

GREENPEACE

How to Avoid

Genetically Engineered Food

A Greenpeace Shoppers Guide



You have a
right
to **know**

What is GE Food?

Genetically engineered or genetically modified organisms (GMOs) are created by taking genes from organisms such as bacteria, viruses or animals and inserting them into other, often unrelated, species. Unlike traditional breeding, genetic engineering creates new organisms that would never occur in nature, creating new and unpredictable health and environmental risks. The term 'genetically engineered (GE) food' refers to any product containing or derived from GMOs. In Canada, up to 70 per cent of the processed foods found in grocery stores contain GE ingredients.

The most common GE ingredients come from crops like corn, soy, canola and cotton. Biotechnology companies like Monsanto genetically engineer these crops to produce a pesticide or to withstand the application of herbicides.

Your Right to Know

Greenpeace is offering you this guide because we believe that, as consumers and citizens, you have the **Right to Know** what you are eating. A Decima poll commissioned by the Consumers Association of Canada (October 2003) revealed that 88 per cent of Canadians believe that labels for GE foods should be made mandatory by the Canadian government—Greenpeace couldn't agree more. If you lived in Europe, Australia, New Zealand, China or Japan, you would have that right. Mandatory labelling of GE food is the law in more than 40 countries worldwide, covering approximately 3 billion people.

While most of the world has opted for mandatory standards, the federal government, with the support of the food industry, has opted for voluntary measures that are unlikely to lead to labels on GE food. More than six months after the introduction of a voluntary standard, a Greenpeace investigation could not locate a single GE label on any product in Canadian grocery stores. No environmental or consumer group supported the final standard adopted by the government. Meanwhile, in Quebec, an all party committee of the legislature has recommended that Quebec institute mandatory labelling for GE foods.

In 2001, your Members of Parliament voted down a law that would have required mandatory labelling. The time has come for you to know what you are eating. Make sure your MP knows you want mandatory labelling of GE foods.

The Health and Environmental Risks of GMOs

The planting of GE crops on millions of hectares of land and their introduction into our food supply is a giant genetic experiment. As living, reproducing organisms, GMOs form a type of living pollution that can spread across vast areas creating environmental risks that are unprecedented and possibly irreversible. Some of the dangers include the loss of biodiversity; the development of superweeds and superpests leading to increased use of toxic pesticides; contamination of organic and conventional crops; and harm to beneficial organisms. Health risks associated with GE food include the development of antibiotic resistance, allergic reactions, nutritional changes and the creation of toxins. The Canadian regulatory system for

food biotechnology is extremely weak, and has been criticized as inadequate by many experts including the Royal Society of Canada, the Ontario Public Health Association and the Quebec Institute of Public Health. As the government requires NO long term testing of GE foods, it's impossible to determine what effects they are having.

For these reasons, Greenpeace demands the end of environmental release of GMOs and their use in our food.

For more information, please visit the Genetic Engineering section of our website at: www.greenpeace.ca



The use of genetically engineered organisms is prohibited under organic food standards. Organic foods are grown without the use of synthetic chemicals or irradiation. Organic standards require that attentive care be given—care that promotes health and meets the behavioural needs of livestock. GE animal feed is also prohibited. The best way to avoid GE food is to purchase 100 per cent certified organic products, whole foods and fresh produce. There are a number of third party certifiers in Canada who certify products as organic.



Take Action

Food companies continue to use genetically modified organisms (GMOs) in our food, ignoring the wishes of the majority of Canadians. One company in particular stands out. Loblaw Companies

Ltd. is the largest grocery retailer in Canada and owns both the President's Choice and No Name brands. With more than 1100 stores in Canada operating under the names Loblaws, Zehrs, Real Canadian Superstore, Provigo, Maxi, SuperValu, Extra Foods, Shop Easy, Lucky Dollar, Independent, Cash & Carry, Dominion in Newfoundland, Valu-mart, Fortinos, No Frills, Atlantic Superstore and Atlantic SaveEasy, what Loblaws decides determines what you are eating.

→ Greenpeace is calling on Loblaws to:

- Commit to the removal of genetically engineered (GE) ingredients from President's Choice, No Name and other Loblaws brand name products.
- As an interim measure, immediately begin labelling products which contain GE ingredients and stop preventing suppliers from labelling products "Non-GE."
- Instruct suppliers that Loblaws will begin a phase-out of all products in their stores that contain GE ingredients.

Retailers around the world have stopped experimenting on their customers and have refused to sell GE foods. Sainsbury's in England, Carrefour in France and Trader Joe's and Whole Foods in North America have all committed to the removal of GE foods in their name brand products.

If you think Loblaws and President's Choice should give you the same courtesy, contact Chairman Galen Weston at:

22 St. Clair Ave E, Toronto, ON, M4T 2S7

T: 416.922.2500 F: 416.922.4395 E: customer_service@weston.ca

PC Organics are a step in the right direction—let's help them go all the way and make President's Choice the People's Choice!

The Greenpeace Shoppers Guide

The Greenpeace Shoppers Guide lists some of the common foods found in Canada's grocery stores that are made with ingredients from genetically engineered crops. The guide is not intended to be comprehensive but to offer a starting point for shoppers who are concerned about GE food.

As a general rule, check ingredient lists for products made with corn, soy, cotton or canola. These four crops account for nearly 100 per cent of the GE crops grown in North America.

We've made every effort in this guide to list only foods that currently have a genetically engineered counterpart on the market. Those that don't—such as most fresh fruit and vegetables, olive oils, whole wheat or rice products, and many others—have not been listed.

The information in this guide comes primarily from direct communications between Greenpeace and food producers. Some are reacting to what their customers want by providing non-GE food, while others have refused to do so. We hope that the Shoppers Guide will help you navigate the unlabelled aisles of your local supermarket. If you have information about products included or not yet listed in the guide, please contact us at members@yto.greenpeace.org or telephone 1-800-320-7183.

Table of Contents

Baby Food.....	7
Baking Supplies.....	7
Beverages.....	8
Candy and Chocolate.....	9
Canned and Jarred Foods.....	10
Cereals and Breakfast Foods.....	11
Condiments.....	12
Cookies and Desserts.....	13
Dried Meals and Sauce Mixes.....	15
Frozen Foods.....	15
Pasta and Dry Foods.....	16
Salad Dressings and Oils.....	17
Snack Foods.....	18
Soups.....	19
Tomatoes and Pasta Sauces.....	20
Vegetarian/Dairy and Meat Alternatives.....	21

How to use the guide

The Shoppers Guide is divided into three lists—Green, Yellow and Red.



THE GREEN LIST: A happy face indicates that the products are not made with any GE or GE-derived ingredients. We have confirmed this mostly through written declarations from companies, as well as phone conversations, internet communication and research done by third parties. As organic food does not allow for the use of genetically modified organisms, 100 per cent certified organic products are listed in the Green List.



THE YELLOW LIST: A neutral face is for products made by companies that are committed to removing all GE or GE-derived ingredients from their products but have not yet completed the process. Most of these products contain a small percentage of GE ingredients, and the company is actively seeking to replace them with non-GE alternatives. Products may appear on the yellow list for up to one year.



