YES, I’d like to join Greenpeace!

NAME
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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” to 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: ________________________

I’d like to make a special donation to Greenpeace
□ $50 □ $60 □ $100 □ OR $ ________
My cheque made payable to Greenpeace is enclosed.

Card No: __________________________ Expiry Date: __________

Signature: ________________________

Joining Greenpeace

There are several ways to join Greenpeace:
1. Join online now using your credit card or through your checking 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 2W3
Fax: 416-597-8422

Greenpeace is an international organization that works to protect the global environment. We do not solicit donations from governments or corporations and are an individual donor to support our long-term environmental campaigns. A 1/2 donation is suggested to cover the cost of producing this guide.

For more information on how to make a donation to Greenpeace, please call 1-800-320-7183 or email us at members@yto.greenpeace.org

For more comprehensive and updated version of the guide, please visit www.greenpeace.ca/shoppersguide

How to Avoid Genetically Engineered Food
A Greenpeace Shoppers Guide

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GREENPEACE CANADA
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.

What is GE Food?

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

What about Organic Food?

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.
Greenpeace is calling on Loblaw to:

- Commit to the removal of genetically engineered (GE) ingredients from President’s Choice, No Name and other Loblaw 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 Loblaw 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 Loblaw 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!

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 1,100 stores in Canada operating under the names Loblaw, 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 Loblaw decides determines what you are eating.

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.

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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 incidental 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.

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Printed on 100 percent processed chlorine-free, 100 percent post-consumer recycled paper.
### Baking Supplies (continued)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Products</th>
</tr>
</thead>
</table>
| **Betty Crocker (General Mills)** | • Supreme Lemon Bar Mix  
  • Original Supreme Brownie Mix  
  • Cookie Mixes – All  
  • Bisquick |
| **Canbria Foods**            | • Canola Harvest Shortening  
  • Butter Flavour 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 |
| **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 |
| **Pillsbury (General Mills)** | • Pie Crusts  
  • Sweet Rolls  
  • Refrigerated Cookie Dough  
  • 1869 Biscuits  
  • Pillsbury Shape Cookies |
| **Western Family Foods**     | • White Cake Mix  
  • Angel Food Cake Mix |

### Beverages (continued)

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soyaware</strong></td>
<td>• Rice Choice</td>
</tr>
</tbody>
</table>
| **Thai Kitchen**            | • Thai Iced Tea  
  (Loose Leaves) |
| **Unibroue**                | • La Fin du Monde  
  • 1837  
  • Blanche de Chambly  
  • Quelque Chose  
  • Maudite  
  • Trois Pistoles |
| **Cadbury Schweppes**       | • A&W Root Beer  
  • Sunkist Orange  
  • Schweppes Ginger Ale |
| **Coca Cola**               | • Barq’s Root Beer  
  • Sprite  
  • Diet Coke  
  • Cherry Coke  
  • Coca Cola |
| **Labatt (Interbrew)**      | • All Beers |
| **Nestlé**                  | • Butterfinger Milkshake  
  • Nestea  
  • Lemon  
  • Nescafe Encore  
  • Nescafe Ice |
| **Sleeman**                 | • All Beers |

