others, such as Dairy Farmers, Kellogs and Aldi are in the process of doing so.

The True Food Guide is designed to help you shop GE-free. Use the guide whilst shopping, support brands that are GE-free, let your favourite brands know that you don't want GE – and join the growing network of Australians working towards a true food future.

“ Genetically engineered food threatens everything I stand for. ”



(Cole/Greenpeace) Margaret Fulton
– Australian food icon and
True Food Network member

“There is enough evidence to tell us that genetically engineered food is not a good idea. It is time for Australians to let food companies know we do not want to eat food that has been tampered with.

The True Food Guide will be our reference to what is safe to eat – not only for us, but for our children, grandchildren and great grandchildren. That is why I am committed to working with Greenpeace on this important issue”.

Margaret Fulton
Margaret Fulton

What's wrong with GE?

GE foods are unnatural, unnecessary and unwanted. Contrary to industry claims, genetic engineering is both unpredictable and risky. GE food crops pose threats to our health, to the environment and to the rights of farmers. By rejecting GE foods, we can reclaim our right to growing and eating food that is healthy, wholesome and true.

Threats to our environment

Genetic engineering threatens our environment. As living organisms, GE plants, animals and microbes can multiply, spread and pollute indefinitely. Like the cane toad, once released they cannot be recalled. Scientists cannot predict the long-term impacts of these new forms of life. In this way, GE is an uncontrolled experiment with nature.

Threats to our health



Dr Judy Carman – Spokesperson on GE food, Public Health Association of Australia, Affiliate Senior Lecturer, Department of Public Health, University of Adelaide, and Director, Institute of Health and Environmental Research.

Concerns have been raised internationally over the safety of consuming GE foods. Some of these concerns include the use of antibiotic-resistant genes in GE plants, which may lead to antibiotic-resistant bacteria in us. Another concern is our potential exposure to unfamiliar or unexpected proteins, toxins and allergens through eating GE food. In addition, GE agriculture may encourage a greater level of pesticides in our food.

Current safety testing of GE foods is minimal. Almost all tests are done by employees or companies paid by GE companies. Test results are rarely published for scientific review. In Australia, FSANZ (Food Standards Australia New Zealand) is the sole body to assess these company documents. An independent review of reports published by FSANZ has concluded that tests are inadequate, that GE foods have never been tested on humans and that some GE foods have not even been tested on animals.



(Warwick)

Threats to farmers

GE crops represent increasing corporate control over the production of our food. In Canada, a farmer was sued by Monsanto when his crop was contaminated by a neighbouring GE crop. In the US, a farmer was recently jailed for the so-called 'illegal' use of Monsanto's seed. Monsanto now controls over 90% of all GE crops grown in the world.

Will GE feed the world?

The multinational chemical companies that create GE crops, claim they are needed to feed the world. However, the world already produces more food than is needed. Hunger and starvation are the result of inequitable distribution of food – a political and economic problem. Genetic engineering will further the corporate control over food production and may even make problems of hunger worse, by denying farmers in developing countries access to seeds.

GE in Australia

Around the world, the four main GE crops grown are soy, corn, canola and cotton. The majority of these crops is grown in the US, Canada, Argentina and China. It is estimated that globally, 80% of all GE crops is used as stock feed.

CROPS: Australia grows two commercial GE crops, cotton and carnations. GE cotton enters the food chain as cottonseed oil (often used for deep-frying), whilst GE cottonseed meal is used as feed in the beef and dairy industries. Australia's first official GE food crop, canola, was approved for commercial release in July 2003 – however, moratoria around the country have ensured that at time of writing, no GE canola has been planted. See www.greenpeace.org.au for more information on GE canola.

IMPORTS: Large amounts of US corn and soy crops are now genetically engineered. Australia imports both corn and soy from the US for use as processed ingredients and as stock feed. These imports are at risk of being GE contaminated, unless companies have a policy to avoid GE.