THE RED LIST: An unhappy face indicates that the product is likely to contain GE or GE-derived ingredients from the most widely grown GE crops, usually corn, soy, canola or cotton. Companies on this list have confirmed that their products may or are likely to be made with GE ingredients, or have not denied using GE foods when given the opportunity to do so. Companies that refused to respond are also included in the Red list. When a company commits to removing GE ingredients from its products, it can be moved up to the Yellow list.

Unfortunately, due to the polluting nature of genetically engineered crops, some accidental contamination of non-GE crops may occur. While this guide can provide a good basis for avoiding GE food, the only true guarantee is to stop the environmental release of GMOs.

DESIGNER: DIANE HÉROUX;
PHOTOS: COVER: ©GREENPEACE/LANGER;
BACK COVER: ©GREENPEACE/VASARI;
P. 3: ©GREENPEACE/NOVIS ; P. 4: ©GREENPEACE.

Printed on 100 percent processed chlorine-free,
100 percent post-consumer recycled paper.



BABY FOOD



EARTH'S BEST (Hain Celestial)

- Summer Vegetables Dinner
- Garden Vegetable
- Teething Biscuits
- Spaghetti w/Cheese
- Peach Apricot Muesli
- Pasta Dinner
- First Carrots

HEALTHY TIMES (Small Planet)

- Peach Banana Muesli

NATURE'S ONE

- Formulas—All

PC ORGANICS (Loblaws/Weston)

Jarred Baby Foods—All

TINY BITES

- Yam Slam
- Spiced Apple Treat
- Tiny Bites Frozen Food

MILUPA (Wyeth Ayerst)

- Rice Cereal
- Yogurt Fruits Rice Cereal
- Yogurt Apple Bananas
- Rice Cereal
- Milk
- Fruit & Nuts

ENFALAC (Mead Johnson)

- Formulas—All
- Next Step Formula

HEINZ

- Cereals w/Soya or Oils
- Pablum First Steps
- Toddler Crisps
- Giggles & Bites
- Casserole
- Vegetable Beef
- Farley's Biscuits

ISOMIL (Abbott Laboratories)

- Formulas—All

KRAFT (Philip Morris)

- Arrowroot Teething Biscuits

NESTLÉ

- Wheat
- Yogurt & Raspberry
- Nursoy Formula
- SMA Formula
- Good Start Formula
- Alsoy Formula
- Mixed Cereals
- Rice & Banana
- Follow up Formula

NO NAME (Loblaws/Weston)

- Teddy's Choice Animal Arrowroot Biscuits

PRESIDENT'S CHOICE (Loblaws/Weston)

- Infant Formula
- Infant Formula w/Iron

SIMILAC (Abbott Laboratories)

- Formulas—All
- Advance Formulas—All



BAKING SUPPLIES



ARROWHEAD MILLS (Hain Celestial)

- Wheat-free Brownie Mix

BOB'S RED MILL

- Pancake & Waffle Mix
- Pancake Mixes—All
- Buttermilk Biscuit Mix
- Muffin Mixes—All

COCOA CAMINO (La Siembra)

- 100% Cocoa Powder

EDEN FOODS

- Organic Sweetener: Barley Malt Syrup

HEMPOLA

- Baking Flour
- Pancake Mix
- Happy Brownie Mix

OETKER

- Oatmeal Muffin Mix
- Chocolate Chip Cookie Mix
- Chocolate Cake Mix

PAMELA'S FOODS

- Chocolate Brownie Mix
- Pancake Mix

PC ORGANICS (Loblaws/Weston)

- Cake Mixes—All
- Chocolate Brownie Mix
- Muffin Mixes—All
- Original Pancake Mix

SPECTRUM

- Organic Shortening

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

BAKING SUPPLIES (CONTINUED)



BETTY CROCKER (General Mills)

- Supreme Lemon Bar Mix
- Original Supreme Brownie Mix
- Cookie Mixes—All
- Bisquick

CANBRA FOODS

- Canola Harvest Shortening

CRISCO

(Proctor & Gamble)

- All Vegetable Shortening
- Butter Flavour Shortening

DUNCAN HINES

(Aurora Foods)

- Angel Food Cake—All
- Aunt Jemima Pancake Mix—All
- Cake Mix—All

HERSHEY'S

- Jiffy Corn Muffin Mix
- Milk Chocolate Chips
- Semi-sweet Baking Chips

KRAFT (Philip Morris)

- Baker's Chocolate—All
- Pizza Crust Mix

NESTLÉ

- Milk Chocolate Chips
- Butterscotch Chips
- Semi-sweet Chocolate
- White Chocolate
- Baking Bars

NO NAME

(Loblaws/Weston)

- Deluxe Cake Mixes—All
- Deluxe Frostings—All
- Fudge Brownie Mix
- Semi-Sweet Chocolate Chips
- Muffin Mixes—All
- Pancake Mixes—All

PILLSBURY

(General Mills)

- Pie Crusts
- Sweet Rolls
- Refrigerated Cookie Dough
- 1869 Biscuits
- Pillsbury Shape Cookies

PRESIDENT'S CHOICE (Loblaws/Weston)

- Quick Biscuit Mix
- The Decadent Chocolate Chips
- Coffee Cake Mixes
- Pancake Mixes—All
- Phyllo Pastry

QUAKER OATS (Pepsi)

- Aunt Jemima Cornbread Mix
- Aunt Jemima Easy Mix Coffee Cake
- Aunt Jemima Pancake/Waffle Mixes—All

ROBIN HOOD

- Bread & Roll Mixes
- Robin Hood Cake Mixes

UNILEVER

- Pizza Quick Traditional

WESTERN FAMILY FOODS (Overwaita)

- White Cake Mix
- Angel Food Cake Mix

BEVERAGES (CONTINUED)



SOYAWORLD

- Rice Choice

THAI KITCHEN

- Thai Iced Tea (Loose Leaves)

UNIBROUE

- La Fin du Monde 1837
- Blanche de Chambly
- Quelque Chose
- Maudite
- Trois Pistoles

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All

CADBURY SCHWEPPE'S

- A&W Root Beer
- Sunkist Orange
- Schweppes Ginger Ale

COCA COLA

- Barq's Root Beer
- Sprite
- Diet Coke
- Cherry Coke
- Coca Cola

GATORADE

- (Pepsi)
- All

HERSHEY'S

- Syrups: Chocolate, Vanilla
- Drink Mixes

KRAFT (Philip Morris)

- Tang Drink Mixes
- Koolaid Drink Mixes
- Del Monte Juices

LABATT (Interbrew)

- All Beers

MOLSON

- All Beers

NESTLÉ

- Butterfinger Milkshake
- Nestea
- Lemon
- Nescafe Encore
- Nescafe Ice

NO NAME

- (Loblaws/Weston)
- Hot Chocolate Mix

PEPSI

- Lipton's Iced Tea
- Mug Root Beer
- Diet Pepsi
- Dr Pepper

PRESIDENT'S CHOICE (Loblaws/Weston)