### Candy and Chocolate

<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cascadian Farms (General Mills)</strong></td>
<td>• Juices – All</td>
</tr>
<tr>
<td><strong>Cocoa Camino (La Siembra)</strong></td>
<td>• Hot Chocolate</td>
</tr>
</tbody>
</table>
| **Creemore Springs**        | • UrBock  
  • Premium Lager |
| **Happy Planet**            | • Juices – All  
  • Smoothies – All |
| **Imagine Foods**            | • Rice Dream Original  
  • Rice Dream Enriched  
  • Soy Dream Original |
| **Muir Glen (General Mills)** | • Tomato Juice  
  • 100% Vegetable Juice |
| **Knudsen’s**               | • Knudsen’s Mega Green Juice |
| **Lundberg Family Farms**   | • Vanilla Rice Drink  
  • Original Rice Drink |
| **Naturasoya**              | • Natura Soya Beverages |
| **Rapunzel Pure Organic**   | • Tiger Cocoa Drink Mix |
| **Cloud 9 Chocolates**      | • Tropical Source Chocolate – All  
  • Speakeasy Mints – All  
  • Cloud 9 Chocolate  
  • Semisweet Chocolate |
| **Rapunzel Pure Organic**   | • Lady Truffles  
  • Milk Chocolate  
  • Santa Claus  
  • Tango Snack Bar  
  • Lady Truffle Cones  
  • Milk Chocolate Petit  
  • Semisweet Petit Chocolate |
| **Denman Island Chocolates** | • Organic Chocolate Bars – All |
| **Werthers (August Storck)** | • Campino  
  • Original  
  • Chocolates  
  • Milkfuls  
  • Toffifee |
| **Whole Foods**             | • 365 Brand – All  
  • Whole Foods Brand – All  
  • Whole Kids Brand – All |
### CANDY AND CHOCOLATE (CONTINUED)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CADBURY TREBOR ALLEN</strong></td>
<td>(Cadbury Schweppes)</td>
</tr>
<tr>
<td>• Burnt Almond</td>
<td></td>
</tr>
<tr>
<td>• Crunchie</td>
<td></td>
</tr>
<tr>
<td>• Flake</td>
<td></td>
</tr>
<tr>
<td>• Dairy Milk</td>
<td></td>
</tr>
<tr>
<td>• Fruit &amp; Nut</td>
<td></td>
</tr>
<tr>
<td>• Cream Egg</td>
<td></td>
</tr>
<tr>
<td>• Wunderbar</td>
<td></td>
</tr>
<tr>
<td><strong>HERSEY’S</strong></td>
<td></td>
</tr>
<tr>
<td>• Milk Chocolate</td>
<td></td>
</tr>
<tr>
<td>• Tastations</td>
<td></td>
</tr>
<tr>
<td>• Chocolate Candies</td>
<td></td>
</tr>
<tr>
<td><strong>KRAFT (Philip Morris)</strong></td>
<td>• Toblerone Chocolates</td>
</tr>
<tr>
<td><strong>NESTLÉ</strong></td>
<td>• Butterfinger</td>
</tr>
<tr>
<td>• Baby Ruth</td>
<td></td>
</tr>
<tr>
<td>• Crunch</td>
<td></td>
</tr>
<tr>
<td>• Smarties</td>
<td></td>
</tr>
<tr>
<td>• Mackintosh Toffee</td>
<td></td>
</tr>
<tr>
<td>• Turtles</td>
<td></td>
</tr>
<tr>
<td>• Mirage</td>
<td></td>
</tr>
<tr>
<td>• Rolos</td>
<td></td>
</tr>
<tr>
<td><strong>NO NAME (Loblaws/Weston)</strong></td>
<td>• Jujubes</td>
</tr>
<tr>
<td>• Chewy Bears</td>
<td></td>
</tr>
<tr>
<td>• Chocolate Covered Peanuts</td>
<td></td>
</tr>
<tr>
<td>• Jelly Beans</td>
<td></td>
</tr>
<tr>
<td>• Marshmallows</td>
<td></td>
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</table>

