



**VOLUNTEER!**  
INFO@GMOFreeSeattle.com

## OCTOBER IS WORLD NON-GMO MONTH

Join the movement  
to eliminate Genetically Modified Organisms  
from Washington State's food supply!

[www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)



# Together we can build a **GMO-FREE WASHINGTON!**

Please join us for these special events:

### ARE NATURAL FOOD STORES PROTECTING US FROM GMOS?

A panel discussion with representatives from Puget Consumers Coop, Central Coop, Marlene's Market & Deli, Whole Foods Market, Olympia Food Coop, Skagit Valley Coop & others TBA

#### Thursday Oct. 6 at 6:00 PM

Ballard Public Library  
5614 22nd Ave. NW, Seattle 98107  
(206) 684-4089

### WHY WE MUST STOP THE PROLIFERATION OF GMOS

Jeffrey Smith, founder of the Institute for Responsible Technology and author of *Genetic Roulette* and *Seeds of Deception* speaks in this free talk.

#### Tuesday, Oct. 18 at 7:00 PM

Marlene's Market & Deli Natural Foods  
2565 S. Gateway Ctr. Pl, Federal Way 98003  
(253) 839-0933  
(no reservations, please arrive early)

### GMO-FREE SEATTLE RALLY

Bring your friends! Organize! Mobilize! Speakers include Jeffrey Smith Goldie Caughlan, PCC Nut. Ed, 28 + yrs Phil Bereano, UW Professor Emeritus, Technology and Public Policy

#### Wednesday Oct. 19, 4-5 pm

West Lake Center  
1601 5th Ave, Seattle, WA 98101-3654  
(206) 467-1600

Show solidarity  
with our sisters  
and brothers  
rallying in  
Washington DC!

### NAVIGATING A WORLD OF GMOS

Jeffrey Smith, author & activist, concludes his Seattle visit with practical ways to avoid GMOs at the grocery store, at restaurants, and at home

#### Wednesday Oct. 19

6:30 - vendors sample non-GMO treats  
7:00 - Jeffrey Smith speaks  
University Christian Church  
4731 15th Ave. NE, Seattle, WA 98105  
206-522-0169

### OUR THANKS TO THESE SPONSORS



# GMO Free Seattle

Working to get  
Genetically Modified Organisms  
out of our food supply!



## GMO Free Seattle

is a Seattle-based action group formed to educate consumers about the dangers of genetically modified organisms. We believe consumers have a right to protect their food and land from damaging interference by profit-based corporate entities.

We believe consumers have the constitutional right to take any peaceful action necessary to ensure the safety of their food. Our goal is a GMO-free Washington State and someday, a GMO-free world.

[www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com)

## GMOFree Seattle Goals

Our first goal is to collaborate with the NON-GMO Project and Just Label It organizations to create maximum effectiveness for local projects and national campaigns. We will help people make better and healthier food choices through education.

Our second goal is to make Seattle a GMO-Free zone by working with local restaurants, health care providers, and farmers on agricultural and labeling issues.

# Volunteer with GMO Free Seattle!

The GMO-Free movement needs helping hands  
at all levels of time and experience!  
Send your name, email and phone numbers to

[info@GMOFreeSeattle.com](mailto:info@GMOFreeSeattle.com)

*All information will be kept private.*

## We need help with

- |   |  |
|---|--|
| <input type="checkbox"/> GMO tabling events     | <input type="checkbox"/> Outreach to educators         |
| <input type="checkbox"/> Phone calling          | <input type="checkbox"/> Outreach to farmers           |
| <input type="checkbox"/> GMO projects/campaigns | <input type="checkbox"/> Outreach to schools & parents |
| <input type="checkbox"/> Cash donations         | <input type="checkbox"/> Outreach to retailers         |
| <input type="checkbox"/> Email campaigns        | <input type="checkbox"/> Labeling initiatives          |

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## Other ways to support GMO Free Seattle

1. Visit our facebook page at [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com) and “Like” us!
2. While visiting [www.GMOFreeSeattle.com](http://www.GMOFreeSeattle.com), click on “GMO Document Library”, a resource with over 100 articles, links, brochures (like GMO-free dining and shopping guides). Click arrow to “New GMO Reader”
3. Share this flier with your co-workers, friends, legislators, and local grocer.
4. Shop at stores that support the Non-GMO project.
5. Attend as many GMO Free Seattle events as you can.
6. Write letters to the editor, or expose GMO dangers on your website or blog.

**Would you willingly allow  
“Roundup Ready”  
herbicide to be added  
to 90% of the meat  
or other foods containing  
sugar, corn, soy, or canola  
that you eat  
at home and in restaurants?**



**If it's not labeled  
“Organic”  
or “GMO-Free”  
you probably  
already are!**