

Project Green Challenge Greener



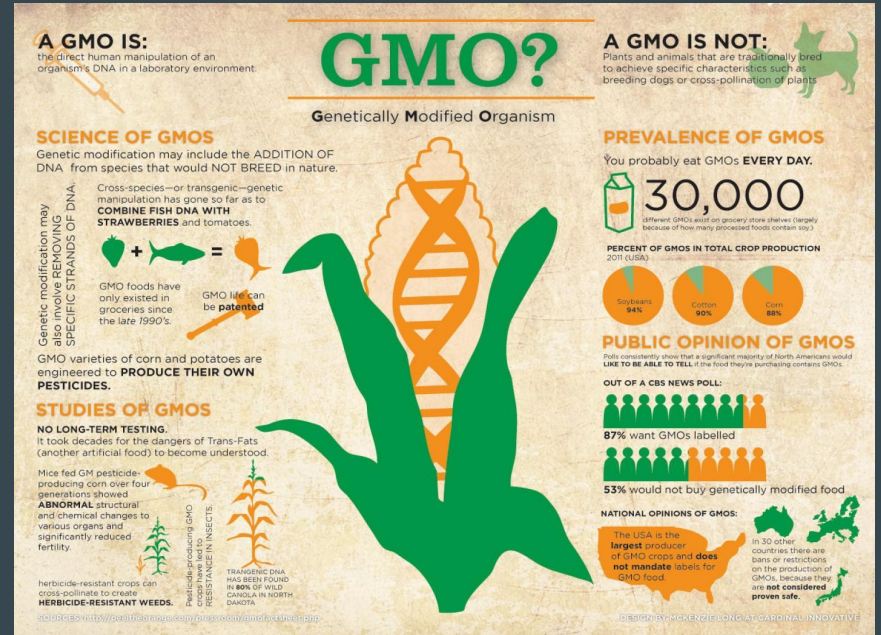
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High School

Video & Infographic

Video:

https://www.youtube.com/watch?v=9_izCP_y7yvs

[y7yvs](https://www.youtube.com/watch?v=9_izCP_y7yvs)



My Products



Questions

- All of my products that I consume on a daily basis are certified USDA organic, but only one of them is NON-GMO verified.
- Those that weren't verified, such as the organic ancient grains bread, did have some ingredients that could've been at risk for being genetically modified. As I was reading the ingredients list, I noticed a label at the bottom, where it said "365 Everyday Value® products are formulated to avoid genetically engineered ingredients. U.S. law doesn't allow the use of genetically engineered ingredients or seed in products labeled as organic." So overall, I don't think that there are any GMO ingredients in my bread, although they should strive to have that label on their products to make it more official.

Questions

- The coffee that I drink everyday is certified organic, as well as fair trade certified, but it's not NON-GMO verified either. The ingredients state it's purely made out of organic coffee beans, so technically it's just not officially labeled as NON-GMO.
- The ingredients that I found in my bread could've been at high risk for GMOs, but then I knew that because they are organic, they weren't an issue. These ingredients were organic brown rice & organic soybean oil.
- I was surprised how many of these products were not NON-GMO verified, but the ingredients seemed to be just fine, and capable to become verified.

Finding a NON-GMO Alternative

After looking for a NON-GMO verified option for bread, I found this example from Alpine Valley. It is also USDA organic, so it has many nutritional benefits, & it retains many more vitamins & minerals in comparison to the bread that I have, which is still a better option in comparison to conventional breads. I will definitely be purchasing more NON-GMO products as often as I can.




GMO VS NON-GMO



Some key ingredients that are at a higher risk for being genetically modified are canola oil, soy, corn, & animal derivatives. These kinds of ingredients are found in the Sara Lee bread, and are avoided in the Alpine Valley option. The certified organic, NON-GMO verified item is a much more nutritionally beneficial option, and is much more environmentally sustainable. It is a way to avoid health risks, and to retain as many vitamins and minerals as you can.



Social Media Post

 Sabira Cveta Ahmic added 2 new photos. ***
Just now · 🧑🏻 · ▼

Hi everyone! It's Cvetanka! Today is the 19th day of #PGC2018, and the theme of the day is #nonGMO. I made this side by side comparison, explaining the importance of avoiding GMOs in our diets.

Here is another infographic explaining how GMOs work in depth, as well as a video that is extremely informative in terms of the effects GMOs have on humans & the environment. Turning Green RW Garcia Snacks Non-GMO Project US Right To Know GMO Inside Powered by Green America
https://www.youtube.com/watch?v=9_zCPy7yvs

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A GMO IS:
A living organism that has been genetically modified in a laboratory environment.

A GMO IS NOT:
A living organism that has been genetically modified in a laboratory environment.

GMO?

Genetically Modified Organism

SCIENCE OF GMOs
Genetic modification may include the ADDITION OF DNA from species that would NOT BREED in nature.

Cross species—or transgenic—genetic manipulation has gone so far as to:
COMBINE FISH DNA WITH STRAWBERRIES and tomatoes.

GMO foods have only existed in significant quantities since the late 1990's.

GMOs have an **unhealthy** effect on the environment.

GMO varieties of corn and potatoes are engineered to **PRODUCE THEIR OWN PESTICIDES**.

PREVALENCE OF GMOs
You probably eat GMOs **EVERY DAY**.
30,000 different types of GMOs are currently in use.
Percent of GMOs in total crop production:
Soy: 94%
Corn: 91%
Cotton: 90%
Canola: 84%

PUBLIC OPINION OF GMOs
70% of Americans believe that GMOs are safe to eat.
60% of Americans believe that GMOs are safe for the environment.
50% of Americans believe that GMOs are safe for children.
40% of Americans believe that GMOs are safe for pets.
30% of Americans believe that GMOs are safe for livestock.
20% of Americans believe that GMOs are safe for wildlife.
10% of Americans believe that GMOs are safe for all.

Sources

- <https://www.google.com/search?biw=1366&bih=651&tbm=isch&sa=1&ei=3TPKW4r-BarLOPEPII2RuAg>
- <https://www.nongmoproject.org/gmo-facts/high-risk/>
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