### CANNED AND JARRED FOODS

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMY’S KITCHEN</strong></td>
<td>• Chilis-All</td>
</tr>
<tr>
<td><strong>BOMBAY BREEZE</strong></td>
<td>• Organic Vegetarian Curries</td>
</tr>
<tr>
<td>• Organic Seasoned Beans</td>
<td></td>
</tr>
<tr>
<td>• Soya Protein</td>
<td></td>
</tr>
<tr>
<td>• Mixed Vegetables</td>
<td></td>
</tr>
<tr>
<td><strong>CASCADIAN FARMS (General Mills)</strong></td>
<td>• Jams/Spreads</td>
</tr>
<tr>
<td>• Dill Relish</td>
<td></td>
</tr>
<tr>
<td>• Sweet Relish</td>
<td></td>
</tr>
<tr>
<td><strong>EDEN FOODS</strong></td>
<td>• Baked Beans w/Sorghum</td>
</tr>
<tr>
<td>• Lentils w/Onion &amp; Bay Leaf</td>
<td></td>
</tr>
<tr>
<td>• Organic Beans – All</td>
<td></td>
</tr>
<tr>
<td><strong>HORIZON’S ORGANICS (Acuna)</strong></td>
<td>• Baked Beans</td>
</tr>
<tr>
<td>• Refried Beans</td>
<td></td>
</tr>
<tr>
<td><strong>WHOLE FOODS</strong></td>
<td>• Whole Foods Brand–All</td>
</tr>
<tr>
<td><strong>HEINZ</strong></td>
<td>• BBQ Style Beans</td>
</tr>
<tr>
<td>• Deep Browned Beans</td>
<td></td>
</tr>
<tr>
<td>• Original Beans</td>
<td></td>
</tr>
<tr>
<td><strong>KRAFT (Philip Morris)</strong></td>
<td>• Del Monte Cream Corn</td>
</tr>
<tr>
<td>• Del Monte Peaches’n Cream Corn</td>
<td></td>
</tr>
<tr>
<td><strong>NO NAME (Loblaws/Weston)</strong></td>
<td>• Beans w/Pork &amp; Molasses</td>
</tr>
<tr>
<td>• Beef Ravioli</td>
<td></td>
</tr>
<tr>
<td>• Macaroni &amp; Beef</td>
<td></td>
</tr>
<tr>
<td>• Spaghetti &amp; Meatballs</td>
<td></td>
</tr>
<tr>
<td><strong>OLD EL PASO (General Mills)</strong></td>
<td>• Refried Beans–All</td>
</tr>
<tr>
<td>• Mexe Beans</td>
<td></td>
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</table>

### CEREALS AND BREAKFAST FOODS

<table>
<thead>
<tr>
<th>Brand</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARROWHEAD MILLS (Hain Celestial)</strong></td>
<td>• Multigrain Flakes</td>
</tr>
<tr>
<td>• Nature O’s</td>
<td></td>
</tr>
<tr>
<td>• Puffed Corn</td>
<td></td>
</tr>
<tr>
<td>• Shredded Wheat</td>
<td></td>
</tr>
<tr>
<td>• Spelt Flakes</td>
<td></td>
</tr>
<tr>
<td>• Maple Buckwheat Flakes</td>
<td></td>
</tr>
<tr>
<td><strong>BARRABA’S BAKERY</strong></td>
<td>• Crispy Wheats</td>
</tr>
<tr>
<td>• Fruity Punch</td>
<td></td>
</tr>
<tr>
<td>• Grain Shop</td>
<td></td>
</tr>
<tr>
<td>• Shredded Oats</td>
<td></td>
</tr>
<tr>
<td>• Puffins</td>
<td></td>
</tr>
<tr>
<td>• Soy Essence</td>
<td></td>
</tr>
<tr>
<td><strong>BOB’S RED MILL</strong></td>
<td>• 10 Grain Organic Cereal</td>
</tr>
<tr>
<td>• Organic Corn Cereals</td>
<td></td>
</tr>
<tr>
<td><strong>CARRIAGE TRADE (Continental Sales)</strong></td>
<td>• Granola</td>
</tr>
<tr>
<td><strong>CEREAL MOLASSES</strong></td>
<td>• Spiced Variety Pack</td>
</tr>
<tr>
<td>• Apples &amp; Cinnamon Oatmeal</td>
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</tr>
<tr>
<td><strong>GENERAL MILLS</strong></td>
<td>• Kaboom</td>
</tr>
<tr>
<td>• Berry Berry Kix</td>
<td></td>
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<tr>
<td>• Boo Berry</td>
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<tr>
<td>• Kix</td>
<td></td>
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<tr>
<td>• Basic 4</td>
<td></td>
</tr>
<tr>
<td>• Honey Nut Cheerios</td>
<td></td>
</tr>
<tr>
<td>• Rice Chex</td>
<td></td>
</tr>
<tr>
<td>• Lucky Charms</td>
<td></td>
</tr>
<tr>
<td><strong>KELLOGG’S</strong></td>
<td>• Raisin Bran</td>
</tr>
<tr>
<td>• Smacks</td>
<td></td>
</tr>
<tr>
<td>• Corn Flakes</td>
<td></td>
</tr>
<tr>
<td>• Product 19</td>
<td></td>
</tr>
<tr>
<td>• Honey Crunch</td>
<td></td>
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<tr>
<td>• Crispix</td>
<td></td>
</tr>
<tr>
<td>• Corn Pops</td>
<td></td>
</tr>
<tr>
<td>• Apple Crisp</td>
<td></td>
</tr>
<tr>
<td><strong>KRAFT (Philip Morris)</strong></td>
<td>• Post Barn Flakes</td>
</tr>
<tr>
<td>• Honey Comb</td>
<td></td>
</tr>
<tr>
<td>• Post Pebbles</td>
<td></td>
</tr>
<tr>
<td>• Post Alpha-Bits</td>
<td></td>
</tr>
<tr>
<td>• Post Fruit Pebbles</td>
<td></td>
</tr>
<tr>
<td>• Post Grape Nut O’s</td>
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<tr>
<td>• Grape Nut Flakes</td>
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### NATURE’S PATH

