

Day 23: Non-GMO

Team Name: Eco Express

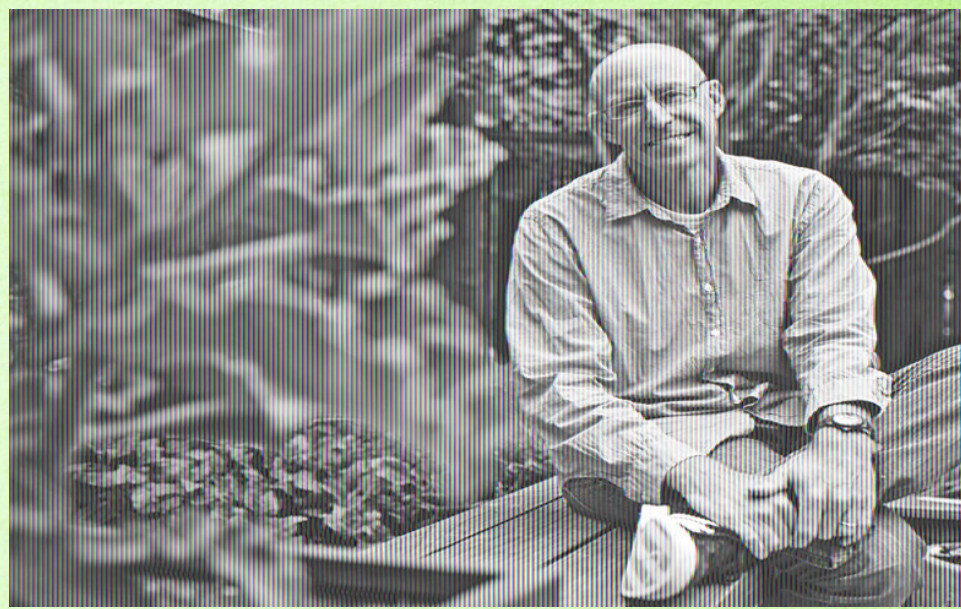
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School: Jericho High School

Inspiration: Michael Pollan

Michael Pollan is the author of many books involving food and its correlation with nature, the most popular being *Food Rules: An Eater's Manual*; *In Defense of Food: An Eater's Manifesto*; *The Omnivore's Dilemma: A Natural History of Four Meals* and *The Botany of Desire: A Plant's-Eye View of the World*. All four of those books were New York Times Bestsellers. *The Omnivore's Dilemma*, a book outlining the problems we face with GMOs today, won the California Book Award, the Northern California Book Award, the James Beard Award, and was a finalist for the National Book Critics Circle Award. A children's version of this book was published in 2009.

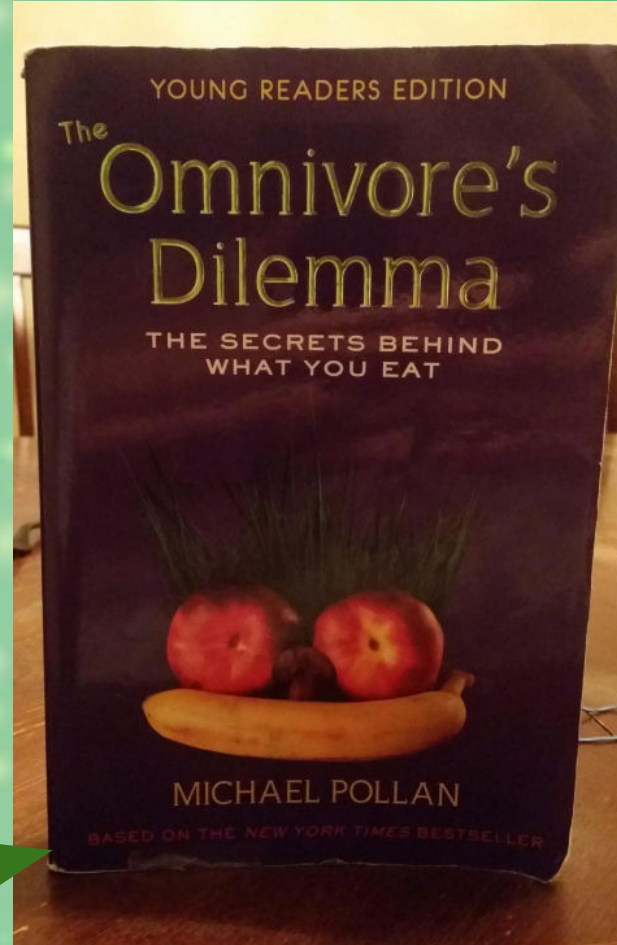


My Story

As an athlete and growing girl, my mom always made sure to buy me organic foods, and cooked at home as often as possible. I received this book six years ago, and it's one of my favorite reads. Of course, as I grew older I read the adult version, but the idea was the same. Through this book, I've discovered so much about what's *really* in my food, and I've been spreading the word ever since. I always choose non GMO over processed, even if it's more inconvenient and expensive.

