

## 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](http://www.greenpeace.ca/shoppersguide)

## GREENPEACE

250 Dundas St. W, Suite 605  
Toronto, ON  
M5T 2Z5

1726 Commercial Dr.  
Vancouver, BC  
V5N 4A3

2444 Notre-Dame Ouest  
Montreal, QC  
H3J 1N5

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# How to Avoid Genetically Engineered Food

A Greenpeace Shoppers Guide

GREENPEACE





## 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 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: 416.922.4394 E: [customer\\_service@weston.ca](mailto: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!

## What is GE Food?

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.

Most recently, biotech companies have inserted herbicide-resistance genes into wheat, fish genes into strawberries, human genes into fish and pharmaceuticals like birth control into corn. While we have yet to see the commercialization of these particular products, it's just a matter a time before newer and stranger GMOs make their way onto your table and into the environment.

## 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 is opposed to the 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](http://www.greenpeace.ca)**

**Above all, be good to your body and the environment and say NO to 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 poll conducted by Greenpeace in September, 2001 showed that 95% of Canadians believe they have the right to know if they are eating GE food and we 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 30 countries worldwide, covering more than 2 billion people.

Sadly, our Members of Parliament have ignored Canadians. In 2001, the federal government—under intense pressure from industry—voted down a law that would have allowed for mandatory labelling of GE food. To find out how your MP voted, visit [www.greenpeace.ca/](http://www.greenpeace.ca/) Make sure your MP knows you want mandatory labelling of GE foods. In the absence of responsible government action, Greenpeace is pleased to offer you this Shoppers Guide to give you the tools you need to avoid eating GE food.

## 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% 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](mailto:members@yto.greenpeace.org) or telephone 1.800.320.7183.

## What About Organics?

The use of genetically engineered organisms is prohibited under organic standards. Organic foods are grown without the use of synthetic chemicals or irradiation. Organic standards require that attentive care that promotes the health and meets the behavioural needs of livestock be given. GE animal feed is also prohibited. The best way to avoid GE food is to purchase 100% certified organic products, whole foods and fresh produce. There are a number of third party certifiers in Canada who certify products as organic (see page 26 for organic certification labels commonly found in Canada).

## 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% 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 listed 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.*

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## 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 Flavours  
• Chocolate Brownie Mix  
• Muffin Mixes—  
All Flavours  
• Original Pancake Mix

**SPECTRUM**  
• Organic Shortening

**WHOLE FOODS**  
• 365 Brand—All  
• Whole Foods Brand—All



( ) Manufacturer owner is listed in parentheses.

## 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 Varieties
- Aunt Jemima Pancake Mix—All Varieties
- Cake Mix—All Varieties

### 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

#### (Overwaitea)

- 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
- Schwepes Ginger Ale

### COCA COLA

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

### GATORADE

#### (Pepsi)

- All Flavours

### 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
- GTBT Soy Beverages—All Flavours

### 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

### INTERNOVA

- Earth Shakes
- Yü Rice Beverages
- Yü Soya Multigrain Beverages

### 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

## CANDY AND CHOCOLATE



### COCOA CAMINO

#### (La Siembra)

- Milk Chocolate Bars—All
- Bittersweet Chocolate

### CLOUD 9 CHOCOLATES

- Tropical Source Chocolate—All Flavours
- Speakeasy Mints—All Flavours
- 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
- Milkflus
- 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)
- JuJubes
- 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 Products
- 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 Flavours
- 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

- H<sub>2</sub>O 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 Brands

### 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 KRAUSE ORGANICS

- Ketchups—All Flavours

### 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 Flavours

### EDEN FOODS

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



### BESTFOODS *(Unilever)*

- Skippy Peanut Butter
- Bece! Margarine
- Imperial Margarine
- Country Crock Margarine

