



Day 19- Non- GMO

The Green Girls

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Non- GMO Party!

We held a Non- GMO party with a couple of our neighbors. Instead of them bringing some non- GMO foods, we decided to bring the foods to them, because they didn't really know much about GMOs, and this is a time to educate them on sustainability and non- GMOs! We bought all of the snacks at Giant Food Store in the Nature's Promise section, where all of their organic food is. We had no trouble finding non- GMO items, and actually had fun coming up with breakfast, lunch, dinner, and snack options.



Our Snacks

We bought:

- Koala Crisp Cereal from Nature's Path
- Boom Chicka Pop
- Cascadian Farms Oatmeal Bars
- Late July Tortilla Chips
- Late July Salsa
- Annie's Snack Mix
- Annie's Mac and Cheese
- Gardein Chick'n Sliders



Our Snacks

Our guests were pretty shocked when they found out that these non- GMO snacks are the same price and basically the same product as what they normally buy. They didn't really know about non- GMOs and how harmful they were, so they were definitely surprised when they watched the video.

The Video

As we were watching the video, I saw a couple of eyes popping out. So, when we had the discussion, I wasn't too surprised that they thought the video was so interesting and amazing. They commented that now they know about the true food system and "Why would someone put that into their body?" Well, the truth is that no one really knows exactly what they put into their body because labels can lie. That's when we informed them of all of the delicious and healthy non- GMO and organic food. I think we sparked something in them, because at the end of the party, they were taking pictures of the foods they liked and talking about new ways they will rethink their meals- including going vegetarian for a week and the whole 30 challenge. We were so proud of our neighbors for eating these new foods and learning so much about food and agriculture.



Our Idea

To promote non- GMO foods, we decided to have a school wide non- GMO party. Everyone can bring one snack that they find is non- GMO and we'll all gather in the cafeteria, screen the film, and talk about these foods. It will be such a fun experience getting to educate our generation on healthier foods for their body and what food companies don't tell you. Everyone loves eating food, so why not get everyone together to eat and talk! Not only will this spread the word super far among classmates, but it gives everyone a chance to meet people who care just as much about the environment and healthy living as we do.



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thegreengirls2018 Non- GMO party was a success 🙌👍
We watched a short film about the future of food (link in our bio 🤔) and discussed how awful GMOs

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thegreengirls2018 Non- GMO party was a success 🙌👍
We watched a short film about the future of food (link in our bio 🤔) and discussed how awful GMOs are for us, the economy, and the environment. Then, we made an actionable idea about raising awareness for non-GMOs (basically, a HUGE non- GMO party!). Finally, we ate a lot of yummy 😋 food and talked about how we can incorporate these foods into our lives. Not only are they the same price and the same taste, but they are 100% healthier for you and the environment because they didn't have any pesticides in them, use any herbicides, and weren't made in a lab 🧪 REAL FOOD IS GROWN IN DIRT, NOT MADE IN A LAB! 🌱🌍 @nongmoproject @turninggreenorg #nongmo #pgc2018

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