- Milkshakes: Vanilla, Chocolate, Strawberry
- Cola
- Diet Cola
- Instant Hot Chocolate
- TGTBT Soy Beverages—All

PROCTOR & GAMBLE

- Sunny Delight

SLEEMAN

- All Beers



BEVERAGES



CASCADIAN FARMS (General Mills)

- Juices—All

COCOA CAMINO

(La Siembra)

- Hot Chocolate

CREEMORE SPRINGS

- UrBock
- Premium Lager

HAPPY PLANET

- Juices—All
- Smoothies—All

IMAGINE FOODS

- Rice Dream Original
- Rice Dream Enriched
- Soy Dream Enriched
- Soy Dream Original

KNUDSEN'S

- Knudsen's Mega Green Juice

LUNDBERG FAMILY FARMS

- Vanilla Rice Drink
- Original Rice Drink

MUIR GLEN (General Mills)

- Tomato Juice
- 100% Vegetable Juice

NUTRISOYA

- Natura Soya Beverages

RAPUNZEL PURE ORGANIC

- Tiger Cocoa Drink Mix

SOYLUTIONS

- Earth Shakes
- Yū Rice Beverages
- Yū Soya Multigrain Beverages

CANDY AND CHOCOLATE



COCOA CAMINO

(La Siembra)

- Milk Chocolate Bars—All
- Bittersweet Chocolate

CLOUD 9 CHOCOLATES

- Tropical Source Chocolate—All
- Speakeasy Mints—All
- Cloud 9 Chocolate
- Semisweet Chocolate

DENMAN ISLAND CHOCOLATES

- Organic Chocolate Bars—All

RAPUNZEL

PURE ORGANIC

- Lady Truffles
- Milk Chocolate
- Santa Claus
- Tango Snack Bar
- Lady Truffle Cones
- Milk Chocolate Petit
- Semisweet Petit Chocolate

WERTHERS

(August Storck)

- Campino
- Original
- Chocolates
- Milkfuls
- Tofffee

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

CANDY AND CHOCOLATE (CONTINUED)



CADBURY TREBOR ALLEN (Cadbury Schweppes)

- Burnt Almond
- Crunchie
- Flake
- Dairy Milk
- Fruit & Nut
- Cream Egg
- Wunderbar

DARE FOODS

- Real Fruit Gummies
- Jelly Beans
- Gummy Bears

EFFEM (Mars)

- 3 Musketeers
- Milky Way
- Mars Bar
- M&Ms
- Twix
- Skittle
- Bounty
- Snickers

HERSHEY'S

- Milk Chocolate
- Tasteations
Chocolate Candies

KRAFT (Philip Morris)

- Toblerone Chocolates

NESTLÉ

- Butterfinger
- Baby Ruth
- Crunch
- Smarties
- Mackintosh Toffee
- Turtles
- Mirage
- Rolo

NO NAME

- (Loblaws/Weston)
- Jujuubes
- Chewy Bears
- Chocolate Covered
Peanuts
- Jelly Beans
- Marshmallows

CANNED AND JARRED FOODS



AMY'S KITCHEN

- Chilis—All

BOMBAY BREEZE

- Organic Vegetarian
Curries
- Organic Seasoned Beans
- Soya Protein
& Mixed Vegetables

CASCADIAN FARMS (General Mills)

- Jams/Spreads
- Dill Relish
- Sweet Relish

EDEN FOODS

- Baked Beans w/Sorghum
- Lentils w/Onion & Bay Leaf
- Organic Beans—All

SHARIANN'S ORGANICS (Acirca)

- Baked Beans
- Refried Beans

WHOLE FOODS

- Whole Foods Brand—
All



CONAGRA

- Chef Boyardee—All
- Libby's Deep
Brown Beans
- Van Camp's Beans
- Hunt's Original
Chili w/Beans

EFFEM (Mars)

- Uncle Ben's Curries
- Uncle Ben's Sauces

HEINZ

- BBQ Style Beans
- Deep Browned Beans
- Original Beans

KRAFT

- (Philip Morris)
- Del Monte Cream Corn
- Del Monte Peaches'n
Cream Corn

NO NAME

- (Loblaws/Weston)
- Beans w/Pork & Molasses
- Beef Ravioli
- Macaroni & Beef
- Spaggetti & Meatballs

OLD EL PASO (General Mills)

- Refried Beans—All
- Mexe Beans

CEREALS AND BREAKFAST FOODS



ARROWHEAD MILLS (Hain Celestial)

- Multigrain Flakes
- Nature O's
- Puffed Corn
- Shredded Wheat
- Spelt Flakes
- Maple Buckwheat Flakes

BARBARA'S BAKERY

- Crispy Wheats
- Fruity Punch
- Grain Shop
- Shredded Oats
- Puffins
- Soy Essence

BOB'S RED MILL

- 10 Grain Organic Cereal
- Organic Corn Grits

ECHO ORGANICS (Echo Oils)

- Granola

EREWHON (US Mills)

- Raisin Bran
- Wild Berry Peach
- Apple Stroodles
- Banana O's
- Rice Twice
- Crispy Brown Rice

CARRIAGE TRADE (Continental Sales)

- Granola—All
- Spice Variety Pack
- Apples & Cinnamon
Oatmeal

GENERAL MILLS

- Kaboom
- Berry Berry Kix
- Boo Berry
- Kix
- Basic 4
- Honey Nut Cheerios
- Rice Chex
- Lucky Charms

GFA FOODS

- H₂O Hot Cereals

GOLDEN TEMPLE (Khalsa International)

- Bulk Granolas
- Raspberry Ginger Crisp
- Wild Berry Crisp
- Rainforest Flakes
- Cinnamon Apple Crisp
- Rainforest Crisp

HEALTH VALLEY (Hain Celestial)

- Honey Nut O's
- Fiber 7 Flakes
- Honey Fiber 7
- Golden Flax
- Apple Crunch Bran

LIFESTREAM FOODS

- (Nature's Path)
- Multi-Grain Honey Puffs

LUNDBERG FAMILY FARMS

- Hot Brown Rice Cereals

NASOYA (Vitasoy)

- Breakfast Scramble

NATURE'S PATH

- Optimum Cereal
- Honey'd Raisin Bran
- Blueberry Almond Muesli
- Heritage Ancient Grains
- Honey'd Corn Flakes
- Rice Puffs
- Kamut Krisp
- Heritage O's
- 8 Grain Synergy
- Multigrain Cereal
- EnviroKidz Cereal—All

PC ORGANICS (Loblaws/Weston)

- Choco-Rice
- Cinnamon O's
- Crunchy Corn
- Instant Oatmeal
- Wheat Squares

PRAIRIE SUN GRAINS (Prairie Sun)

- Sunny Boy Hot Cereal

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All



PRESIDENT'S CHOICE (Loblaws/Weston)

- Corn Flakes
- Extra Raisin Raisin Bran
- Frosted Flakes
- Frosted Oat O's
- Fruity O's
- Honey Nut Oat O's
- Toasted Oat O's
- Low Fat Granola—
Raisin & Almond
- TGTBT Fibre First

QUAKER OATS (Pepsi)

