

BROOKE CROUCH

BLC5ZR

[BLC5ZR@VIRGINIA.EDU](mailto:BLC5ZR@VIRGINIA.EDU)

UNIVERSITY OF VIRGINIA

RESOURCES I FOUND:

MANY OF THE VIDEOS I FOUND WERE MIXED ON THE TOPIC OF GMOS. I MOSTLY FOUND VIDEOS THAT WE CLAIMING THAT GMOS HAD NO NEGATIVE IMPACT ON HEALTH AND ENVIRONMENT, AND I THINK THAT THERE NEEDS TO BE MORE READILY AVAILABLE RESOURCE FOR PEOPLE TO LEARN ABOUT THE NEGATIVE IMPACTS(BECAUSE THERE ARE NEGATIVE IMPACTS!). I THINK A LOT OF MONEY HAS BEEN POURED INTO FALSE REASSURANCES AND FALSE ADVERTISING OF GMOS AS SAFE, SO THERE ARE FEW PLACES FOR PEOPLE TO GET HONEST ANSWERS ABOUT GMOS. THE VIDEO I FINALLY FOUND IS FAIRLY NEUTRAL AND MAINLY GIVES THE PLAIN FACTS OF GMO, WHICH I THOUGHT WAS HELPFUL AND A GOOD UNBIASED SOURCE.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JMPE5WLB3ZK](https://www.youtube.com/watch?v=JMPE5WLB3Zk)

I THOUGHT THIS WAS A VERY HELPFUL INFOGRAPHIC BECAUSE IT TOUCHES ON A LOT OF DIFFERENT ASPECTS OF THE GMO ISSUE- WHAT IT IS, WHY IT IS HAPPENING, WHAT FOODS IS IT MOSTLY AFFECTING. AGAIN, THERE WERE NOT A LOT OF INFOGRAPHICS THAT WERE VERY NEGATIVE TOWARDS GMOS AND HAD A LOT OF FACTS TO BACK THEM UP, SO I THOUGHT THAT A NEUTRAL, FACT-BASED INFOGRAPHIC WAS A BETTER CHOICE THAN A NEGATIVE ONE BUT WITH LITTLE FACTS. I THINK THAT IN OUR WORLD, PEOPLE TEND TO BE VERY SKEPTICAL AND IT IS VERY IMPORTANT THAT YOU HAVE ALL OF YOUR FACTS STRAIGHT. WE CAN'T BEGIN TO HELP PEOPLE MAKE CHANGES UNLESS THEY ARE INFORMED AND AWARE OF WHAT THEIR CHOICES ARE. ADDITIONALLY, I THINK THAT A LOT OF PEOPLE ARE NOT EVEN REALLY SURE OF WHAT

CONSTITUTES A GENETICALLY MODIFIED OBJECT(I HAD VERY LITTLE KNOWLEDGE ABOUT IT), SO IT IS GOOD TO EDUCATE THEM FIRST!

**GMO**  
*Your Right To Know*

**What is a GMO?**  
**GENETICALLY MODIFIED ORGANISM**

**WHY DO THEY DO IT?**  
Crops are currently modified to survive herbicide treatment, produce their own pesticides and resist certain diseases.

**What is a GMO?**  
Organisms whose genetic make up (DNA) has been altered in a way that does not occur naturally.

**The 5 MOST PREVALENT GMO CROPS**

CORN	SOY	CANOLA	COFFEE	CELERY
93%	84%	82%	82%	82%

\*% of the U.S. crop that is GMO

**UNLESS ORGANIC THESE COULD BE GMO**

CORN CHIPS • SOY MILK • SUGAR  
CANOLA OIL • SALAD DRESSING

**70%**  
*of packaged food contains GMOS*

*But wait, there's more*

**THESE 5 CROPS** ARE USED IN FOOD INGREDIENTS THAT SHOW UP IN ALL KINDS OF PACKAGED FOODS

**...SO ANY OF THESE PRODUCTS COULD HAVE GMOs**

ketchup, chewing gum, cooking oil, seeds, baking extracts, pickles, brown sugar, salad dressing, fruit juices, yogurt, can soups, pasta sauce, bread, margarine, sugar, instant formulas, cereal, margarine, crackers, cookies, chocolate, candy, ketchup, chips, veggie burgers, meat substitutes, ice cream, frozen yogurt, soy sauce, soy cheese, tomato sauce, protein powder, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour and pasta.

*And it's not just what you eat...*

**ANIMAL FEED** CAN BE A SOURCE OF GMOs ALSO. WHAT DID THAT COW, CHICKEN OR PIG EAT?

**THAT MEANS THESE FOODS COULD BE FROM ANIMALS FED GMOs.**

MILK	CHEESE	EGGS	MEAT	FARMED FISH
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MY PACKAGED ITEMS:

AT HOME, I GENERALLY DON'T EAT PACKAGED ITEMS- I TRY AND BE AS ZERO-WASTE AS POSSIBLE.