PORK: The Australian pork industry uses significant quantities of GE soy meal (imported from the US), as well as cottonseed meal from Australian grown GE cotton.

POULTRY: The Australian poultry industry is a major user of GE in Australia, with large shipments of GE soy meal arriving from the US every 6-8 weeks. It is estimated up to 300,000 tonnes of GE soy meal is imported for the poultry industry each year.

BEEF: The Australian dairy industry is largely GE-free. Most dairy companies ensure that their dairy cows are not fed GE feed. However, in some cases, GE cottonseed meal is used as a supplementary feed for dairy cows, particularly during drought periods.



(Stuebe)

GE canola: what are you spreading?

Monsanto and Bayer have both applied for the commercial release of GE canola in Australia. The Bayer application was approved on 25th July 2003, paving the way for growing the first GE food crop in Australia. Due to moratoria in all major canola growing states, GE canola will not be planted this year – however, if these moratoria are lifted, GE canola will be released into our fields and food.

Canola oil is used in many products on supermarket shelves. As well as oils and spreads, it is also used extensively in confectionery and baked goods. Canola meal is also an important stock feed in the pork, poultry and dairy industries.

You can help keep Australian canola GE-free!

Contact your State Premier and let them know you don't want to eat GE foods and that you support the rights of Australian farmers to stay GE-free.

Goodman Fielder is the largest buyer of canola oil in Australia. Phone them on 1800 025 768 and ask them to ensure Australian canola stays GE-free.

Not on the label

Whilst Australia does have GE food labelling laws, there are many exemptions. This means Australians often cannot know if they are eating GE foods or not. In this way, it could be said we are 'eating in the dark'.

The following GE foods are exempt from labelling:

- food made from animals fed with GE stock feed (eg: meat, milk, eggs, honey)
- highly refined foods that are derived from GE crops (eg: cooking oils, sugars, starches)
- food prepared at bakeries, restaurants, takeaways
- food 'unintentionally' contaminated by up to 1% or containing GE flavours at less than 0.1%, and
- processing aids or food additives using GE microbes.

Because of these exemptions, if GE canola is grown in Australia it will enter our food as oil and animal feed, unlabelled.

The Australian labelling laws are currently under review. There are concerns that this review, along with US-Australia Free Trade negotiations, will see the further watering down of these labelling laws. For more information visit www.truefood.org.au

Using the True Food Guide

This guide has been developed to help you shop GE-free. Greenpeace has rated common brands based on written responses to a series of questions in July 2003. The ratings are more stringent than Australian labelling laws as they also reflect the use of highly processed GE-derived ingredients as well as GE stockfeed. View our questions to companies and updated ratings at www.truefood.org.au.

It is important to note, that any rating listed here is a reflection of brand policy and not a guarantee of GE-free or GE status of individual products. The ratings are also not an endorsement or comment on any individual company, beyond their GE policy. Greenpeace has not undertaken any independent testing of these foods. The Guide is not exhaustive, but covers the majority of brands found in supermarkets.

How brands are rated



RED:

brands that DO NOT HAVE A POLICY TO REMOVE GE from their whole food chain. Some brands in the red list may have eliminated some GE ingredients but may not have eliminated all GE derived ingredients or products from animals fed GE feed. This category also includes brands of companies that did not respond adequately to our enquiries.



ORANGE:

brands that are committed to removing GE from their whole food chain and ARE IN THE PROCESS of doing so. These brands have shown they are serious about removing GE from foods.



GREEN:

brands that have given written assurance that they ARE NOT USING GE ingredients anywhere in the food chain. This includes removing all ingredients derived from GE crops as well as products from animals fed GE feed.



Certified organic foods receive this leaf symbol. They are required to be GE-free under Australian organic food certification standards. They are also grown without the use of artificial chemical inputs, animal cruelty or irradiation.