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>• Optimum Cereal</td>
<td></td>
</tr>
<tr>
<td>• Honey’d Raisin Bran</td>
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</tr>
<tr>
<td>• Blueberry Almond Muesli</td>
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</tr>
<tr>
<td>• Heritage Ancient Grains</td>
<td></td>
</tr>
<tr>
<td>• Honey’d Corn Flakes</td>
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<tr>
<td>• Rice Puffs</td>
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<td>• Kamut Krisp</td>
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</tr>
<tr>
<td>• Heritage O’s</td>
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<tr>
<td>• 8 Grain Synergy</td>
<td></td>
</tr>
<tr>
<td>• Multigrain Cereal</td>
<td></td>
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<tr>
<td>• EnviroKidz Cereal—All</td>
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### PC ORGANICS (Loblaws/Weston)

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>• Choco-Rice</td>
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</tr>
<tr>
<td>• Cinnamon O’s</td>
<td></td>
</tr>
<tr>
<td>• Crunchy Corn</td>
<td></td>
</tr>
<tr>
<td>• Instant Oatmeal</td>
<td></td>
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<tr>
<td>• Wheat Squares</td>
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### HEALTH VALLEY (Hain Celestial)

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Honey Nut O’s</td>
<td></td>
</tr>
<tr>
<td>• Fiber 7 Flakes</td>
<td></td>
</tr>
<tr>
<td>• Honey Fiber 7</td>
<td></td>
</tr>
<tr>
<td>• Golden Flax</td>
<td></td>
</tr>
<tr>
<td>• Apple Crunch Bran</td>
<td></td>
</tr>
<tr>
<td><strong>LIFESTREAM FOODS (Nature’s Path)</strong></td>
<td>• Multi-Grain Honey Puffs</td>
</tr>
<tr>
<td><strong>LUNDBERG FAMILY FARMS</strong></td>
<td>• Hot Brown Rice Cereals</td>
</tr>
<tr>
<td><strong>NASOYA (Vitasoy)</strong></td>
<td>• Breakfast Scramble</td>
</tr>
</tbody>
</table>

### PRAIRIE SUN GRAINS (Prairie Sun)

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>• Sunny Boy Hot Cereal</td>
<td></td>
</tr>
</tbody>
</table>