### 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
- Soya Sauce

### BETTY CROCKER *(General Mills)*

- Suddenly Salad—All Flavours

### SHINMEIDO MISO

- Brown Rice Miso
- Barley Miso

### SPECTRUM ORGANICS

- Organic Margarine
- Spectrums Natural Spread

### THAI KITCHEN

- Spicy Thai Peanut Tartar 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

### 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

### PRESIDENT'S CHOICE *(Loblaws/Weston)*

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

### LUCERNE FOODS *(Safeway)*

- Relish

### McCORMICK'S

- Club House Sauce Mixes

### NO NAME *(Loblaws/Weston)*

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

### PILLSBURY *(General Mills)*

- Chili Sauce Mix

### WESTERN FAMILY FOODS *(Overwaitea)*

- 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 Flavours

### IMAGINE FOODS

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

### JACOB'S BAKERY

- Biscuits

### KAMBLY SA

- Cookies: Florentine, Fine

- Crepe, Choco, Butterfly, Mont Choc, Caramanda, Excellence

### LE COMMENSAL

- All Desserts

### LUNDBERG FAMILY FARMS

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

### McVITIES FOODS *(United Biscuit)*

- Digestive Creams
- Rich Tea Cookies
- Plain Digestives

*(continued on page 16)*

# Possible health risks to infants, babies and children from genetically engineered foods.

The process of genetic engineering is imprecise and unpredictable. Unintended effects could create human health risks such as the development of antibiotic resistance, allergic reactions, nutritional changes and the creation of toxins. Experts say that infants, babies and children—whose immature systems and reliance on a single food source (e.g. infant formula) or small range of foods—are at even higher risk. Inadequate safety testing is the rule for genetically engineered foods in Canada. The refusal of government and industry to implement mandatory labelling of foods made with GE ingredients compounds the problem. Parents who wish to avoid feeding their children GE food have no way of making decisions they feel are in their child's best interest. Food manufacturers and retailers who use GE ingredients in their products or sell them in their stores could be placing the wellbeing of infants, babies and children at risk. Greenpeace has assembled comments from a number of experts on the special risks that GE foods may present for the health of infants, babies and children. Here are just a few.\*

## ROYAL SOCIETY (UK) WORKING GROUP

"Warnings from the UK Royal Society Working Group on Genetically Modified Food express fears about the safety of genetically modified infant formulas. 'Bottle-fed babies could be undernourished if given genetically modified infant formula milk because of inadequate regulations and testing regimes for GM foods,' leading scientists said." According to Dr. Eric Brunner, an epidemiologist and one of the report's authors, "...babies dependent solely on formula milk were particularly vulnerable to any nutritional changes."

*From the INFAC Canada/IBFAN North America Newsletter, Winter 2002, reporting on the findings of the Royal Society (UK) Working Group on Genetically Modified Food.*

## ROYAL SOCIETY OF CANADA

"Early introduction of these (peanut, tree nuts, seafood and seeds) and other food proteins to the infant's relatively immature immune system may encourage development of an allergy. Infants and young children therefore appear to be more susceptible to developing food allergies, resulting in a higher incidence."

*Elements of Precaution: Recommendations for the regulation of food biotechnology in Canada, 2001. www.rsc.ca*



### 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
- Butternut Squash
- Farmhouse Veggies

### ENFALAC

*(Mead Johnson)*

- Formulas—All
- Next Step Formula

### ISOMIL

*(Abbott Laboratories)*

- Formulas—All

### KRAFT *(Philip Morris)*

- Arrowroot Teething Biscuits

- Harvest Time Vegetable
- Little Veggie Stew
- Pumpkin Pie

### HEINZ

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

### MILUPA *(Wyeth Ayerst)*

- Rice Cereal
- Yogurt Fruits Rice Cereal

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

### NATURE'S ONE

- Formulas—All

### PC ORGANICS

*(Loblaws/Weston)*

- Jarred Baby Foods—All

### TINY BITES

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

### 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



## ROYAL SOCIETY (UK)

"Studies...need to be made of the potential health effects in sub-groups of the population that have particularly high intakes or particular susceptibilities...Attention [must be] paid to the particular physiological characteristics and metabolic requirements of vulnerable groups such as infants, children, pregnant and lactating women, the elderly and those with chronic disease." The report recommends that guidelines be established for nutritional assessment of infant formulas for GE food.

*Genetically modified plants for food use and human health—an update. Policy document 4/02, February 2002.*

\* Complete references are available on our website at [www.greenpeace.ca](http://www.greenpeace.ca)



## COOKIES AND DESSERTS (CONTINUED)



- Chocolate Digestives
- Hob Nobs
- Ginger Snaps

### OETKER

- Mousse—All Flavours

### PC ORGANICS (Loblaws/Weston)

- Cookies: All Butter Shortbread Fingers,

- Animal, Chocolate Chip, Peanut Butter, Raisin & Oatmeal
- Chewy Granola Bars—All Flavours
- Biscuits—All Flavours

### THE COOL HEMP COMPANY

- Cool Hemp Non-Dairy Dessert—All Flavours

### WALKER'S SHORTBREAD

- Cakes
- Biscuits
- Meringues
- Shortbread
- Oat Cakes

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



### CAMPBELL SOUP CO.

- Pepperidge Farms Frozen Cakes
- Pepperidge Farms Cookies

### DARE FOODS

- Dare Cookies—All Varieties

### 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

### 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 Flavours
- 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 Flavours