Important notes:

- Whereas the 2002 True Food Guide based its ratings on food COMPANY policy, the 2003 True Food Guide ratings are based on food BRAND policy. This rating code more accurately reflects the GE status of individual brands.
- These ratings apply to all products under a brand name. However, some brands rated as RED may include organic products. Individual organic products should be treated as GREEN, regardless of brand rating.
- The use of GE processing aids (such as enzymes) is not included in this rating system. For more information about the use of GE processing aids, please contact the company directly.

10

Baby Food

May use milk, meats or eggs from animals fed GE feed.
 May use oils from GE plants. May contain imported corn starch, soy flour or lecithin, which may be GE.
 Regardless of overall brand rating, all certified organic products are GE-free & should be considered 'green'.



RED

Golden Circle
 Infasoy
 Nestle
 Nutricia
 S26
 SMA



ORANGE



GREEN

Babynat
 Farex
 Heinz
 Hepworth's Baby
 Cereals

11

Baking & Cooking – incl. pasta, grains and oils

May use oils from GE plants like cottonseed or imported canola and soy. After 2004 may contain Australian-grown GE canola oil, if GE canola is planted. Rice and plain wheat/semolina pastas will currently not contain GE.
 Egg pastas may contain egg from chickens fed GE feed. All sunflower, olive and grapeseed oils are GE-free.
 Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.



RED

Barilla Pasta
 Betty Crocker
 Campbells Stocks
 Coles-Fairland
 Crisco Oils
 Deifance
 Diego's Tortilla's & Taco's
 ETA Oils
 Gold'n Canola Oil
 Homebrand (Woolworths)
 Indofood Rice Mix
 Lion Flours
 Masterfoods Herbs & Spices
 Meadow Lea Oils
 Nissin Noodles
 Portobello Dry Pasta
 Savings (Coles)
 Trident Noodles
 Vetta
 Weston Milling Cake Mixes
 White Wings
 You Me Instant Noodles



ORANGE

McKenzie Herbs & Spices
 San Remo Pasta
 Sunrice
 Wokka Noodles

*Help stop GE
 canola in Australia
 Call Goodman Fielder
 and ask them for
 canola oil from
 GE-free Aussie canola!
1800 025 768*



GREEN

Balducci Dry Pastas
 Casalare Pastas
 Dick Smiths Oils
 Fantastic Instant Noodles
 Freedom Foods
 Knorr
 L'Abruzzese Dry Pasta
 Laucke Bread Mixes
 Massel Stocks & Gravies
 Melrose
 Nidi Pasta
 Orgran
 Pureharvest Oils
 Spiral Foods Dry Pasta
 Stoney Creek Oil
 Tip Top Flours
 Ultracube Stockcubes
 Zafarelli Pastas

12

Biscuits - incl. crackers

May use oils from GE plants. Imported corn starch, soy flour or lecithin may also be GE. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

Arnotts
Butterfingers
Carr's
Coles-Farmland
Homebrand (Woolworths)
Lanes Biscuits
McVittie's Biscuits
Nabisco Biscuits
Paradise Biscuits
San Martino Biscuits
Trident Crackers
Unibic Biscuits
Weightwatchers
Westons

 **ORANGE**

 **GREEN**

Dick Smith Biscuits
Fantastic Biscuits
Freedom Foods Cookies
Kenny's Cookies
Kez's Kitchen Biscuits
Naturally Good Crispbread
Sakata Crackers

13

Breads - incl. rolls & muffins

May use oils from GE plants. May contain imported corn starch, soy flour or lecithin, which may be GE. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

Bake at Home (Coles)
Buttercup
Coles-Farmland
Foodland
Helgas
Homebrand (Woolworths)
La Famiglia Bread
Molenberg Breads
Savings (Coles)
Uncle Tobys
Woolworths

 **ORANGE**

Country Life Bread
Flinders Breads (VIC)
Kurrajong Kitchens Breads
Village Green Breads (Aldi)

