Living Non-GMO

SUMMER GUIDE
Every day we hear from people who are worried about the impacts of GMOs and are looking for ways to make safe, healthy choices for themselves and their loved ones. We invite you to explore our new website, livingnongmo.org, filled with resources and inspiration to live a non-GMO lifestyle.

GMOs are present in up to 80% of packaged goods. Be on the lookout for ingredients made from high-risk crops: corn, soy, sugar beets, zucchini, yellow summer squash, papaya, canola and cotton (cottonseed oil). To avoid GMOs when you shop, look for products that are Non-GMO Project Verified.
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Summertime means spending more time outside and less time in the kitchen. Make the most of the season by planning ahead. Here are our top tips for building a non-GMO pantry:

Batch-cooking rice, pasta and beans gives you loads of healthy and affordable options to share with friends and family. Be sure your bulk items are Non-GMO Project Verified.

When grilling, be sure to cook up extra veggies and Non-GMO Project Verified proteins for easy dishes later in the week.

Need help beating the heat? Stock your fridge with a pitcher of sun tea. Brew a treat using Non-GMO Project Verified tea and honey; then pour over ice for refreshing drinks all summer long.

Be a smooth(ie) operator and keep Non-GMO Project Verified protein powders on hand to take advantage of summer's delicious bounty of organic fruits and vegetables.

Keeping your pantry prepped means keeping your family non-GMO!
Play with Your Food

Contributor: Annie’s

It’s not always easy to motivate kids to learn about the ingredients on the table. Summer is a great time to get creative and plan activities about real food for the whole family.

**Head to the farmers market.** Encourage your kids to ask local farmers about their favorite fruits and veggies or try playing the name game with produce. They’ll learn more about items they haven’t seen at home.

**Cook with the family!** Bring your kids into the kitchen to play sous-chef and help create the dinner menu. If they’re a part of the process, they’re likely to taste and enjoy their final masterpiece.

**Start a small garden.** Bring the kids to your local greenhouse and pick up seeds, soil and planters for the porch, a windowsill or kitchen garden. Teach the kids how to plant and inspire them to name their first seedlings. They’ll be excited to learn about the organic process while getting their hands dirty.
Best Backyard BBQ

Contributor: San-J

Good preparation is the key to any successful backyard grill party and getting fresh, good quality, Non-GMO Project Verified ingredients is the first step. With different dietary preferences, it’s also wise to make sure your menu fits every guest’s needs. Avoid an awkward situation by asking ahead of time if anyone is vegetarian, vegan, dairy-free or gluten-free.

Have a guest that is gluten-free? Eliminate worry from the mix. It’s much simpler and safer to create an entirely gluten-free menu instead of preparing separate items. You can avoid cross-contamination and still cook delicious food that everyone can enjoy. Fresh poultry, vegetables, cheese, fruits and nuts are all naturally gluten-free and can serve as ingredients for main and side dishes.

A gluten-free menu can easily be adjusted to meet vegetarian, vegan or dairy-free diets as well. Pack your recipes with different flavors to create super tasty and safe meals that are fun for everyone to eat!
Good Food Habits on the Road

Nothing beats a summer road trip. No matter where the road takes you, a little extra planning will help you pack your car with snacks that are on-the-go and non-GMO! Here’s our road-tested Non-GMO Project Verified snack list:

Organic fruits and vegetables are a natural choice. Don’t forget to bring Non-GMO Project Verified hummus (amino acids) and nut butters for some delicious dipping! Jerky and nuts are also great sources of protein. Popcorn and rice cakes will satisfy your crunchy cravings.

Animal feed often contains GMOs - so look for the Butterfly when packing sandwich meats, cheese or boiled eggs. Remember, easy to eat can’t be beat, so make sure your sandwiches are car-friendly - pitas or wraps will do the trick.

Remember to keep hydrated with lots of water, you can even add fresh or frozen fruits, vegetables and herbs to kick flavor up a notch and kick those sugary sodas to the curb!

Pack Your Own Breakfast
Breakfast items often contain GMO ingredients such as corn. When traveling, bring a non-GMO and organic breakfast along for the ride—granola, cereal, nuts and dried fruit make for a deliciously convenient breakfast trail mix.

Know Your Menu
Choose restaurants where you can ask about ingredients and where their food comes from!
Wish them well  The next time someone cuts you off, try wishing the driver well instead of ill. Start by first wishing yourself or a loved one peace and happiness. Now extend this feeling to the driver who irritated you. Considering that maybe the driver was having a bad day or in a crisis can make this easier. One thing is certain, by choosing a calm response you’ll reach your destination feeling more uplifted and at ease.

Calmful eating  At your pit stops take your time and choose quality foods for refueling. These days gas stations and rest-stop stores stock a surprising amount of healthy options. Keep your eye out for Non-GMO Project Verified and certified organic options. Send kids on hunts through the store to find the Non-GMO Project butterfly on products for extra fun!

Feed your brain  Whether you’re in the mood for a good think or a hearty laugh, your perfect roadtrip podcast is just a click away—and most are free, just search ‘podcasts’ on your phone’s app store. Load your phone up so you have a variety always at the ready. For longer drives, consider audiobooks. Many public libraries offer them free via an app.