### WHOLE FOODS

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 36g Brand–All</td>
<td></td>
</tr>
<tr>
<td>• Whole Foods Brand–All</td>
<td></td>
</tr>
<tr>
<td>• Whole Kids Brand–All</td>
<td></td>
</tr>
</tbody>
</table>

### PRESIDENT’S CHOICE (Loblaws/Weston)

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Corn Flakes</td>
<td></td>
</tr>
<tr>
<td>• Extra Raisin Raisin Bran</td>
<td></td>
</tr>
<tr>
<td>• Frosted Flakes</td>
<td></td>
</tr>
<tr>
<td>• Frosted Oat O’s</td>
<td></td>
</tr>
<tr>
<td>• Fruity O’s</td>
<td></td>
</tr>
<tr>
<td>• Honey Nut Oat O’s</td>
<td></td>
</tr>
<tr>
<td>• Toasted Oat O’s</td>
<td></td>
</tr>
<tr>
<td>• Low Fat Granola–Raisin &amp; Almond</td>
<td></td>
</tr>
<tr>
<td>• TGCTB Fibre First</td>
<td></td>
</tr>
</tbody>
</table>

### QUAKER OATS (Pepsi)

<table>
<thead>
<tr>
<th>Description</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Life Cereal</td>
<td></td>
</tr>
<tr>
<td>• Toasted Oatmeal</td>
<td></td>
</tr>
<tr>
<td>• Oatmeal Raisin</td>
<td></td>
</tr>
<tr>
<td>• Cap’n Crunch Cereal</td>
<td></td>
</tr>
</tbody>
</table>
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

CASCADEAN FARMS (General Mills)
• Fancy Fruit Spreads—All

EDEN FARMS
• Apple Cider Vinegar
• Gomasio—All
• Shoyu Soy Sauce—All
• Tamari Soy Sauce—All
• Organic Miso—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

COOKIES AND DESSERTS

COUNTRY CHOICE NATURAL (New Century)
• Country Choice Cookies—All

KAMBYL 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

BARBARA’S BAKERY
• Animal Cookies
• Snackanimals Cookies
• All Natural Fig Bars
• Nature’s Choice Dipped Desserts
• Coconut Almond, Espresso Bean, Lemon Yogurt, Roasted Peanut

ICONA GRANDE
• Sorbets
• Premium Ice Creams
• Sorbet & Cream
• Sorbet Bars
• Brownie Bars

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

JACOB’S BAKERY
• Biscuits

CONAGRA
• Peter Pan Peanut Butters
• Blue Bonnet Margarine
• Parkay Margarine
• Fleischmann’s All Purpose Margarine

KIKKOMAN FOODS
• Steak Sauce
• Stir Fry Sauce
• Dipping Sauce
• Soy Sauce
• Teriyaki Sauce
• Marinade Mix
• Stir Fry Seasoning Mix

NO NAME
• Loblaws/Weston
  • Peanut Butter
  • Sweet Relish
  • Worcestershire Sauce
  • Table Syrups—All
  • Margarines

PILLSBURY
• (General Mills)
  • Chili Sauce Mix

PRESIDENT’S CHOICE
• Loblaws/Weston
  • TGTF Margarine—All
  • Tartar Sauce
  • BBQ Bravada—All
  • Tomato Ketchup
  • Table Syrups—All
  • “Memories of...” Sauces

WESTERN FAMILY FOODS (Overwaitea)
• Margarine
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

FANTASTIC FOODS
- Hummus Mix
- Falafel Mix
- Risottos – All

DRIED MEALS AND SAUCE MIXES

AMY’S KITCHEN
- Macaroni & Cheese

ANNE’S HOMEGROWN
- Pasta Meals – All
- Macaroni & Cheese Mix – All
- Family Size Original
- Macaroni & Cheese Mix

NASOYA (Vitasoy)
- TofuMate – All
- Texas Taco Mix
- Szechuan Stir Fry
- Eggless Salad