### SAFeway

- Safeway Select Biscotti

### VACHON (Saputo)

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

### VOORTMAN COOKIES

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

## DRIED MEALS AND SAUCE MIXES



### AMY'S KITCHEN

- Macaroni & Soy Cheeze

### ANNIE'S HOMEGROWN

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

### FANTASTIC FOODS

- Hummus Mix
- Falafel Mix
- Risottos—All Flavours

### LUNDBERG FAMILY FARMS

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

### NASOYA (Vitasoy)

- Tofu Mate—All Flavours
- 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 Flavours
- Instant Noodles—All Flavours
- Pilafs—All Flavours
- Tom Yum Hot & Sour Soup Mix—All Flavours

### WHOLE FOODS

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

### BETTY CROCKER (General Mills)

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

### EFFEM (Mars)

- Uncle Ben's Quick Rice—All Varieties

### KRAFT (Philip Morris)

- Kraft Dinner
- Macaroni & Cheese—All Varieties
- 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 Flavours
- Cheesy Mexican Style Rice

### PILLSBURY (General Mills)

- Nacho Cheese Taco Mix
- Taco Seasoning Mix

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

- Seasoning Mixes—All Flavours
- 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 Varieties



## FROZEN FOODS

### AMY'S KITCHEN

- Bean & Cheese Burrito
- Thai Stir Fry
- Country Dinner
- Vegetable Lasagna
- Pizza—All Varieties
- 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 Flavours

### PC ORGANICS

#### (Loblaws/Weston)

- Sweet Yellow Corn
- Cut Fried Potatoes—All Varieties

### VAN'S

- Frozen Waffles—All Flavours

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



### GREEN GIANT

#### (General Mills)

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

### J.M. SCHNEIDER

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

### KRAFT

#### (Philip Morris)

- Oven Classics Dinner—All Flavours

### LEAN CUISINE

#### (Nestlé)

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

### MAPLE LEAF

- Tenderflake Frozen Pastries—All Varieties

### McCain\*

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

### NO NAME

#### (Loblaws/Weston)

- Waffles—All Flavours
- 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 Flavours
- Deep-Dish Sirloin Steak Pie
- Lasagna—All Varieties
- 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 Flavours
- Family Style Dinners—All Flavours
- Pot Pies—All Flavours
- French Bread Pizza—All Flavours

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

## 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

### 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

### 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 Varieties)

### KRAFT

#### (Philip 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

#### (Overwaita)

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



## 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. For more information on wheat, see p. 25. Stuffed and packaged pastas such as tortellini or ravioli may include GE ingredients such as corn starch or vegetable oil.

## SNACK FOODS



### ADRIENNE'S

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

### ARROWHEAD MILLS

#### (Hain Celestial)

- Organic Popcorn

### BARBARA'S BAKERY

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

### CLIF BAR

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

### GARDEN OF EATIN'

#### (Hain Celestial)

- Fiery Salsa Dip
- Tortilla Chips—All Flavours
- 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 Flavours
- Salted
- Roaster Fresh Nut Butters

### LE COMMENSAL

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

### LUNDBERG FAMILY FARMS

- Rice Cakes—All Varieties

### McVITIES UNITED

#### BISCUIT

- Snack Crackers

### MUIR GLEN

#### (General Mills)

- Salsa—All Flavours

### PC ORGANICS

#### (Loblaws/Weston)

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

### QUE PASA

#### MEXICAN FOODS

- Corn Tortilla Chips—All Flavours

### RUTH'S HEMP

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

### TERRA CHIPS

#### (Hain Celestial)

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

### UNITED BISCUITS

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

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

## SNACK FOODS (CONTINUED)

### HUMPTY DUMPTY

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

### KELLOGG'S

- Nutri Grain Bars—All Flavours

### KRAFT (Philp Morris)

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

### NABISCO (Kraft)

- Wheat Thins

### NO NAME

#### (Loblaws/Weston)

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

### OLD EL PASO

#### (GENERAL MILLS)

- Thick 'n Chunky Salsa—All Flavours
- 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 Flavours
- Thin Ripple Cut Potato Chips—All Flavours
- Tortilla Chips
- White Cheddar Corn Cakes
- Yogurt & Fruit Granola Bars—All

### PRINGLES

#### (Proctor & Gamble)

- Potato Chips—All Flavours

### QUAKER OATS

#### (Pepsi)

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

### SAFeway

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

### WESTERN FAMILY FOODS

#### (Overwaitea)

- Vegetable Crackers
- Ranch Chip Dip
- Smores Chewy Granola Bars—All Flavours
- Tortilla Chips—All Flavours
- Potato Chips—All Flavours
- 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.