 **GREEN**

Australian Garlic Bread
Company
Borgen Breads
Gold Coast Bakery Bread
Golden
Golden Hearth Breads
Noble Rise
Tip Top

Breakfast foods - incl. cereals, bars and drinks

May use oils from GE plants. Imported corn starch, soy flour or lecithin may also be GE.
Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

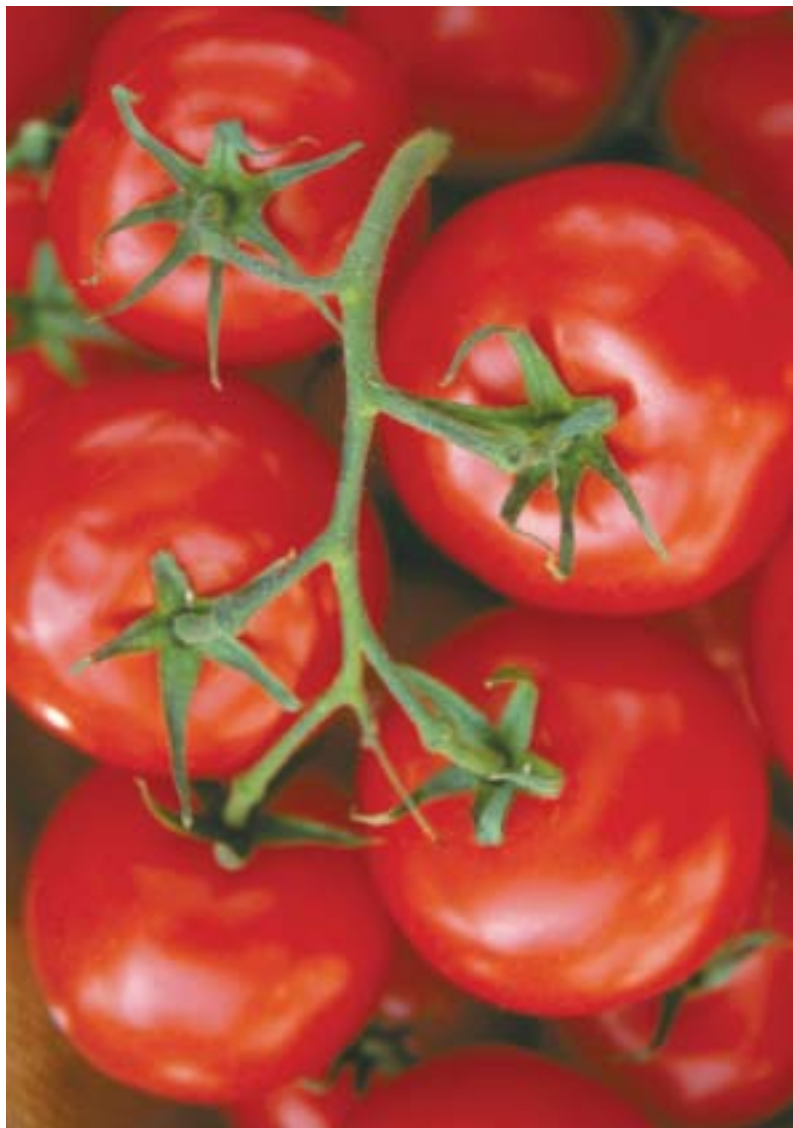
- Active Start Cereals
- Anchor Cereals
- Coles-Farmland
- Foodland
- Lowan Cereals
- No Fills (Franklins)
- Purina Cereals
- Quaker Cereals
- Uncle Tobys

 **ORANGE**

Kelloggs

 **GREEN**

- Blue Lake Milling Cereals
- Carmans Muesli
- Cerevite Cereals
- Dick Smith Cereals
- Freedom Foods
- Goodness Muesli
- Provita Cereal
- Sanitarium Cereals
- Vogels Cereals



Yes, I want to be a Greenpeace Supporter

Please pull out this form, fill in your details and post to:

**GREENPEACE
REPLY PAID 2622
SYDNEY NSW 2001**

No stamp required.