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My copy of
the
Omnivore's
Dilemma!



My Story (cont.)

After reading all of Pollan's books, a whole new world was opened up to me. I ended up reading a variety of books based on GMOs and ethical treatment of animals- even Upton Sinclair's *The Jungle*.

Now, I always opt for organic, and my family keeps a large pantry full of organic foods, such as Anne's (I love their cheddar bunnies), Amy's Kitchen, Late July, Dr. Bronner's, Clif Bar, and Kind. If it weren't for me reading *The Omnivore's Dilemma*, I'm sure that I would still be snacking on junk that's genetically modified.

Pollan has also inspired me want to become a bioengineer, because I want to find a way to produce food that is environmentally and human friendly, but also is a cheaper, more resistant alternative to the original.

Books I've Read on GMO Foods

The Jungle- Upton Sinclair

Food, Inc. (The Novel), but I've also watched the movie

The Omnivore's Dilemma- Michael Pollan

The Seeds of Deception- Jeffrey M Smith

Altered Genes, Twisted Truth - Steven M. Druker

Lords of the Harvest- Daniel Charles

Food Fight: GMOs and the Future of the American Diet- Mckay Jenkins

INFOGRAPHIC

A GMO IS:

the direct human manipulation of an organism's DNA in a laboratory environment.

SCIENCE OF GMOS

Genetic modification may include the ADDITION OF DNA from species that would NOT BREED in nature.

Genetic modification may also involve REMOVING SPECIFIC STRANDS OF DNA.

Cross-species—or transgenic—genetic manipulation has gone so far as to **COMBINE FISH DNA WITH STRAWBERRIES** and tomatoes.



GMO foods have only existed in groceries since the late 1990's.

GMO life can be **patented**

GMO varieties of corn and potatoes are engineered to **PRODUCE THEIR OWN PESTICIDES**.

STUDIES OF GMOS

NO LONG-TERM TESTING.

It took decades for the dangers of Trans-Fats (another artificial food) to be understood.

Mice fed GM pesticide-producing corn over four generations showed **ABNORMAL** structural and chemical changes to various organs and significantly reduced fertility.



herbicide-resistant crops can cross-pollinate to create **HERBICIDE-RESISTANT WEEDS**.

Pesticide-producing GMO crops have led to **RESISTANCE IN INSECTS**.



TRANSGENIC DNA HAS BEEN FOUND IN **80% OF WILD CANOLA** IN NORTH DAKOTA

GMO?

Genetically Modified Organism

A GMO IS NOT:

Plants and animals that are traditionally bred to achieve specific characteristics such as breeding dogs or cross-pollination of plants



PREVALENCE OF GMOS

You probably eat GMOS **EVERY DAY**.



30,000

different GMOS exist on grocery store shelves (largely because of how many processed foods contain soy.)

PERCENT OF GMOS IN TOTAL CROP PRODUCTION 2011 (USA)



PUBLIC OPINION OF GMOS

Polls consistently show that a significant majority of North Americans would **LIKE TO BE ABLE TO TELL** if the food they're purchasing contains GMOS.

OUT OF A CBS NEWS POLL:



87% want GMOS labelled



53% would not buy genetically modified food

NATIONAL OPINIONS OF GMOS:

The USA is the **largest** producer of GMO crops and **does not mandate** labels for GMO food.



In 30 other countries there are bans or restrictions on the production of GMOS, because they are **not considered** proven safe.

SOURCES: <http://peeltheorange.com/pressroom/gmofactsheet.php>

DESIGN BY MCKENZIE LONG AT CARDINAL INNOVATIVE

Video: Eyes of Nye (GMO FOODS)

<https://www.youtube.com/watch?v=GKm2Ch3-Myg>



Social Media



Maggie and Kristen's PGC (
@eco.express)

So what is a GMO? Its an organism- whether it be a fruit vegetable or animal- whose DNA has been genetically altered in a lab to suit the needs of the population. It may SEEM helpful at first glance but do you really want to be eating what is dubbed frankenfood? GMOs cause allergies contain dangerous toxins and arent as healthy for you as regular fruits. They also can cause infertility. Need more information? Watch Bill Nye the Science Guy and learn about what he thinks! Link in Bio Also go ahead and read this infographic! - #PGC2017 #nonGMO @turninggreenorg @rwgarciasnacks @nongmoproject @usrighttoknow @gmoinside#pgc2017 #nongmo

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