Driving meditation  Even time behind the wheel constitutes the very real moments of our lives; why not make the most of them? Open the window. Smell the air. Notice your fellow drivers. Connect with what’s in front of you. Find your own breath; listen to your heartbeat. There is nothing electronic that cannot wait. Put your phone where you can’t get to it—at least not easily. Smile.
Set Up a Non-GMO Camp

There are several items on every camping pack list—a tent, sleeping bag, flashlights—but rarely can you find a guide to keep camp meals non-GMO. Follow these tips to ensure your whole team of scouts enjoys a non-GMO summer!

Boiled eggs are a great source of protein that serves many diets, are sturdy for travel and are less trash to pack out. Remember, you eat what the chickens eat, so choose eggs that are Non-GMO Project Verified.

To provide extra chill for your cooler and minimal prep at camp, freeze soups, stews, chilies and juices. Choosing non-GMO means purchasing non-GMO ingredients and Non-GMO Project Verified products.

Pre-measuring rice, pasta and grains makes meal prep faster. Write the instructions on the container, and you’re set! Make sure to read labels carefully and avoid GMO ingredients.

Luckily, GMO raw produce is limited to soy, corn, papaya, zucchini and yellow summer squash—meaning there are lots of non-GMO options for fresh foods. Slice and dice veggies beforehand to maximize your time spent in the woods.

Pack it up and head out!
Getting Your Hands Dirty Doesn’t Just Feel Good ... It’s Good for You.

Contributor: Nature’s Path

**A Garden Gets You Moving.** The act of gardening itself is physical, getting you off the couch and away from your smart phone. Pulling weeds can clear your head, and there is even some research to suggest that gardening helps to improve mental health, increases feelings of reward, and may even help lower your blood pressure.

**Kids Love to Grow.** In tight spaces, gardens can be structured to grow up and out. Vertical gardens teach that gardening is possible in very limited spaces and encourages thinking about growing food.

**You Can Grow Organic.** Gardening is a great way to improve your access to organic food. Growing your own organic produce, free of chemical inputs and GMOs, helps save you money and boosts your intake of these healthy foods.

**Even Small Gardens Make a Big Difference.** To enjoy the benefits of gardening, you don’t have to have a big yard. Just a few feet can get you started and happily eating basil and tomatoes all summer long. If you don’t have access to your own gardening space, you can sign up for a plot at a community garden or take advantage of your patio or windowsill.
Healthy Bees, Yes Please!

Contributor: Wedderspoon

Thanks to new initiatives and grassroots campaigns, bee conservation and issues surrounding bee colony collapse are coming to the forefront of our collective consciousness. Fortunately, there are many things we can do to not only help bees through our gardening, but also improve how our garden grows with the help of our pollinators! When we attract bees to our gardens, they are able to help pollinate and propagate the things we plant, thereby increasing yields and producing seeds for our future use. Helping bees do this important work has never been easier.

As researchers look into the causes of bee colony collapse, widespread pesticide use and lack of biodiversity remain likely causes—both connected to GMO agriculture. Create an environment in which pollinators can thrive by banning pesticides and chemicals from your garden.

Just like humans, bees love diversity in their diet! Plant a diverse selection to supply pollinators with an abundance of pollen and nectar. Along with a native plant species, plant an herb garden with anything in the mint family, including perennial sages, and allow them to flower to really attract native bee species. Avoid hybrid plant varieties since they often do not produce as much nectar or pollen as heirloom varieties. Enjoy the buzz of a healthy, non-GMO garden!

“Our dedication to bee conservation and research goes far beyond statistics and infographics; it’s a focus that has shaped our company from the very beginning. We hope to use our position to stress the importance of these pollinators, not only to our food system as a whole but to the health of our natural environment, shown by the long-standing relationship between humans and our bees.” - Wedderspoon Organic CEO Rebecca Remley
Food for Thought

Whether you’re hanging out at home, hitting the road or showing your plants some love in the garden this summer, you’re going to need fuel to keep going. Amid the hustle and bustle of play dates, activities and trips, you have the right to know what’s in the food you’re eating. Living non-GMO this season means reading labels, being familiar with high-risk crops (corn, soy, sugar beets, zucchini, yellow summer squash, papaya, canola and cotton) and being aware of the many common ingredients that contain GMOs.

Don’t forget to maximize summer’s long days by planning ahead and prepping meals for all occasions. Stay on track with your non-GMO lifestyle at the grocery store by choosing foods and products that are Non-GMO Project Verified. You will know major high-risk ingredients have been tested, and shopping this way helps build a non-GMO future.

Most importantly, stay safe, healthy and happy this summer. Making informed choices for yourself and your loved ones can go a long way. Enjoy the dog days of summer and remember to look for the Butterfly!
The Non-GMO Project is a non-profit organization committed to preserving and building the non-GMO food supply, creating awareness of the impacts of GMOs, and providing verified non-GMO choices.

We believe that everyone has a right to know what’s in their food.

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