We rely solely on people like you who care about our world and want to share it with future generations. Thankyou for making a difference.

Title _____ First Name _____

Surname _____

Address _____

Suburb _____ State _____ Postcode _____

Gender M F Date of birth / /

Email _____

Phone (W) _____ Phone (H) _____

Phone (M) _____

All contributions over \$2.00 are tax deductible and will be placed in the Greenpeace Trust Fund.

GREENPEACE
www.greenpeace.org.au

I WISH TO MAKE A MONTHLY TAX DEDUCTABLE GIFT OF:

\$20 Other \$ _____

Greenpeace will debit the nominated account on the 15th of each month until further notice. Please see overleaf for full details of your direct debit guarantee.

SIMPLY FILL IN YOUR CREDIT CARD OR BANK DETAILS BELOW CREDIT CARD DETAILS

Bankcard Visa Mastercard AMEX Diners

Name on card _____

Credit card number _____

Signature _____ Expiry Date / /

OR

BANK DETAILS

Name of financial institution _____

Suburb where account is held _____

Account name _____

BSB (Branch) number

Account number

INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY

Please pay Greenpeace Ltd Direct Debits from the account detailed on this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Greenpeace and, if so, details will be posted electronically to my Bank/Building Society.

Signature/s _____

Note: Direct debiting is not available on every account. If in doubt, please ask your financial institution.

DIRECT DEBIT GUARANTEE

1. Greenpeace will debit the nominated account on the 15th of each month until further notice.
2. When the debit due date falls on a weekend or public holiday, the payment will be processed on the next business day.
3. Greenpeace will provide 14 days notice if we propose to vary those arrangements.
4. To defer or alter your direct debit with Greenpeace Australia Pacific, to stop on individual debit or cancel your direct debit agreement please phone **1800 815 151** during office hours (EST). Please note that the deadline for cancellations or alterations is the 10th of the month.
5. The original agreement will be confirmed with the supporter prior to the first debit.
6. If there is a discrepancy in the understanding between either party the amount under dispute will be refunded by Greenpeace.
7. It is the responsibility of the supporter to have sufficient clear funds available in the relevant account by the due date to permit payment of the debit. Should a debit be returned unpaid the supporter is responsible for any fees that are incurred against their account by their financial institution.
8. Supporters account records will under no circumstances be disclosed to any organisation.

- Tick here if you do not wish to receive further information from Greenpeace Australia Pacific Limited.
- Sometimes Greenpeace allows other charities to mail our supporters information. In return, we contact their supporters and recruit much needed help. If you don't want to receive such offers, please tick here.

Greenpeace Australia Pacific, GPO Box 2622 Sydney NSW 2001.
Telephone: 1800 815 151




GREENPEACE
www.greenpeace.org.au

Join Form cover image: (Coles/Greenpeace)

Butter & Spreads

15

May use oils that come from GE plants including local cottonseed and imported soy & canola.
The planting of GE canola in Australia next year may contaminate those brands that do not have a policy to avoid it.

Beel Copho Dairy Vale Flora I Cant Believe It's Not Butter Melrose Omega Nuttelex Ultima Spreads Vita Lite Margarine	 GREEN
Devondale Tablelands	 ORANGE
Allowrie Coles-Farmland Country Gold Golden Pastures Gold'n Canola Homebrand (Woolworths) Meadow Lea Mrs McGregors No Frills (Franklins) Olive Grove Savings (Coles) Western Star Butter	 RED

16

Cheese & Milk – incl. yoghurts & dips

Most dairy companies demand that cows are not fed GE feed, however, some GE cottonseed meal may be used, particularly in Queensland. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.