- Life Cereal
(Toasted Oatmeal)
- Oatmeal Raisin
- Cap'n Crunch Cereal

CEREALS AND BREAKFAST FOODS (CONTINUED)



SAFeway

- Aladdin
- Space Invasion
- Curious George
- Pochantas

WEETABIX

- Grain Shop

WHEATIES

- (General Mills)*
- Frosted Wheaties
 - Energy Crunch Wheaties

CONDIMENTS



AMANO FOODS

- Soy Sauce
- *Miso*: White Soy, Brown Soy, Brown Rice

ANKE KRUSE ORGANICS

- Ketchups—All

ANNIE'S NATURALS

- Original BBQ
- Organic Worcestershire Sauce (Vegetarian)
- Smoky Maple BBQ

APPLEBURY FARMS

- Scorched Earth Marinade

BRAGG LIVE FOOD PRODUCTS

- Organic Apple Cider Vinegar
- Liquid Aminos

CASCADIAN FARMS *(General Mills)*

- Fancy Fruit Spreads—All

EDEN FOODS

- Apple Cider Vinegar
- Gomasio—All
- Shoyu Soy Sauce—All
- Tamari Soy Sauce—All
- Organic Miso—All

GFA FOODS

- Earth Balance Non-GMO All Natural Spread
- Earth Balance Non-GMO All Natural Buttery Spread

LUNDBERG FAMILY FARMS

- Sweet Dreams Organic Brown Rice Syrup
- Nutra-Farmed Sweet Dreams Brown Rice Syrup

MILLINA'S FINEST

- Organic Tomato Ketchup

MUIR GLEN *(General Mills)*

- Grill Chef Barbecue Sauces
- Tomato Ketchup

RAPUNZEL PURE ORGANIC

- Chocolate Hazelnut Spread

SAN J INTERNATIONAL & TAMARI

- Dry Shoyu Powder
- Dry Tamari powder
- Organic Shoyu Soy Sauce
- Tamari
- Soy Sauce

SHINMEIDO MISO

- Brown Rice Miso
- Barley Miso

SPECTRUM ORGANICS

- Organic Margarine
- Spectrums Natural Spread

THAI KITCHEN

- Spicy Thai Peanut Satay Sauce
- Pad Thai Sauce
- Original Recipe Peanut Satay Sauce
- Light Plum Spring Roll Sauce
- Red Chili Dipping Sauce
- Spicy Thai Chili Sauce
- Thai Barbecue Sauce

TRADITION MISO INC.

- Brown Rice Miso
- Barley Miso

WALNUT ACRES *(Acirca)*

- Southwestern Peach Salsa
- Fiesta Cilantro Salsa

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All



BESTFOODS *(Unilever)*

- Skippy Peanut Butter
- Becel Margarine
- Imperial Margarine
- Country Crock Margarine

BETTY CROCKER *(General Mills)*

- Suddenly Salad—All

CANBRA FOODS

- Canola Harvest Margarine

CONDIMENTS (CONTINUED)



CONAGRA

- Peter Pan Peanut Butters
- Blue Bonnet Margarine
- Parkay Margarine
- Fleischmann's All Purpose Margarine

GFA FOODS

- Soy Garden Natural Buttery Spread
- Smart Beat Super Light Margarine
- Smart Balance Buttery Spread

HEINZ

- Chili Sauce
- Heinz 57 Sauce
- Ketchups

HUNT'S *(ConAgra)*

- BBQ Sauces
- Ketchup

KIKKOMAN FOODS

- Steak Sauce
- Stir Fry Sauce
- Dipping Sauce
- Soy Sauce
- Teriyaki Sauce
- Marinade Mix
- Stir Fry Seasoning Mix

KRAFT *(Philip Morris)*

- Mayonnaise
- BBQ Sauces—All
- A1 Steak Sauce
- Del Monte Ketchup
- Miracle Whip

LUCERNE FOODS *(Safeway)*

- Relish

MCCORMICK'S

- Club House Sauce Mixes

NO NAME *(Loblaws/Weston)*

- Peanut Butter
- Sweet Relish
- Worcestershire Sauce
- Table Syrups—All
- Margarinés

PILLSBURY *(General Mills)*

- Chili Sauce Mix

PRESIDENT'S CHOICE *(Loblaws/Weston)*

- TGTBT Margarine—All
- Tartar Sauce
- BBQ Bravada—All
- Tomato Ketchup
- Table Syrups—All
- "Memories of..." Sauces
- Szechwan, Canton, Kobe, San Francisco, Hong Kong, Bangkok

WESTERN FAMILY FOODS *(Overwaita)*

- Margarine

COOKIES AND DESSERTS

BARBARA'S BAKERY

- Animal Cookies
- Snackanimals Cookies
- All Natural Fig Bars
- Nature's Choice Dipped Desserts
- Coconut Almond
- Espresso Bean
- Lemon Yogurt
- Roasted Peanut

CASCADIAN FARMS *(General Mills)*

- Sorbets
- Premium Ice Creams
- Sorbet & Cream
- Sorbet Bars
- Brownie Bars

COUNTRY CHOICE NATURAL *(New Century)*

- Country Choice Cookies—All

IMAGINE FOODS

- Soy Dream Organic Non-Dairy Frozen Desserts—All
- Rice Dream Non-Dairy Dessert—All

JACOB'S BAKERY

- Biscuits

KAMBLY SA

- *Cookies*: Florentine, Fine Crepe, Caprice, Butterfly, Mont Choco, Caramanda, Excellence

LE COMMENSAL

- All Desserts

LUNDBERG FAMILY FARMS

- *Rice Pudding*: Honey-Almond, Coconut, Cinnamon Raisin

COOKIES AND DESSERTS (CONTINUED)



McVITIES FOODS (United Biscuit)

- Digestive Creams
- Rich Tea Cookies
- Plain Digestives
- Chocolate Digestives
- Hob Nobs
- Ginger Snaps

OETKER

- Mousse—All

PC ORGANICS (Loblaws/Weston)

- *Cookies:* All Butter Shortbread Fingers, Animal, Chocolate Chip, Peanut Butter, Raisin & Oatmeal
- Chewy Granola Bars—All
- Biscuits—All

THE COOL HEMP COMPANY

- Cool Hemp Non-Dairy Dessert—All

WALKER'S SHORTBREAD

- Cakes
- Biscuits
- Meringues
- Shortbread
- Oat Cakes

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

WILD COUNTRY (Anke Kruse)

- *Cookies:* Fruit & Nut, Hazelnut, Oatmeal



CAMPBELL SOUP CO.