THAI KITCHEN
- Noodle Bowls – All
- Instant Noodles – All
- Pilafs – All
- Tom Yum Hot & Sour Soup Mix – All

FRANK’S DRIED MEALS
- 365 Brand – All
- Whole Foods Brand – All
- Whole Kids Brand – All

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 (Philip 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

CAMPBELL SOUP CO.
- Pepperidge Farms Frozen Cakes
- Pepperidge Farms Cookies

DARE FOODS
- Dare Cookies – All

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LOBLAWS/WESTON
- Wagon Wheels
# Frozen Foods (Continued)

**Lifestyle Foods (Nature's Path)**  
- Frozen Waffles–All

**Van's**  
- Frozen Waffles–All

**Whole Foods**  
- 365 Brand–All  
- Whole Foods Brand–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

**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.

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# 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

**Nasoya (Vitasoy)**  
- Sesame Garlic  
- Thousand Island  
- Creamy Dill  
- Garden Herb  
- Creamy Italian  
- Mayonaise  
- Light Mayonaise

**PC Organics (Loblaws/Weston)**  
- Oils: 100% Canola, 100% Safflower, 100% Sunflower  
- Salad Dressings: Caesar, Italian, Ranch

**Ruth's Hempt**  
- Dressings: Hemp 'n' Honey, Mustard Oil, Far East, Balsamic

**Simply Natural**  
- Balsamic Vinaigrette  
- Italian  
- Roasted Garlic Vinaigrette

**Western Family Foods (Overwaitea)**  
- Dressings: Our House, Creamy Caesar, Balsamic, Feta Greek, Light, Creamy

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# Pasta and Dry Foods

**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 (Philip Morris)**  
- Oven Classics Dinner–All

**Lean Cuisine (Nestlé)**  
- Skillet Sensations–All  
- Chicken Chow Mein  
- Meat Lasagna  
- Chicken Carbonara

**Maple Leaf**  
- Tenderflake Frozen Pastries–All

**Bestfoods (Unilever)**  
- Becel Oil  
- Mazola Corn Oil  
- Mazola Canola Oil  
- Mazola Best Blend Oil  
- Hellman's Mayonnaise: Real, Light, Low-Fat  
- Creamy Thousand Island, Catalina, Zesty Italian, Fat Free  
- Blue Cheese, Fat Free  
- Honey Dijon

**Canola Harvest (Canbra Foods)**  
- Blended Oil (Olive & Canola)  
- Canola Oil

**Crisco (Proctor & Gamble)**  
- Pure Canola Oil  
- Pure Vegetable Oil  
- Gourmet Salad Dressings–All

**President's Choice (Loblaws/Weston)**  
- Dressings: Ranch, Balsamic, Greek, Caesar, Italian, Zesty Thai, Dijon

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**Spectrum Naturals**  
- Dressings: Zesty Italian, Honey Dijon, Garlic & Onion, Blue Cheese Style, Creamy Dill, Toasted Sesame, Southwestern Caesar  

**Thai Kitchen**  
- Lemon Grass Salad Splash

**Whole Foods**  
- 365 Brand–All  
- Whole Foods Brand–All

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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.
### SNACK FOODS

#### KELLOGG’S
- Nutri Grain Bars—All
- Pops—All

#### MEXICAN FOODS
- Corn Tortilla Chips—All
- Roasted Sweet Corn—All
- Mix—All

#### PC ORGANICS
- (Loblaws/Weston)
  - Salsa—All
  - Pretzel Sticks and Twists
  - Microwave Popcorn—All
  - Original Snack Mix

#### RUTH’S HEMP
- Soft Hemp Snack Bars
- Creative Hemp Energy Bars

#### 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

### SNACK FOODS (CONTINUED)

#### KRAFT
- (Philip Morris)
  - Wheat Thins
  - Triscuits
  - Ritz Crackers
  - Ritz Snack Mix
  - Premium Plus Crackers
  - Sociables

