

25 Things You Can Do To End GMOs

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 pass the Legislative or ballot initiatives by spreading the word, collecting signatures, and donating. We have the right to know what is in our food!
3. Talk to others; whether they are friends, family or strangers, help educate! Hand out GMO educational material or leave a pile of it where others will see it. Pass some out to your neighbors.
4. Send out emails that help to educate your friends and family.
5. Send out GMO related Facebook updates and "like" other non-GMO organizations on Facebook so you can share links with others. The Institute for Responsible Technology, Labelmos.org, GM Watch, Millions Against Monsanto, GMO Truth Alliance, Organic Consumer Association, GMO Free Southern California and GMO Dangers are ideal for sharing updates.
6. Send out Tweets that help educate others and reminds followers the importance of stopping GMOs.
7. Offer an educational talk or webinar to anyone interested. Religious, parent oriented, health, school/colleges and gardening related organizations often welcome this information.
8. Invite friends and family members to watch a non-GMO movie such as The World According to Monsanto, Scientists Under Attack or The Future of Food.
9. Give non-GMO related gifts such as the book Seeds of Deception or Genetic Roulette or even a Non-GMO tote bag.
10. Donate to any non-GMO organization who is working toward GMO elimination. They could not do the work that they do without financial help.
11. 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.
12. Contact your local health food store and ask them if you can hand out GMO educational material to their customers. Better yet, ask them to have a Non-GMO Education Center Store Display.
13. Contact your local restaurants to help educate and ask them to use non-GMO ingredients
14. Contact your local newspapers, magazines or any media with educational letters or videos.
15. Get a booth at a local event or Farmer's Market and hand out educational material. 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. Keep in touch with other non-GMO organizations for updates such as Center for Food Safety, Friends of the Earth or GM Watch.
18. Play Non-GMO DVD's on public access television.
19. Volunteer to help at Non-GMO sites such as the Institute for Responsible Technology, Organic Consumers Association or Center for Food Safety.
20. Grow your own Non-GMO food.
21. Ask your local schools to serve Non-GMO food.
22. Get your local radio stations to play Non-GMO pieces.
23. Ask the grocery store chains to label GMO ingredients and 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 nurturing your body, mind and spirit.
25. Get Involved and Get Active! Join us at www.donotalter.org! You have gotten this list from A Do Not Alter Volunteer member, which is a great place to get information about upcoming opportunities to educate and take action.

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