- Pepperidge Farms Frozen Cakes
- Pepperidge Farms Cookies

DARE FOODS

- Dare Cookies—All

FLOWER INDUSTRIES

- Famous Amos Cookies

HAAGEN-DAZS (General Mills)

- Ice Cream Bars
- Ice Cream

KRAFT

(Phillip Morris)

- Cool Whip Frozen Whipped Topping
- Oreo Cookies
- Teddy Grahams
- Dream Puffs
- Chips Ahoy
- Chunks and Cookies
- Christie Cookies
- Dad's Cookies
- Arrowroot Cookies

LOBLAWS/WESTON

- Wagon Wheels

McCAIN

- Fruit Pies
- Deep and Delicious Cakes

NO NAME (Loblaws/Weston)

- Cookies—All
- Wafers—All
- Puddings—All
- Pudding and Pie Filling Mixes
- Dessert Whip Topping

PILLSBURY (General Mills)

- *Waffles:* Apple Cinnamon, Blueberry, Buttermilk, Honey
- *Turnovers:* Apple, Cherry
- *Toaster Strudel Pastries:* Apple, Blueberry, Cherry

PRESIDENT'S CHOICE (Loblaws/Weston)

- Gourmet Toppings—Chocolate & Butterscotch
- Apple Pie
- The Decadent Fudge Crackle Ice Cream—All
- Miniature Chocolate Eclairs
- Luxury Biscuit Assortment

- *Cookies:* The Decadent Chocolate Chip, Eat the Middle First, Raspberry Temptation, Maple Cream Crunch, Triple Chocolate Fudge, The Reverse Decadent, English-Style Gingersnap

QUAKER OATS (Pepsi)

- Chewy Granola Bars—All

SAFeway

- Safeway Select Biscotti

VACHON (Saputo)

- Ah Caramel Cookies
- Viva Puffs
- Favourite Five
- Lemon Cakes

VOORTMAN COOKIES

- Cookies—All
- Turnovers—All
- Wafers—All

DRIED MEALS AND SAUCE MIXES



AMY'S KITCHEN

- Macaroni & Soy Cheeze

ANNIE'S HOMEGROWN

- Pasta Meals—All
- Macaroni & Cheese Mix—All
- Family Size Original Macaroni & Cheese Mix

FANTASTIC FOODS

- Hummus Mix
- Falafel Mix
- Risottos—All

LUNDBERG FAMILY FARMS

- Risotto—All
- One-Step Entrees—All
- Quick Brown Rice—All

NASOYA (Vitasoy)

- Tofu Mate—All
- Texas Taco Mix
- Szechuan Stir Fry
- Eggless Salad

PC ORGANICS (Loblaws/Weston)

- Macaroni & Cheddar Cheese
- Pasta Shells & White Cheddar Cheese

THAI KITCHEN

- Noodle Bowls—All
- Instant Noodles—All
- Pilafs—All
- Tom Yum Hot & Sour Soup Mix—All

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All

BETTY CROCKER (General Mills)

- Tuna Helper—All
- Chicken Helper—All
- Hamburger Helper—All

EFFEM (Mars)

- Uncle Ben's Quick Rice—All

KRAFT (Phillip Morris)

- Kraft Dinner Macaroni & Cheese—All
- Kraft Dinner Spaghetti Original

NO NAME (Loblaws/Weston)

- Au Gratin Potatoes
- Noodles & Sauce Mixes
- Scalloped Potatoes
- Hamburger Harmony—All
- Alphabet Pasta & Cheese Dinner
- Seasoned Rice Mixes

OLD EL PASO (General Mills)

- Seasoning Mixes—All
- Cheesy Mexican Style Rice

PILLSBURY (General Mills)

- Nacho Cheese Taco Mix
- Taco Seasoning Mix

PRESIDENT'S CHOICE (Loblaws/Weston)

- Seasoning Mixes—All
- Splendido Risotto Rice Mixes—All
- Taco Kit
- TGTBT Low Fat Chili Mix
- TGTBT Low Fat Taco & Burrito Mix

QUAKER OATS (Pepsi)

- Rice-a-Roni—All



FROZEN FOODS

AMY'S KITCHEN

- Bean & Cheese Burrito
- Thai Stir Fry
- Country Dinner
- Vegetable Lasagna
- Pizza—All
- Broccoli Pot Pie
- Spinach Feta Pocket
- Macaroni & Cheese

- Teriyaki Skillet
- Cheese Enchilada
- Vegetable Pie Pocket
- Vegetable Pot Pie

CASCADIAN FARMS (General Mills)

- Potatoes au Gratin

- Broccoli w/Cheddar Cheese Sauce
- Szechuan Green Beans
- Chinese Stirfry
- Teriyaki Rice
- Pasta Primavera
- Penne Marinara
- Spinach Lasagne



FROZEN FOODS (CONTINUED)



LE COMMENSAL

- Bourguignon Stew
- Chinese Stir Fry
- Greek Casserole
- Thai Delight
- Vegetable Couscous
- Vegetarian Supreme

LIFESTREAM FOODS (Nature's Path)

- Frozen Waffles—All

PC ORGANICS (Loblaws/Weston)

- Sweet Yellow Corn
- Cut Fried Potatoes—All

VAN'S

- Frozen Waffles—All

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



GREEN GIANT (General Mills)

- Cheesy Rice & Broccoli Create a Meal—All
- Three Cheese Pasta
- Alfredo Vegetables
- Complete Skillet Meal—All
- Pasta Primavera

J.M. SCHNEIDER

- 3 Cheese Pizza
- Penne Marinara
- Shepherds Pie
- Cheese Tortellini
- Fettucini Alfredo

KRAFT

- (Phillip Morris)
- Oven Classics Dinner—All

LEAN CUISINE (Nestlé)

- Skillet Sensations—All
- Chicken Chow Mein
- Meat Lasagna
- Chicken Carbonara

MAPLE LEAF

- Tenderflake Frozen Pastries—All

McCain*

- Pizza Pockets
- French Fries—All
- Pizza—All

NO NAME (Loblaws/Weston)

- Waffles—All
- Lasagna—Meat, Alfredo
- Macaroni & Cheese
- Chicken Penne
- Pizza Pouches

PILLSBURY (General Mills)

- Totino's Pizza
- Toaster Bagel Shoppe Pastries
- Toaster Scrambles

PRESIDENT'S CHOICE (Loblaws/Weston)

- Wood-Fired Thin Crust Pizzas—All
- Deep-Dish Sirloin Steak Pie
- Lasagna—All
- Vegetable Spring Rolls
- Moussaka
- Pad Thai
- Stuffed Baked Potatoes

- Special Occasion Hors D'œuvre
- Vegetable Quesadillas
- Macaroni & 3 Cheeses
- TGTBT Cheese & Spinach Cannelloni
- TGTBT Chicken Cacciatore
- TGTBT 3 Bean Chili
- TGTBT Pasta Primavera
- TGTBT Vegetable Lasagna

SMITHFIELD FOODS

- Macaroni & Cheese
- Chicken Pot Pie
- Potato Topped Beef Pie

STOUFFER'S (Nestlé)

- Cheddar Potato Bake
- Macaroni & Cheese
- Vegetable Lasagna
- Fettucini Alfredo
- Cheddar Cheese & Chicken Bake
- Homestyle Dinners—All
- Family Style Dinners—All
- Pot Pies—All
- French Bread Pizza—All

* McCain stated in 1999 that they would no longer process GE potatoes.

PASTA AND DRY FOODS

As most pasta is made from wheat, there are no GE pastas currently available. The same is true for rice and rice noodles. Stuffed and packaged pastas such as tortellini or ravioli may include GE ingredients such as corn starch or vegetable oil.