### 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 Flavours

### JIFFY POP (ConAgra)

- Jiffy Pop Popcorn

### HOSTESS/FRITO-LAY\*

#### (Pepsi)

- Cracker Jack Popcorn
- Lays Potato Chips—All Flavours
- Frito Lay Corn Chips—All Flavours

- SunChips—All Flavours
- Tostitos Tortilla Chips—All Flavours
- Smartfood Popcorn
- Tostitos Salsas

## SOUPS

### AMY'S KITCHEN

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

- French Canadian Pea
- 7 Beans & Vegetables

### HEALTH VALLEY

#### (Hain Celestial)

- Tomato
- Lentil
- Potato Leek
- Vegetable
- Black Bean

### BOMBAY BREEZE

- Cereal Vegetable
- Caribbean Lentil

### FANTASTIC FOODS

- Corn & Potato Chowder
- Creamy Broccoli Cheddar Soup

### IMAGINE ORGANIC

- Creamy Sweet Corn
- Creamy Broccoli
- Vegetable Broth
- Creamy Potato Leek
- No Chicken Broth
- Portabello Mushroom



## 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

### KNORR (Unilever)

- Packaged Soups—All Varieties
- Soup Stock Cubes—All Varieties

### LIPTON (Unilever)

- Soupworks—All Varieties
- 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

### 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

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

### WESTERN FAMILY FOODS (Overwaita)

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

## 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 Varieties
- Organic Pizza/Pasta Sauce

### MUIR GLEN (General Mills)

- Pizza Sauce
- Tomato Sauce
- Pasta Sauce—All Varieties

### PC ORGANICS (Loblaws/Weston)

- Pasta Sauces—All Varieties

## TOMATOES AND PASTA SAUCES (CONTINUED)

### SIMPLY NATURAL

- Pasta Sauce—All Varieties

### WALNUT ACRES (Acirca)

- Pasta Sauce—All Varieties

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



### CATELLI (Heinz\*)

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

### CLASSICO (Heinz\*)

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

### 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 Varieties

### NO NAME (Loblaws/Weston)

- Original Pasta Sauce
- Pasta Sauce w/ Mushrooms

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

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

### PRIMO (Kraft/Philip Morris)

- Thick & Zesty Pasta Sauce—All Varieties
- Thick & Zesty Tomato Sauce

### RAGU (Unilever)

- Ragu Pasta Sauce—All Varieties

\* 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 Flavours

### EDEN FOODS

- Edensoy Rice and Soy Blend Soymilk
- Edensoy Soymilk—All Flavours

### AMY'S KITCHEN

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

### FANTASTIC FOODS

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

### LE COMMENSAL

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

### GARDENBURGER

- Veggie Medley Patties
- The Original Gardenburger

### GREEN CUISINE

- Tempeh Burgers

- Baked Tofu
- Amasake
- Mochi
- Super Soymilk
- Wheat Cutlets

### LIGHTLIFE (ConAgra)

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

### MARITIME SOYCRAFT

- Tofu—All Varieties



## VEGETARIAN/DAIRY AND MEAT ALTERNATIVES (CONTINUED)



### MORI-NU TOFU

- Tofu—All Varieties

### NASOYA (Vitasoy)

- Baked Tofu—All Flavours
- Tofu—All Varieties

### NOBLE BEAN TEMPEH

- Tempeh Burgers
- Tempeh—All Varieties

### NUTRISOYA

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

### PROVAMEL

- Bio Buttering and Frying
- Soya Yofu—All Flavours
- Soy Beverage—All Flavours
- 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 Flavours
- So Nice Soy Beverage—All Flavours,
- Sunrise Soya Beverage—All Flavours

### SUNRISE SOYA

- Tofu: Extra Firm, Firm, Medium, Soft

### VITASOY

- Soymilk Beverage—All Flavours

### 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 Varieties

- 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 Kiev
- 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.

## Stop Monsanto's Genetically Engineered Wheat...

Despite near-unanimous opposition from farmers, environmentalists, consumer organizations, the organic community and wheat buyers, American biotechnology company Monsanto recently applied to the Canadian government for approval to commercially grow genetically engineered wheat. If approved, GE wheat would be the first major GE food crop approved in Canada since the mid-1990s. GE wheat is an imminent threat to Canada's \$3 billion wheat export market and seriously endangers the future of organic farming on the Canadian prairies. And, of course, you will be eating it in your bread, pasta and baking.

