

## **PARENT ACTION LIST:**

### **WHAT PARENTS CAN DO TO STOP GMOs**

**1. SHOP NON-GMO**

Avoid GMOs. Consumer rejection sends a strong message and keeps your family healthy. 75% of all processed food has GMO ingredients. Corn, soy, and canola oil is 80%-90% GMO. Purchase organic. Get your Non-GMO shopping guide. Look for the Non-GMO Project label.

**2. CONTACT MANUFACTURERS OF CHILDREN'S FOODS THAT CONTAIN GM INGREDIENTS**

Write to manufacturers of foods you used to buy for your children that contain GMOs and tell them you are switching to a non-GMO brand because of health-safety issues. Ask them to consider changing their source ingredients. Have your friends and fellow activists call or co-sign a letter (see our sample letter to manufacturers and addresses of some large food manufacturers on our website).

**3. INFLUENCE A SUPERMARKET OR FOOD STORE**

Speak to the storeowner, grocery manager or produce manager and request they feature more organic and more GMO-free items.

**4. INFLUENCE A RESTAURANT**

Speak to restaurant managers, owners or the corporate headquarters of McDonald's, Pizza Hut, Taco Bell, Subway, and other fast-food chains where kids and families eat and ask them to promote GMO-free choices. For the addresses of the most popular fast-food chains, see our website.

**5. EDUCATE YOUR FRIENDS, FAMILY AND NEIGHBORS**

Email, Facebook and Twitter are a great way of sharing information about the dangers of GMOs. Invite them over to watch a movie such as The World According to Monsanto or Scientists Under Attack. Have educational materials ready to hand out.

**6. START A TIPPING POINT GROUP OF PARENTS**

Create support for each other and have some fun with Non-GMO get-togethers and make plans to educate others. [Stacey@responsibletechnology.org](mailto:Stacey@responsibletechnology.org) can help you start your group.

- a. Create a non-GMO presence at Farmer's Markets or local events.
- b. Outreach to parents groups; host a film showing
- c. Take speaker training to be able to speak to parent groups
- d. Offer a community lecture or movie showing of The Future of Food and Scientists Under Attack.

**7. MOBILIZE TO GET HEALTHY FOOD IN SCHOOLS AND COLLEGES**

- a. Ask the school to offer Non-GMO menu options. Connect with an organization focused on bringing better food and education to schools (for a list, see <http://www.responsibletechnology.org/take-action/gm-free-schools>).
- b. Connect with teachers who are receptive to the issue, find out if there is a sustainability class or another class that is a good match for the GMO topic, and get a presenter or non-GMO speaker invited to give a talk and show a video to a class

- c. Show how to make a popular dish (such as tacos) with non-GMO brands.
- d. Establish a healthful-food, non-GMO potluck group.
- e. Involve a school-garden program to create a non-GMO show-and-tell education event.
- f. Show an non-GMO movie—we recommend our half-hour long *Hidden Risks* video, downloadable for free from our website.
- g. Contact a student committee concerned about environmental issues and network with them to promote GMO awareness on campus.
- h. Bring up the issue to your local PTA and educate its members

**8. APPROACH YOUR PEDIATRICIAN**

Share fliers and brochures, and see if he or she is willing to educate other clients on GMO health risks. Ask if you can put fliers and brochures in the office and if they are willing to raise the issue with their professional affiliation.

**9. GET INVOLVED IN LEGISLATION / INITIATIVES IN YOUR STATE**

Ask your political representatives to support laws to curb and label genetically engineered food products. Contact your local and state representatives and make sure they know you want them to support Non-GMO bills. Check our website and sign on to petitions.

**10. WRITE LETTERS TO YOUR LOCAL PAPERS TO RAISE THE ISSUE OF THE DANGERS OF GM FOODS, ESPECIALLY FOR CHILDREN**

Speak from your heart about why you think GMOs are harmful for children.

**11. GIVE NON-GMO EDUCATIONAL GIFTS SUCH AS BOOKS AND DVDS.**

Visit the Seeds of Deception website or other online sources for books and DVDs.

**12. REQUEST YOUR PUBLIC ACCESS TELEVISION NETWORK TO PLAY NON-GMO DVDS**

The Institute for Responsible Technology has a ½ hour video for this purpose. Contact [Sjennings@responsibletechnology.org](mailto:Sjennings@responsibletechnology.org) for find out more.

**13. VOLUNTEER TO WORK WITH IRT OR ANOTHER NON-GMO ACTION GROUP**

Non profit organizations such as The Institute for Responsible Technology rely on support from volunteers. Contact [sjennings@responsibletechnology.org](mailto:sjennings@responsibletechnology.org) if you are interested.

**14. GROW YOUR OWN NON-GMO FOOD**

There are many ways to create an edible garden whether indoors or outdoors. Teach your children how to grow their own food.