SALAD DRESSINGS AND OILS



ANNIE'S NATURALS

- Dressings: Gardenstyle, Organic Thousand Island, Cowgirl Ranch, Goddess, Caesar, Organic Green Garlic, Tuscany Italian, Organic Buttermilk
- Vinaigrettes: Yellow Peppers & Tomatoes, Basil & Garlic, Black Olives & Truffles, Shiitake & Sesame, Low Fat Raspberry, Low Fat Gingerly, Balsamic, Roasted Red Pepper, Organic Red Wine & Olive Oil

HEMPOLA

- Herbalicious Vinaigrette
- Not-So-Traditional Caesar
- Honey Dijon

BESTFOODS (Unilever)

- Becel Oil
- Mazola Corn Oil
- Mazola Canola Oil
- Mazola Best Blend Oil
- Hellman's Mayonnaise: Real, Light, Low-Fat

CANOLA HARVEST (Canbra Foods)

- Blended Oil (Olive & Canola)
- Canola Oil

CRISCO

- (Proctor & Gamble)
- Pure Canola Oil
- Pure Vegetable Oil
- Gourmet Salad Dressings—All

NASOYA (Vitasoy)

- Sesame Garlic
- Thousand Island
- Creamy Dill
- Garden Herb
- Creamy Italian
- Nayoanaise
- Light Nayoanaise

PC ORGANICS (Loblaws/Weston)

- Oils: 100% Canola, 100% Safflower, 100% Sunflower
- Salad Dressings: Caesar, Italian, Ranch

RUTH'S HEMP

- Dressings: Hemp 'n' Honey, Mustard Oil, Far East, Balsamic

SIMPLY NATURAL

- Balsamic Vinaigrette
- Italian
- Roasted Garlic Vinaigrette

SPECTRUM NATURALS

- Dressings: Zesty Italian, Honey Dijon, Garlic & Onion, Blue Cheese Style, Creamy Dill, Toasted Sesame, Southwestern Caesar
- Oils: Organic Canola Oil, Organic Soy Oil, Organic Semi-Refined Soy Oil, Super Canola Oil, Canola Oil, Organic Mayonnaise, Organic Omega-3, Mayonnaise, Canola Mayonnaise, Light Canola Mayonnaise

THAI KITCHEN

- Lemon Grass Salad Splash

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

KRAFT

- (Phillip Morris)
- Dressings: Miracle Whip, Salad Dressing, French Thousand Island, Catalina, Zesty Italian, Fat Free Blue Cheese, Fat Free Honey Dijon

NO NAME (Loblaws/Weston)

- Caesar, Italian, Ranch, Thousand Islands, Creamy Cole Slaw
- Whipped Dressings
- Mayonnaise
- Canola Oil

PRESIDENT'S CHOICE (Loblaws/Weston)

- Dressings: Ranch, Balsamic, Greek, Caesar, Italian, Zesty Thai, Dijon,

- TGTBT Raspberry, TGTBT Dijon Tarragon, Golden Sesame Vinaigrette, Roasted Garlic Vinaigrette
- Mayonnaise—All
- Whipped Dressings—All
- Oils: Corn Oil, The Virtuoso Canola Oil, Canola Oil Blend, Soya Oil, Shanghai Stir Fry Oil

WESSON (ConAgra)

- Canola Oil
- Corn Oil
- Best Blend Cooking Oil
- Vegetable Oil

WESTERN FAMILY FOODS (Overwaitea)

- Dressings: Our House, Creamy Caesar, Balsamic, Feta Greek, Light, Creamy

SNACK FOODS



ADRIENNE'S

- Courtney English Water Crackers—All
- Lavosh Hawaii Crackers—All

ARROWHEAD MILLS (Hain Celestial)

- Organic Popcorn

BARBARA'S BAKERY

- Cheese Puffs
- Nature's Choice Granola Bars—All
- Nature's Choice Cereal Bars—All
- Rite Lite Round Crackers
- Wheatines Crackers

CLIF BAR

- Luna Bar—All
- Clif Bar—All
- Clif Shot Energy Gel—All

GARDEN OF EATIN' (Hain Celestial)

- Fiery Salsa Dip
- Tortilla Chips—All
- Little Bear Organic Popcorn
- Black Bean Dip
- Hot Habanero Dip

HEALTH NUT CREATIONS

- Health Nut Natura Bar

HEALTHCO CANADA

- Rebar Organic Food Bar

KETTLE CHIPS

- Krinkle Cut Lightly Salted/Salt and Fresh Ground Pepper
- Tortilla Chips—All
- Salted
- Roaster Fresh Nut Butters

LE COMMENSAL

- Humus
- Three-Pepper Pâté
- Terrine
- Veggie-Creton
- Veggie-Pâté

LUNDBERG FAMILY FARMS

- Rice Cakes—All

McVITIES UNITED BISCUIT

- Snack Crackers

MUIR GLEN (General Mills)

- Salsa—All

PC ORGANICS (Loblaws/Weston)

- Salsa—All
- Pretzel Sticks and Twists
- Microwave Popcorn—All
- Original Snack Mix

QUE PASA MEXICAN FOODS

- Corn Tortilla Chips—All

RUTH'S HEMP

- SoftHemp Snack Bars
- Creative Hemp Energy Bars
- Hemp Tortilla Chips

TERRA CHIPS (Hain Celestial)

- Yukon Gold Potato Chips—All
- Terra Chips—All

UNITED BISCUITS

- Carr's Biscuits
- Table Water Crackers
- Poppy & Sesame Crackers

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

WILD COUNTRY (Anke Kruse)

- Honey Nut Bars



KASHI CO.

- Pillows Biscuits

KETTLE CHIPS

- Sea Salt w/Vinegar
- Salsa w/Mesquite

- Yogurt & Green Onion

- Honey Dijon
- New York Style



BUGLES (General Mills)

- Bugles—All

HOSTESS/FRITO-LAY* (Pepsi)

- Cracker Jack Popcorn
- Lays Potato Chips—All
- Frito Lay Corn Chips—All
- SunChips—All
- Tostitos Tortilla Chips—All
- Smartfood Popcorn
- Tostitos Salsas

HUMPTY DUMPTY

- Chips—All
- Party Mix
- Salsa
- Nachos—All
- Tortilla Chips—All
- Maine Coast Chips—All

JIFFY POP (ConAgra)

- Jiffy Pop Popcorn

SNACK FOODS (CONTINUED)



KELLOGG'S

- Nutri Grain Bars—All

KRAFT (Philip Morris)

- Wheat Thins
- Triscuits
- Ritz Crackers
- Ritz Snack Mix
- Premium Plus Crackers
- Sociables

NABISCO (Kraft)

- Wheat Thins

NO NAME (Loblaws/Weston)

- Potato Chips—All
- Tortilla Chips—All
- Pretzel Sticks
- Stix & Bitz
- Crackers & Dips
- Low Fat Rice Cakes
- Fruit Rolls—All
- Zoo Animal Fruit Snacks

OLD EL PASO (GENERAL MILLS)

- Thick 'n Chunky Salsa—All
- Enchilada Sauces
- Taco Sauce
- Fat Free Black Bean Dip