RED

Bi-Lo (Coles)
Bodalla
Brownes
Cadbury
Coles-Farmland
Delico Dips
Fiya Dips
Foodland
Harvey Fresh
Homebrand (Woolworths)
IGA
Kraft
Mainland
Nestle
Pantailca Cheese
Perfect Italiano Cheese
Savings (Coles)
Yakult



ORANGE

Bega
Breaka Milk
Bulla
Camberra Milk
Cobram
Copperpot Dips
Dairy Farmers
Danone Desserts & Yoghurt
Dare Milk
Devondale
Farmdale Milk (Aldi)
Fred Walker Cheese
Icebreak Milk
Oak Milk
Pauls
Regal
Ski Yoghurts
Vaaila Yoghurt



GREEN

Attiki
Black Swan Skinny Dips
Chris's Greek Dips
Coon
Cracker Barrell
Farmers Union
Fruche
Jaina Yoghurts
King Island
Nimbin Natural
Pura
Shape Cheese
Snowy Mountain Milk
Soyphistication Dips
Take Care Milk
Tatura Dairy
YoGo Dessert
Yoplait

17

Chilled Easy Meals - incl. fresh pasta, pizza & pies

May use milk, meat or eggs from animals fed GE feed. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.



RED

Bamboo Pot Noodles
Chickadee Foods
Coles-Farmland
Da Vinci Fresh Pastas
Dolmio Fresh Pastas
Dorato Fresh Pastas
Foodland
Homebrand (Woolworths)
House of Winston
Latina
No Frills (Franklins)
Savings (Coles)
Taings Fresh Noodles
Tastee Pies



ORANGE

San Remo Fresh Pasta
Soya King Tofu



GREEN

Fantastic
Hakea Tofu
Longa Life
Lotus Tofu
Nutrisoy
Sanitarium
Soyco
Specialty Pastas

18

Drinks & Dairy Substitutes - incl. soy milk

May use imported GE soy. Soft drinks may use imported GE corn syrup. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

- Bickfords Juices
- Bilo (Coles)
- Carnation Milk
- Coca Cola
- Coles-Farmland
- Cottees
- Golden Circle Drinks
- Homebrand (Woolworths)
- Jarrah
- Lift
- Milo
- No Frills (Franklins)
- Ovaltine
- Powerade
- Savings (Coles)
- Schweppes
- Sustagen Drinks
- Ultra Slim

 **ORANGE**

So Juicy
Soy Life

 **GREEN**

- Australian Daily Juice Co., The
- Australian Fresh Juices
- Australias Own Soy Milk
- Berri Juices
- Crusta Juices
- Daily Juice Company
- Dick Smith Cordials
- Eco-Organics
- Golden Grove Juices
- Just Juice Juices
- Mr Juicy Juices
- P & N Juices
- Pop Tops Juice Drinks
- Prima Juices
- Pureharvest Soy Milks
- Sanitarium
- So Good Milk
- So Natural Soy Milk
- Sunrise Juices
- Up & Go
- Valencio Juices
- Vitasoy Soy Drinks

Easy meals - incl. international foods

May use milk, meat or eggs from animals fed GE feed. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

19

 **RED**

- Asia @ Home
- Barilla Pasta Sauce
- Campbells
- Coles-Farmland
- Country Cup Soups
- Dolmio Pasta Sauces
- Homebrand (Woolworths)
- Hormel
- Kan Tong
- Kraft
- Leggos Pasta Sauces
- Maggi
- Old El Paso
- Pataks
- Paul Newmans Sauces
- Rice A Riso
- Sharwoods
- Trident
- Viva Pasta Sauce
- Wraps Of The World

 **ORANGE**

Nachos to Go
San Remo
Sunrice

 **GREEN**

- Bertolli Pasta Sauce
- Continental
- Freedom Foods
- Heinz
- Raguletto Pasta Sauce
- Spiral Foods Pasta Sauces
- Stromboli Pasta Sauces
- Suimin

Frozen Foods

May use milk, meat or eggs from animals fed GE feed.