HOWEVER, IN COLLEGE THAT JUST SOMETIMES ISN'T AN OPTION! HERE ARE THE THREE PACKAGED THINGS I CONSUME ON A REGULAR BASIS:

### 1. LARA BARS

AS YOU MAY HAVE NOTICED, I EAT A LOT OF GRANOLA BARS IN COLLEGE. I'M NOT SURE IF IT IS JUST ME, OR IF IT IS JUST A COLLEGE STUDENT PHENOMENON. OH WELL. SO IT TURNS OUT THAT LARA BARS ARE CERTIFIED NON-GMO AND A PART OF THE NON-GMO PROJECT! YAY! SOME OF THEIR PRODUCTS SAY THAT THEY ARE ORGANIC, WHILE OTHERS DO NOT, BUT I BELIEVE THAT MOST IF NOT ALL ARE ORGANIC. THEIR BARS ARE MADE OUT OF 100% WHOLE PLANT BASED FOODS, PRIMARILY FRUITS AND NUTS, WHICH IS VERY REASSURING BECAUSE YOU ALWAYS KNOW WHAT YOU ARE PUTTING INTO YOUR BODY. THEY ARE ALSO A FAIRTRADE COMPANY(SHOUT OUT TO YESTERDAY'S CHALLENGE) AND JUST A GENERALLY WONDERFUL COMPANY! WOW. WELL DONE, LARA BAR. THAT MAKES ME FEEL GOOD ABOUT EATING A LARA BAR 4 TIMES A DAY(IT WAS ONLY ONE TIME, OKAY. DON'T JUDGE). WHILE ALL OF THESE THINGS ARE WONDERFUL, UNFORTUNATELY THAT MEANS I CANNOT DO THIS CHALLENGE ON THEM.

### 2. VEGAN ROB'S PROBIOTIC CAULIFLOWER PUFFS

MOST OF THEIR PRODUCTS USE NON-GMO INGREDIENTS, LIKE THEIR CORN. I CAN'T FIND OUT IF THEY ARE CERTIFIED NON-GMO BY THE NON-GMO PROJECT, BUT ON THEIR PACKAGING IT SAYS THAT THEY ARE NON-GMO! THEY ALSO HAVE ALL ORGANIC INGREDIENTS! I REALLY LIKE THIS BRAND BECAUSE THEIR PRODUCTS ARE PRIMARILY PLANT BASED AND MORE OF THE WHOLE FOOD THAN A LOT OF CHIP/PUFF COMPANIES. WOW. ALL OF THE PACKAGED PRODUCTS I BUY ARE EITHER NON-GMO CERTIFIED OR CERTIFIED ORGANIC. GOOD FOR ME, BUT NOT GOOD FOR THIS CHALLENGE!

### 3. DR. PRAEGER'S VEGGIE BURGERS

THIS PRODUCT IS WHAT I EAT WHEN I DON'T WANT TO GO TO THE DINING HALL AND EAT THEIR CRAPPY FOOD(NO OFFENCE, UVA. BUT YOUR VEGAN FOOD IS VERY SUBPAR). IT IS A VEGAN VEGGIE BURGER THAT IS NON-GMO VERIFIED AND USES PRIMARILY WHOLE PLANT FOODS(VEGETABLES, BEANS, GRAINS). IT IS NOT CERTIFIED ORGANIC BUT IT USES ORGANIC INGREDIENTS PRIMARILY.

PROBLEM: I AM TOO GOOD. UNFORTUNATELY, I ALREADY ONLY BUY NON-GMO AND ORGANIC PRODUCTS. WHILE A GOOD THING IN MY EVERYDAY LIFE, IT IS NOT SO GOOD HERE! IT DOESN'T GIVE ME ANYTHING TO BUILD MY CHALLENGE OFF OF, AND I AM NOT GOING TO LIE ABOUT THE FOODS I CONSUME JUST TO WIN A CHALLENGE(LOOK AT ME, STICKING TO MY MORALS.GOOD JOB, ME)

SOLUTION: I AM GOING TO FIND NON-ORGANIC, GMO LADEN FOODS THAT MOST PEOPLE CONSUME AND COMPARE THEM TO THE FOODS I ALREADY PURCHASE! THAT WAY, I CAN STILL INFORM OTHER PEOPLE ABOUT THE BENEFITS OF EATING NON-GMO FOODS. LET'S JUST PRETEND I STARTED OUT EATING THESE CRAPPY FOODS AND SWITCHED TO THE HEALTHIER FOODS ABOUT, INSTEAD OF STARTING WITH THE NON-GMO, ORGANIC FOODS. DON'T WORRY, I WON'T ACTUALLY EAT THE FOODS I AM ABOUT TO PROFILE! I WILL STICK TO MY ORGANIC, NON-GMO FOODS, THANK YOU VERY MUCH!

TYPICAL FOODS ON THE STANDARD AMERICAN DIET(AKA SAD. AND REALLY, IT IS SAD)

DORITOS CHIPS

CORN: #1 INGREDIENT IN DORITOS AND #1 INGREDIENT TO BE GENETICALLY MODIFIED!