ORVILLE REDENBACHER (ConAgra)

- Microwave Popcorn
- Popcorn Cakes
- Popcorn—All

PRESIDENT'S CHOICE (Loblaws/Weston)

- Biscuits for Cheese
- Snax Crackers—All
- Crisp & Thin Crackers—All
- Cereal Bars—All
- The Smart Snack—All
- Thin Ripple
- Cut Potato Chips—All
- Tortilla Chips
- White Cheddar Corn Cakes
- Yogurt & Fruit Granola Bars—All

PRINGLES (Proctor & Gamble)

- Potato Chips—All

QUAKER OATS (Pepsi)

- Dips—All
- Granola Bars—All
- Corn Cakes—All

SAFEWAY

- Select Fruit Snacks—All
- Enlighten Low Fat Fruit Bars—All

WESTERN FAMILY FOODS (Overwaita)

- Vegetable Crackers
- Ranch Chip Dip
- Smores Chewy Granola Bars—All
- Tortilla Chips—All
- Potato Chips—All
- Corn & Black Bean Salsa

* Frito-Lay has informed its corn and potato suppliers that the company wishes to avoid GE crops, but acknowledges that canola or other oils and ingredients in its products may be from GE sources.

SOUPS



AMY'S KITCHEN

- Black Bean
- Tomato
- Split Pea
- Lentil
- Minestrone
- No Chicken Noodle Soup

FANTASTIC FOODS

- Corn & Potato Chowder
- Creamy Broccoli Cheddar Soup

- Potato Leek
- Vegetable
- Black Bean

HARVEST SUN (Anke Kruse)

- Bouillon Cubes
- Soups and Broths

BOMBAY BREEZE

- Cereal Vegetable
- Caribbean Lentil
- French Canadian Pea
- 7 Beans & Vegetables

HEALTH VALLEY (Hain Celestial)

- Tomato
- Lentil

SOUPS (CONTINUED)



PC ORGANICS (Loblaws/Weston)

- 5-Bean Minestrone
- Beef Broth
- Chicken Broth
- Chicken Noodle
- Vegetable Barley
- Vegetable Broth

RAPUNZEL PURE ORGANICS

- Vegetable Bouillon w/Sea Salt
- Vegetable Soup Broth

SHARIANN'S ORGANICS (Acirca)

- Vegetable Broth
- Minestrone
- Chicken Noodle
- Tomato & Roasted Garlic
- Indian Black Bean & Rice
- French Green Lentil
- Vegetable

THAI KITCHEN

- Coconut Ginger
- Hot & Sour

WALNUT ACRES (Acirca)

- Minestrone
- Ginger Carrot
- Savory Tomato

WHOLE FOODS

- 365 Brand–All
- Whole Foods Brand–All



CAMPBELL SOUP CO.

- New England Clam Chowder
- Chicken Noodle
- Hearty Chicken & Vegetable
- Cream of Celery
- Cream of Mushroom
- Tomato
- Cheddar Cheese
- Chunky

NO NAME (Loblaws/Weston)

- Chicken Noodle
- Beef
- New England Clam Chowder
- Mixes: Onion, Chicken Noodle, 3 Cheese Broccoli, Minestrone, Chicken w/Pasta

Flavour, TGTBT Roasted Corn Couscous, TGTBT Spicy Thai, TGTBT Lentil & Curry, TGTBT Vegetable Chili, TGTBT Spicy Black Bean

PRIMO (Kraft/Philip Morris)

- Minestrone
- Tomato Tortellini
- Hearty Beef Barley
- Lentil
- Hearty Chicken

PRESIDENT'S CHOICE (Loblaws/Weston)

- New England Clam Chowder
- Cream of 3 Mushroom
- Vegetable Beef
- TGTBT Low Fat Lentil
- TGTBT Low Fat Black Bean
- Mixes: TGTBT Italian

WESTERN FAMILY FOODS (Overwaita)

- Cream of Chicken
- Cream of Celery
- Beef Broth
- Mushroom Soup

KNORR (Unilever)

- Packaged Soups–All
- Soup Stock Cubes–All

LIPTON (Unilever)

- Soupworks–All
- Oxo Bouillon Cubes

TOMATOES AND PASTA SAUCES

While the only genetically engineered tomato to be approved for commercial use in Canada (the Flavr Savr) has been discontinued due to consumer rejection, tomato sauces may contain vegetable oil, corn starch, or other GE ingredients.



EDEN FOODS

- Organic Spaghetti Sauce–All
- Organic Pizza/Pasta Sauce

MUIR GLEN (General Mills)

- Pizza Sauce
- Tomato Sauce
- Pasta Sauce–All

PC ORGANICS (Loblaws/Weston)

- Pasta Sauces–All

TOMATOES AND PASTA SAUCES (CONTINUED)

SIMPLY NATURAL

- Pasta Sauce–All

WALNUT ACRES (Acirca)

- Pasta Sauce–All

WHOLE FOODS

- 365 Brand–All
- Whole Foods Brand–All



CATELLI (Heinz*)

- Garden Select Pizza Sauce
- Garden Select Pasta Sauces–All
- Thick and Chunky Pasta Sauces–All
- Family Favorite Pasta Sauces–All

HUNT'S (ConAgra)

- Sloppy Joe Traditional Spaghetti Sauce
- Four Cheese Spaghetti Sauce
- Tomato Sauce

PRESIDENT'S CHOICE (Loblaws/Weston)

- Original Pasta Sauce
- Pasta Sauce w/Mushrooms
- Roasted Red Pepper
- Spicy Roasted Garlic
- Ultra Creamy Sauces



KRAFT

- (Philip Morris)
- Del Monte Tomato Sauce

PRIMO (Kraft/Philip Morris)

- Thick & Zesty Pasta Sauce–All
- Thick & Zesty Tomato Sauce

CLASSICO (Heinz*)

- 4 Cheese
- Spicy Tomato & Pesto
- Alfredo
- Mushroom & Ripe Olive
- Spicy Red Pepper
- Sweet Basil Marinara

MAPLE LEAF

- Olivieri Pasta Sauces–All

NO NAME (Loblaws/Weston)

- Original Pasta Sauce
- Pasta Sauce w/ Mushrooms

RAGU (Unilever)

- Ragu Pasta Sauce–All

* Heinz has stated that they do not use genetically engineered tomatoes in any of their products.