To download a petition, read our report *Against the Grain: The Threat of Genetically Engineered Wheat* and find out what you can do to stop GE wheat from ending up on your table, visit [www.greenpeace.ca/wheat](http://www.greenpeace.ca/wheat)

To support Saskatchewan's organic farmers' lawsuit for an injunction preventing commercial growing of GE wheat visit [www.saskorganic.com](http://www.saskorganic.com)

Write to the Minister of Agriculture and Agri-Food Canada (AAFC)—ask that the AAFC reject Monsanto's application for GE wheat and start to protect Canadian consumers and organic farmers:

Minister of Agriculture and Agri-Food Canada  
Sir John Carling Building  
930 Carling Avenue  
Ottawa, ON, K1A 0C5

Loblaws parent company George Weston Ltd. is also Canada's biggest baker. Let Chairman Galen Weston know that you don't want Monsanto's GE frankenwheat in your bread.

Contact Chairman Galen Weston at:  
22 St. Clair Ave E, Toronto, ON, M4T 2S7

T: 416.922.2500 F: 416.922.4394 E: [customer\\_service@weston.ca](mailto:customer_service@weston.ca)

## Farmers and Buyers Statements Against GE Wheat

Most farm groups and wheat buyers are opposed to GE wheat. Many are speaking out. Here are just a few examples:

“We have a very clear policy on genetically modified (GM) wheat and barley: we’re opposed to their introduction until a number of stringent conditions are satisfied, including a positive cost-benefit for farmers and widespread market acceptance. This position is similar to that of many farm and industry organizations.”

– Ken Ritter, CWB, *Grain Matters*, Jan/Feb 2003, (CWB Publication)

“We will not only avoid buying GM wheat but we will probably be forced to completely avoid importing from those countries/regions where it is known that GM wheat is grown. As president of GMI (Grandi Molini Italiani), I do not see any reason to expose the company to the risks implied by accidental contamination with GM wheat.”

– Antonio Costato, President and CEO of Grandi Molini Italiani. GMI has six mills in Italy and turns over some 1.4 million tonnes of grain annually. *Reported by Reuters, January 30th, 2003*. Similar statements have been made by buyers of Canadian wheat in the United Kingdom, the EU, Japan and several other countries.

“Loss of export markets would be a disaster for Canadian and US farmers. It would be impossible to guarantee segregation so exports would be hit hard.”

– Professor Richard Grey, Agricultural-Economist, University of Saskatchewan, *Slice of Life, Greenpeace Video, February, 2003*

## Common Organic Certification Labels in Canada

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.*

## Partners

### Canadian Health Food Association

550 Alden Road, Suite 205, Markham, ON L3R 6A8

T: 905.479.6939 F: 905.479.1516 E: admin@chfa.ca W: www.chfa.ca

### Canadian Organic Growers

125 South Knowlesville Road, Knowlesville, New Brunswick E7L 1B1

T: 506.375.7383 E: info@cog.ca W: www.cog.ca

### GENEaction

E: geneaction@yahoo.ca W: www.geneaction.org

### Polaris Institute

312 Cooper Street, Ottawa, ON K2P 0G7

T: 613.237.1717 F: 613.237.3359 E: polarisinstitute@on.aibn.com

W: www.polarisinstitute.org

## Links

Here are some useful links for more information on genetic engineering:

Consumers International: [www.consumersinternational.org](http://www.consumersinternational.org)

Council of Canadians: [www.canadians.org](http://www.canadians.org)

Development and Peace: [www.devp.org](http://www.devp.org)

Farming Solutions: [www.farmingsolutions.org](http://www.farmingsolutions.org)

GE Food Alert (US): [www.gefoodalert.org](http://www.gefoodalert.org)

National Farmers Union: [www.nfu.ca](http://www.nfu.ca)

Organic Consumers Association (US): [www.organicconsumers.org](http://www.organicconsumers.org)

Saskatchewan Organic Directorate: [www.saskorganic.com](http://www.saskorganic.com)

The Soil Association (UK): [www.soilassociation.org](http://www.soilassociation.org)

True Food Network (US): [www.truefoodnow.com](http://www.truefoodnow.com)

Union of Concerned Scientists: [www.ucsusa.org](http://www.ucsusa.org)

**Join the Greenpeace Canada True Food Network for monthly email updates on the campaign against genetically engineered foods—subscribe at [www.greenpeace.ca/truefood](http://www.greenpeace.ca/truefood)**