

Project Green Challenge Greener



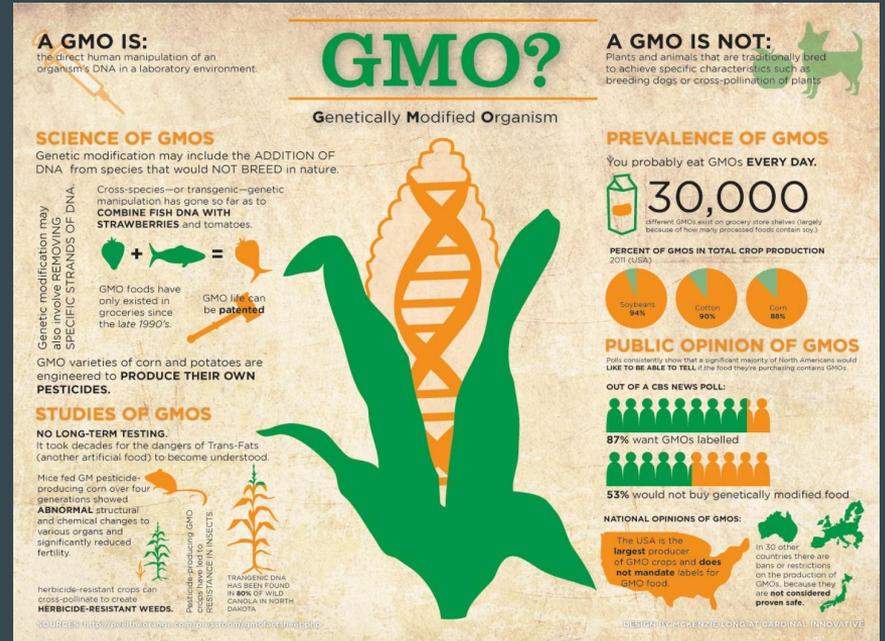
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Video & Infographic

Video:

https://www.youtube.com/watch?v=9_izCPy7yvs

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My Products



Questions

- All of my products that I consume on a daily basis are certified USDA organic, but only one of them is NON-GMO verified.
- Those that weren't verified, such as the organic ancient grains bread, did have some ingredients that could've been at risk for being genetically modified. As I was reading the ingredients list, I noticed a label at the bottom, where it said "365 Everyday Value® products are formulated to avoid genetically engineered ingredients. U.S. law doesn't allow the use of genetically engineered ingredients or seed in products labeled as organic." So overall, I don't think that there are any GMO ingredients in my bread, although they should strive to have that label on their products to make it more official.

Questions

- The coffee that I drink everyday is certified organic, as well as fair trade certified, but it's not NON-GMO verified either. The ingredients state it's purely made out of organic coffee beans, so technically it's just not officially labeled as NON-GMO.
- The ingredients that I found in my bread could've been at high risk for GMOs, but then I knew that because they are organic, they weren't an issue. These ingredients were organic brown rice & organic soybean oil.
- I was surprised how many of these products were not NON-GMO verified, but the ingredients seemed to be just fine, and capable to become verified.

Finding a NON-GMO Alternative

After looking for a NON-GMO verified option for bread, I found this example from Alpine Valley. It is also USDA organic, so it has many nutritional benefits, & it retains many more vitamins & minerals in comparison to the bread that I have, which is still a better option in comparison to conventional breads. I will definitely be purchasing more NON-GMO products as often as I can.



GMO VS NON-GMO



Some key ingredients that are at a higher risk for being genetically modified are canola oil, soy, corn, & animal derivatives. These kinds of ingredients are found in the Sara Lee bread, and are avoided in the Alpine Valley option. The certified organic, NON-GMO verified item is a much more nutritionally beneficial option, and is much more environmentally sustainable. It is a way to avoid health risks, and to retain as many vitamins and minerals as you can.



Sources

- <https://www.google.com/search?biw=1366&bih=651&tbm=isch&sa=1&ei=3TPKW4r-BarLOPEPII2RuAg>
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