VEGETARIAN/DAIRY AND MEAT ALTERNATIVES

AMERICAN NATURAL SNACKS (American Natural and Specialty Food Products)

- Soya Kaas–All

EDEN FOODS

- Edensoy Rice and Soy Blend Soy milk
- Edensoy Soy milk–All

- Amasake
- Mochi
- Super Soy milk
- Wheat Cutlets



FANTASTIC FOODS

- Tofu Burger
- Sloppy Joe
- Vegetarian Chili
- Nature's Burger

LIGHTLIFE (ConAgra)

- Steak-Style Veggie Strips
- Chick'n Veggie Strips
- Salisbury Steak Veggie Cutlets
- Seasoned Chick'n Veggie Strips
- Bacon Veggie Strips

AMY'S KITCHEN

- Texas Veggie Burger
- Tofu Vegetable Lasagna
- Veggie Loaf Whole Meal
- Soy Cheese Pizza
- California Veggie Burger

GARDENBURGER

- Veggie Medley Patties
- The Original Gardenburger

LE COMMENSAL

- Chili
- Greek-Style Stir Fry
- Lasagna
- Seitan–All
- Tofu Fricasee

GREEN CUISINE

- Tempeh Burgers
- Baked Tofu

MARITIME SOYCRAFT

- Tofu–All

VEGETARIAN/DAIRY AND MEAT ALTERNATIVES (CONTINUED)



MORI-NU TOFU

- Tofu—All

NASOYA

(*Vitasoy*)

- Baked Tofu—All
- Tofu—All

NOBLE BEAN TEMPEH

- Tempeh Burgers
- Tempeh—All

NUTRISOYA

- Tofu—All
- Soy Beverage—All
- Natura Soy milk—All

PROVAMEL

- Bio Buttering and Frying
- Soya Yofu—All
- Soy Beverage—All
- Soya Dessert

SECOND NATURE

- Original Burger
- Vegetable Burger
- Spicy Bean Burger

SILK

- Soy Beverage
- Non-Dairy Cream

SO SOYA PLUS

- So Soya + Slices—Ground and Original

SOYAWORLD

- So Good Soy Beverage—All
- So Nice Soy Beverage—All
- Sunrise Soya Beverage—All

SUNRISE SOYA

- Tofu: Extra Firm, Firm, Medium, Soft

VITASOY

- Soy milk Beverage—All

WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



GARDENBURGER

- Meatless Meatballs
- Chik'n Grill
- Hamburger Style Classic

RELLA GOOD CHEESE CO.

(*American Natural and Specialty Food Products*)

- Tofu Rella—All
- Vegan Rella—All
- Almond Rella—All

SECOND NATURE

- Meatless Burger Mix
- Meatless Chili
- Meatless Taco

YVES VEGGIE CUISINE

(*Hain Celestial*)

- Veggie Salami
- Good Slice—All
- Black Bean & Mushroom Burgers

- Veggie Canadian Bacon
- Veggie Ham Slices
- Veggie Dogs
- Breakfast Links
- Veggie Ground Round Mexican/Italian
- Garden Vegetable Patties
- Veggie Chili



BETTY CROCKER

(*General Mills*)

- Bac-Os

LOMA LINDA

(*Worthington/Kellogg's**)

- Chik-Nuggets
- Vege Patties
- Tender Rounds
- Meatball Substitutes

MORNINGSTAR FARMS

(*Worthington/Kellogg's**)

- Better'n Burgers
- Harvest Burger
- Chicken Patties

NESTLÉ

- Coffee Mate
- Non-Dairy Creamer

PRESIDENT'S CHOICE

(*Loblaws/Weston*)

- World's Best Meatless Burgers
- Chickenless Drumsticks
- Chickenless Kievs
- TGTBT Lentil & Bean Vegetable Patties
- TGTBT Ancient Grains Vegetable Patties

WORTHINGTON FOODS

(*Worthington/Kellogg's**)

- Savory Slices
- Lentil Rice Loaf
- Vegetarian Burger

* A company letter states that they are in the process of converting to non-genetically modified "proteins" in all products, but have not committed to the removal of all GE ingredients.

Support Organic Farmers Fighting Monsanto

There is currently no liability legislation in Canada for genetic contamination. This means that organic farmers and conventional farmers like Saskatchewan farmer Percy Schmeiser are liable if genetically engineered crops show up in their fields. For organic farmers this may mean the loss of their organic certification, for conventional and organic farmers it can mean the loss of their markets. In response, organic farmers in Saskatchewan have launched a class action lawsuit to hold Monsanto and other GE producers responsible for their genetic contamination. **For more information, and to support your right to eat organic food, visit: www.saskorganic.com**

Organic Resources

Canadian Organic Growers (COG) is a national charity that educates farmers and consumers about the benefits of organic food production. COG believes that buying locally grown organic food is the best choice to improve the health of Canadians, to protect and enhance the environment, and for creating a sustainable food production system. To find an organic grower near you, check out COG's on-line directory at www.cogdir.ca

- **Canadian Organic Growers**
323 Chapel Street, Ottawa, ON, K1N 7Z2
Toll free: 1-888-375-7383
Web: www.cog.ca

Greenpeace would like to thank the **Big Carrot Natural Food Market**, 348 Danforth Ave, Toronto, for their assistance in compiling the Greenpeace Shoppers Guide. The Big Carrot was the first supermarket in Canada to commit to a non-GE policy.

Common organic certification labels found in Canada's grocery stores include:

- Demeter
- Farm Verified Organic (FVO)
- Garantie Bio
- OCCP Verified Organic
- Quality Assurance Certified Organic
- British Columbia Certified Organic
- OCIA Certified Organic
- Canadian Organic Certification Co-op
- Organic Producers Association of Manitoba
- Quebec Vrai Certified Organic
- SOCA Certified Organic
- Maritime Certified Organic
- NSOGA Organically Grown
- Soil Association
- USDA Organic and California Certified Organic Farmers

YES, I'd like to join Greenpeace!

NAME _____

ADDRESS _____

CITY _____

PROVINCE () POSTAL CODE _____

TELEPHONE _____

E-MAIL _____

I'd like to join Frontline, Greenpeace's monthly giving program:

My monthly donation will be: \$10 \$15 \$25

OR I'd prefer to give \$ _____ a month.

OPTION 1 : I've included a cheque marked "VOID". I authorize Greenpeace to debit the amount indicated on the 15th of each month.

OPTION 2 : Please debit the amount indicated above on the 15th of each month from my:

Visa Mastercard

Card No:

Expiry Date: _____ / _____

Signature: _____

Our guarantee: You can change or cancel your monthly donation at any time by calling Greenpeace member services toll-free at 1-800-320-7183.

I'd like to make a special donation to Greenpeace

\$30 \$60 \$120 OR \$ _____

My cheque made payable to Greenpeace is enclosed.

OR Visa Mastercard

Card No:

Expiry Date: _____ / _____

Signature: _____

For Greenpeace to maintain our freedom to lobby for the environment, your donation is not eligible for income tax credit.

Check out the Greenpeace Guide to Ancient Forest Friendly Tissue Products



To order the Greenpeace Guide to Ancient Forest Friendly Tissue Products please call 1-800-320-7183 or email Greenpeace member services at members@yto.greenpeace.org. You can also order the guide online at www.greenpeace.ca

Joining Greenpeace

There are several ways to join Greenpeace:

1. Join online now using your credit card or through your chequing account at www.greenpeace.ca.
2. Call our toll-free member services line at 1-800-320-7183 and join using your credit card.
3. Send an email to members@yto.greenpeace.org, and a member services representative will contact you.
4. Fill out the form on the reverse of this page and send it by fax or mail to:

Member Services
Greenpeace Canada
250 Dundas Street West, Suite 605
Toronto, Ontario M5T 2Z5
Fax: 416-597-8422

GREENPEACE