May use oils from GE plants. May contain imported corn starch, soy flour or lecithin, which may be GE. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

20



RED

Birds Eye
Cadbury
Chickadee Foods
Coles-Farmland
Dolmio
Four 'n Twenty Pies
Franklins
Ho Mai
Homebrand (Woolworths)
I & J
Ingham
Kan Tong
Lean Cuisine
Maggi
McCain
Namas
Nestle
Pampas
Papa Guiseppes
Patties
Sara Lee
Savings (Coles)
Steggles



ORANGE

Bulla
Pauls
Weis
Elmsbury (Aldi)
Farmwood (Aldi)
Logan Farm
Pizza Haven Homebake



GREEN

Dairy Bell
Dick Smith Icecream
Lick Me Icecream
Norco Icecream
Streets
Findus
Heinz
Sargents Pies
Zoglos Vegetarian Choice

Meat, Chicken & Eggs - incl. smallgoods

Chicken and pork industries use large amounts of imported GE soy meal. Some GE cottonseed meal is fed to Australian beef. See page 6 for more information.

Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

21



RED

Baiada
Chapmans Smallgoods
Coles-Farmland
Dandy
Dons Smallgoods
Dorsogna Smallgoods
Farm Pride Eggs
Foodland
Franklins
Good Egg, The
Hans Smallgoods
Homebrand (Woolworths)
Ingham
Lilydale
Makers Choice Smallgoods
Mr Beaks
Pace Farm Eggs
Savings (Coles)
Steggles
Sunny Queen Eggs
Tibaldi Smallgoods
Watsonia Smallgoods
Woolworths



ORANGE

Boss Foods
Butch's Bangers
Chevap

*Help get GE out
of chicken feed
Call Inghams today!
1800 777 663*



GREEN

Clancy's
Bio-Dynamic Eggs
Prema Organics Eggs
Cleavers Chicken

22 Sauces, Spreads & Condiments - incl. dips & dressings

May use oils from GE plants.
Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.



RED

Chang's Asian Sauces
Cornwells Table Sauces
Cottees Jams
ETA Dressings & Spreads
Holbrooks
Homebrand (Woolworths)
IXL Spreads
Kraft
Lee Kum Kee Asian Sauces
Maggi Sauces
Masterfoods
Old Cathay Soya Sauce
Old El Paso Salsa Dips
Orchid Pastes & Marinades
Pecks Spreads
& Dressings
Savings (Coles)
Thomy Sauces



ORANGE



GREEN

Allowrie Honey
Angus Ogiwie Condiments
Aristocrat Condiments
Aussiemite
Ayam Sauces
Capilano Honey
Dick Smith
Freedom Foods Spreads
Heinz
Kikkoman Sauces
Nutella Spread
Sanitarium Spreads
Spring Gully Pickles
Three Threes Condiments

Snacks, Sweets & Desserts - incl. chips, chocolates & cakes

May use oils from GE plants. May contain imported corn flour, soy flour or lecithin, which may be GE...
Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.



RED

Amore Fresh Nuts
Arnotts
Cadbury
CCOs
Coles-Farmland
Cottees
Defiance Desserts
Dip'n Snack Biscuits
Doritos Chips
Go Natural Snacks
Greens Cake Mixes
Homebrand (Woolworths)
IXL Bars
Kettle Chips
Lays Chips
Le Snak
Musashi Snacks
Nobbys Nuts
Pascall Confectionery
Quality Desserts Cakes
Samboy Chips
Savings (Coles)
Smiths Chips
Thins Chips
Top Taste Cakes
Twisties
Uncle Tobys
White Wings Cakes
& Desserts



ORANGE

Dip Stix Soy Snacks
Kelloggs Muesli Bars
Pink Lady Chocolates
Snackwell
Soya King
Sunrice

Handy Hint

Help supermarkets
go GE-free! Ask your
supermarket manager
about their own
brand products.