#### NABISCO
- (Kraft)
  - Wheat Thins

#### 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
- (Overwaitea)
  - Vegetable Crackers
  - Ranch Chip Dip
  - Smokeys 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

#### HARVEST SUN
- (Anke Kruse)
  - Bouillon Cubes
  - Soups and Broths

#### IMAGINE ORGANIC
- Creamy Sweet Corn
- Creamy Broccoli
- Vegetable Broth
- Creamy Potato Leek
- No Chicken Broth
- Portobello Mushroom

#### 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

SHARIANN’S ORGANICS (Acirc)
- Vegetable Broth
- Minestrone
- Chicken Noodle
- Tomato & Roasted Garlic
- Indian Black Bean & Rice
- French Green Lentil
- Vegetable

WALNUT ACRES (Acirc)
- Minestrone
- Ginger Carrot
- Savory Tomato

WHOLE FOODS
- 36g Brand – All
- Whole Foods Brand – All

RAPUNZEL PURE ORGANICS
- Vegetable Bouillon w/Sea Salt
- Vegetable Soup Broth

THAI KITCHEN
- Coconut Ginger
- Hot & Sour

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

KNORR (Unilever)
- Packaged Soups – All
- Soup Stock Cubes – All

LIPTON (Unilever)
- Soupworks – All
- Oxo Bouillon Cubes

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

PRÉSIDENT’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 (Overwaitea)
- Cream of Chicken
- Cream of Celery
- Beef Broth
- Mushroom Soup

TOMATOES AND PASTA SAUCES

VEGETARIAN/DAIRY AND MEAT ALTERNATIVES

AMERICAN NATURAL SNACKS
(American Natural and Specialty Food Products)
- Soya Kaas – All

AMY’S KITCHEN
- Texas Veggie Burger
- Tofu Vegetable Lasagna
- Veggie Loaf Whole Meal
- Soy Cheese Pizza
- California Veggie Burger

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

EDEN FOODS
- Edensoy Rice and Soy Blend Soymilk
- Edensoy Soymilk – All

LIGHTLIFE (ConAgra)
- Steak-Style Veggie Strips
- Chick’n Veggie Strips
- Salisbury Steak Veggie Cutlets
- Seasoned Chick’n Veggie Strips
- Bacon Veggie Strips

MARITIME SOYCFRAFT
- Tofu – All

SIMPLY NATURAL
- Pasta Sauce – 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

KRAFT (Philip Morris)
- Del Monte Tomato Sauce

MAPLE LEAF
- Olivieri Pasta Sauces – All

NO NAME (Loblaws/Weston)
- Original Pasta Sauce
- Pasta Sauce w/ Mushrooms

PRÉSIDENT’S CHOICE (Loblaws/Weston)
- Original Pasta Sauce
- Pasta Sauce w/ Mushrooms

* Heinz has stated that they do not use genetically engineered tomatoes in any of their products.
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
- OCOP Certified Organic
- Quality Assurance Certified Organic
- British Columbia Certified Organic
- OCA Certified Organic
- Organic Growers Certification Co-op
- Organic Producers Association of Manitoba
- Quebec Vrai Certified Organic
- SOCA Certified Organic
- Maritime Certified Organic
- NSOCA Organically Grown
- Soil Association
- USDA Organic and California Certified Organic Farmers
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: ____________________________ 

I’d like to make a special donation to Greenpeace:

- $30 $60 $120 OR $______

My cheque made payable to Greenpeace is enclosed.

Bank: ____________________________
Branch: ____________________________
Account No.: ___________ ___________

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.

Joining Greenpeace:

There are several ways to join Greenpeace:

1. Join online now using your credit card or through your checking 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
   - 350 Dundas Street West, Suite 605
   - Toronto, Ontario M5G 2W9
   - Fax: 416-597-8422

How to Avoid Genetically Engineered Food
A Greenpeace Shoppers Guide

For a more comprehensive and updated version of the guide, please visit www.greenpeace.ca/shoppersguide.