

GREENER

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## Challenge

**Find an informative infographic and video that explain GMOs and their impact on health and the planet.**

**>Now, it's time to do your own investigative work.**

- **Select three packaged food items you consume on a regular basis.**
  - Coffee beans
  - Bread
  - Tofu
- **Are any of these items Non-GMO Project Verified or USDA Certified Organic?**
  - I buy my coffee beans Certified Organic, but I'm not sure if the ingredients in my bread are non-GMO or not. I also don't know if the tofu I eat is non-GMO! This will be a revelatory challenge.
- **Of those that aren't, do they contain any ingredients that are at high risk of being genetically modified? Check out [this link](#) to find out some high risk ingredients.**
  - Bread
  - Tofu: I know that soybeans are some of the worse genetically modified ingredients, yet the brand of tofu I buy boasts a GMO-free soybean source. However, the GMO-free-ness of my Sunrise brand tofu will be something I'll surely follow up to find.
- **Write down the high risk ingredients you found in each item.**
  - Soybeans and canola oil
- **Did your findings surprise you?**
  - While I did know that canola oil and flowers had very high counts of unsustainable farming practices, such as monocultures and genetically-modified seeds, I didn't know that soybeans were GMO. I was very surprised to learn that they are so infamous for their unsustainability, especially since it's so often

touted as a great and sustainable alternative to most other non-environmentally-friendly foods, such as meats. However, I'm glad to have learned that at least the soybeans in the *tofu* I eat are sustainable, and that there are alternatives for the bread producers to begin making their bread using natural, non-GMO soybeans.

- **Visit a local independent green grocer, co-op, or online food retailer and find a Non-GMO Project Verified or USDA Certified Organic version of each of the packaged food items you investigated.**
  - I looked at the websites of my local grocery stores – regular ones and also health food ones – and looked in the Bread section for brands which openly shared their non-GMO certification.
  - **How do the ingredients in your non-GMO version compare to the original?**
    - The non-GMO version of bread which I chose, from Berlin Bakery, contains non-GMO ingredients:
      - Unbleached White Spelt flour, well water, honey, expeller pressed canola oil, yeast, sea salt.
        - Although this brand of bread, from Berlin Bakery, still contains canola oil, it is certifiably non-genetically modified.
  - **Will your findings today change your food purchasing decisions?**
    - The more PGC challenges I do, the more I realise how difficult it is to lead a purely sustainable and healthy life. There are so many different factors to consider! Despite all the different things I'm now aware of that I have think about as you walk the aisles of the grocery stores, I don't consider this a tedious obligation to stave off some sort of doomsday scenario: it's more a call to action to keep educating myself, and to work to make it easier for other people – who may not be as environmentally passionate and dedicated as I try to be – to make smart, healthy, and sustainable non-GMO food choices.
- **Pick one product and make a creative side-by-side comparison. Caption each item with key ingredients and offer your perspective on GMOs. Share on a social media platform of your choice. Include a link to an informative short video and an infographic or article. Tag @turninggreenorg, @rwgarciasnacks, @nongmoproject, @usrightoknow, and @gmoinside with #PGC2018 and #nonGMO.**



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