GREEN

Angas Park
Aussie Sweets
Bellis Fruit Bars
Dick Smith
Ferrero Rocher
Freedom Foods
Green & Blacks
Chocolates
Kinder Surprise
Kris's Fruit Bars
Maywers Health Time
Mellow Yellow
Rice Crackers Mix
Menz Confectionery
Orgran
Petite Miam
Pureharvest
Real Foods Corn Snacks
Vege Chip Company, The

Tinned Food

May use oils from GE plants. May use milk, meat or eggs from animals fed GE feed. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

- Admiral
- Campbells
- Castlemaine
- Coles-Farmland
- Edgell
- Golden Circle
- Harvest
- Homebrand (Woolworths)
- Hornel
- John West
- Kraft
- Plumrose
- Savings (Coles)
- Spam
- SPC
- Stagg Chilli
- Trident

 **ORANGE**

- Sweet Valley (Aldi)

 **GREEN**

- Greenseas
- Hamper
- Heinz
- Paramount
- Safool
- Sanitarium
- Tom Piper
- Watties

Other Food Outlets - incl. fast food, bakeries, cafes

All food made at the point of sale (in these outlets) is exempt from Australian GE food labelling laws. GE cottonseed oil is used by many take-away chains for deep-frying. Chicken and other meat products most likely come from animals fed GE feed. Regardless of overall brand rating, all certified organic products are GE-free and should be considered 'green'.

 **RED**

- Baskin Robbins Icecreams
- Chickadee Chicken
- Coffee Club
- Darrell Lea Chocolate Shops
- Delifrance
- Eagle Boys Pizza
- KFC
- Lenards Poultry
- McDonalds
- Michels Patisserie
- Mrs Macs Pies
- Pizza Hut
- Red Rooster
- Sizzler
- Subway
- Taco Bell
- Villis Pies & Cakes
- Wendys

 **ORANGE**

- Balfours
- Beaumonts Pies and Cakes
- Brumbys Bakeries
- Burger King
- Cheesecake Shop
- Dominos
- Haighs Chocolates
- Pancake Parlour
- Starbucks

Take Action
 Call **KFC** today
 and ask them to stop
 feeding chickens GE!
1800 620 723

 **GREEN**

- Bagel House
- Bakers Delight
- Jamaica Blue Cafes
- Muffin Break



*True food... food you can trust,
grown locally, without pesticides
or genetic engineering.*

Choose a true food future

All over the world, a growing movement of people is cooking up a new vision of food. In this vision, food is an integral thread in the fabric of community, connecting people to each other and to the earth itself. In this vision, food is also plentiful, sustainable and nourishing. This groundswell of people wants food that is pure, tasty and authentic. We want food that is true.

Here in Australia, farmers, consumers and food producers are working together toward a true food future. Farmers are exploring new ways of working with the land to reduce chemical use and increase diversity and productivity. Consumers flock to farmers markets to support locally grown and sustainable food, wanting to know where it comes from, who grew it and how it was grown. Many food companies meanwhile, are responding to public demand and sourcing GE-free, organic and biodynamic produce.

(Thomas/Greenpeace)

Take back control of your food!

The True Food Network is a growing community of Australians standing up for true food. Members of the Network receive consumer news updates on food companies, products, and brands going GE-free; opportunities to voice your rejection of GE foods; the chance to share your ideas on how to build a true food future; plus exclusive access to the new True Food Shopping List-builder, making GE-free shopping a breeze! Membership to the Network is free.

JOIN THE TRUE FOOD NETWORK at www.truefood.org.au

For other information on GE contact:

- GeneEthics Network on 1300 133 868 or visit www.geneethics.org
- The Institute of Health and Environmental Research at www.iher.org.au
- The Network of Concerned Farmers at www.non-gm-farmers.com
- Biological Farmers of Australia at www.bfa.com.au
- The Australian Consumers Association at www.choice.com.au