TOMATO

MILK: THERE ARE A TON OF DIFFERENT DAIRY PRODUCTS IN DORITOS AND THEY ARE ALL GMO!

COMMENTARY: HONESTLY, THESE FACTS DIDN'T REALLY SURPRISE ME. DORITOS ARE NOT EXACTLY MARKETED AS A HEALTH FOOD, AND I FEEL LIKE YOU KNOW YOU SHOULDN'T BE EATING THEM. THAT SAID, A HUGE AMOUNT OF PEOPLE DO EAT THEM AND ARE NOT FULLY AWARE OF THE CONSEQUENCES OF THAT DECISION! ASIDE FROM THE PROCESSED ASPECT, THERE ARE SEVERAL GENETICALLY MODIFIED FOODS IN HERE THAT ARE BAD FOR YOUR HEALTH!

## NUTRI-GRAIN BARS

CORN FIBER

CORN SYRUP

SOY LECITHIN

SOYBEAN OIL

SUGAR, SUGAR AND MORE SUGAR: IT DOESN'T SPECIFICALLY SAY IT IS BEET SUGAR, BUT SINCE MORE THAN 50% OF US SUGAR IS BEET SUGAR IT IS HIGHLY LIKELY TO BE BEET SUGAR AND THEREFORE GENETICALLY MODIFIED!

COMMENTARY: THE AMOUNT OF PROCESSED, GENETICALLY MODIFIED INGREDIENTS IN THESE BARS REALLY SCARE ME, BECAUSE THESE BARS ARE MARKETED AS HEALTHY AND NATURAL. THEY ARE THE BARS THAT ARE MOST OFTEN GIVEN OUT AS SNACKS IN SCHOOL- THAT MEANS WE ARE GIVING OUR MOST VULNERABLE POPULATIONS THE WORST FOOD! WHO KNOWS HOW IT WILL IMPACT THEIR DEVELOPMENT? IT CERTAINLY WON'T BE HELPFUL OR HEALTHY, THAT'S FOR SURE.

## MORNING STAR VEGGIE BURGERS

CANOLA OIL

CORN

SOY FLOUR

TOMATOES(WHOLE, PASTE, POWDERED)

MILK

COMMENTARY: WOW, MOST OF THE MAJOR INGREDIENTS IN MORNINGSTAR BURGERS ARE GMO. I THOUGHT THAT VEGGIE BURGERS WERE PROVIDING A HEALTHY ALTERNATIVE TO MEAT, BUT THIS ONE IS REALLY LETTING ME DOWN! ALL OF THESE FOODS ARE SO BAD FOR ME, AND THEY ARE DISGUISED AS HEALTHY! THAT IS, QUITE FRANKLY, DISGUSTING BEHAVIOR FROM THIS COMPANY.

MY OPINION ON "THE GMO ISSUE:

WHILE THERE IS NOT AS MUCH DEFINITIVE EVIDENCE AGAINST GMOs AS I WOULD LIKE, I GENERALLY THINK THAT GMOs ARE NOT A GOOD THING AND SHOULD BE AVOIDED WHERE POSSIBLE. WE AREN'T ENTIRELY CERTAIN OF THE EFFECT THAT THEY WILL HAVE UPON THE ENVIRONMENT AND ON HUMAN HEALTH. ADDITIONALLY, PRODUCTS THAT ARE NON-GMO CERTIFIED ARE GENERALLY MORE NATURAL, ORGANIC, AND HEALTHIER, AND ARE GENERALLY MORE ENVIRONMENTALLY AWARE. IT IS DEFINITELY A GOOD IDEA TO SHOP NON-GMO WHEREVER POSSIBLE!

# Dr Praegers VS Morningstar



No Genetically Modified Ingredients

5 Genetically Modified Ingredients

Vegan, Whole Foods Plant Based

Vegetarian, primarily processed foods

Organic Ingredients

Non-Organic Ingredients

Key Ing: Carrots, Onions, Beans, Oats, Zucchini, Soy, Peas

Key Ing: Canola Oil, Beans, Rice, Corn, Soy Flour, Egg, Milk

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Brooke Crouch Just now

While there is not as much definitive evidence against GMOs as I would like, I generally think that GMOs are not a good thing and should be avoided where possible. We aren't entirely certain of the effect that they will have upon the environment and on human health. Additionally, products that are non-GMO certified are generally more natural, organic, and healthier, and are generally more environmentally aware. It is definitely a good idea to shop non-GMO wherever possible! Turning Green RW Garcia Snacks Non-GMO Project, US Right To Know GMO Inside Powered by Green America #PGC2018 #nonGMO

**Dr Praegers**  
**VS**  
**Morningstar**



No Genetically 5 Genetically

Deborah C Nolen Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

Lily Simon Dana Raphael is a mutual friend. Confirm Friend

Mac Weems Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

Morgen L-s Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

Missy C Evans Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

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Dana Raphael 1m

Jennifer Locasale-Crouch 1