

GREENPEACE

How to Avoid

# Genetically Engineered Food

A Greenpeace Shoppers Guide



You have a  
**right**  
to **know**

## What is GE Food?

Genetically engineered or genetically modified organisms (GMOs) are created by taking genes from organisms such as bacteria, viruses or animals and inserting them into other, often unrelated, species. Unlike traditional breeding, genetic engineering creates new organisms that would never occur in nature, creating new and unpredictable health and environmental risks. The term 'genetically engineered (GE) food' refers to any product containing or derived from GMOs. In Canada, up to 70 per cent of the processed foods found in grocery stores contain GE ingredients.

The most common GE ingredients come from crops like corn, soy, canola and cotton. Biotechnology companies like Monsanto genetically engineer these crops to produce a pesticide or to withstand the application of herbicides.

## Your Right to Know

Greenpeace is offering you this guide because we believe that, as consumers and citizens, you have the **Right to Know** what you are eating. A Decima poll commissioned by the Consumers Association of Canada (October 2003) revealed that 88 per cent of Canadians believe that labels for GE foods should be made mandatory by the Canadian government—Greenpeace couldn't agree more. If you lived in Europe, Australia, New Zealand, China or Japan, you would have that right. Mandatory labelling of GE food is the law in more than 40 countries worldwide, covering approximately 3 billion people.

While most of the world has opted for mandatory standards, the federal government, with the support of the food industry, has opted for voluntary measures that are unlikely to lead to labels on GE food. More than six months after the introduction of a voluntary standard, a Greenpeace investigation could not locate a single GE label on any product in Canadian grocery stores. No environmental or consumer group supported the final standard adopted by the government. Meanwhile, in Quebec, an all party committee of the legislature has recommended that Quebec institute mandatory labelling for GE foods.

In 2001, your Members of Parliament voted down a law that would have required mandatory labelling. The time has come for you to know what you are eating. Make sure your MP knows you want mandatory labelling of GE foods.

## The Health and Environmental Risks of GMOs

The planting of GE crops on millions of hectares of land and their introduction into our food supply is a giant genetic experiment. As living, reproducing organisms, GMOs form a type of living pollution that can spread across vast areas creating environmental risks that are unprecedented and possibly irreversible. Some of the dangers include the loss of biodiversity; the development of superweeds and superpests leading to increased use of toxic pesticides; contamination of organic and conventional crops; and harm to beneficial organisms. Health risks associated with GE food include the development of antibiotic resistance, allergic reactions, nutritional changes and the creation of toxins. The Canadian regulatory system for

food biotechnology is extremely weak, and has been criticized as inadequate by many experts including the Royal Society of Canada, the Ontario Public Health Association and the Quebec Institute of Public Health. As the government requires NO long term testing of GE foods, it's impossible to determine what effects they are having.

**For these reasons, Greenpeace demands the end of environmental release of GMOs and their use in our food.**

**For more information, please visit the Genetic Engineering section of our website at: [www.greenpeace.ca](http://www.greenpeace.ca)**



The use of genetically engineered organisms is prohibited under organic food standards. Organic foods are grown without the use of synthetic chemicals or irradiation. Organic standards require that attentive care be given—care that promotes health and meets the behavioural needs of livestock. GE animal feed is also prohibited. The best way to avoid GE food is to purchase 100 per cent certified organic products, whole foods and fresh produce. There are a number of third party certifiers in Canada who certify products as organic.



# Take Action

Food companies continue to use genetically modified organisms (GMOs) in our food, ignoring the wishes of the majority of Canadians. One company in particular stands out. Loblaw Companies

Ltd. is the largest grocery retailer in Canada and owns both the President's Choice and No Name brands. With more than 1100 stores in Canada operating under the names Loblaws, Zehrs, Real Canadian Superstore, Provigo, Maxi, SuperValu, Extra Foods, Shop Easy, Lucky Dollar, Independent, Cash & Carry, Dominion in Newfoundland, Valu-mart, Fortinos, No Frills, Atlantic Superstore and Atlantic SaveEasy, what Loblaws decides determines what you are eating.

## ➔ Greenpeace is calling on Loblaws to:

- Commit to the removal of genetically engineered (GE) ingredients from President's Choice, No Name and other Loblaws brand name products.
- As an interim measure, immediately begin labelling products which contain GE ingredients and stop preventing suppliers from labelling products "Non-GE."
- Instruct suppliers that Loblaws will begin a phase-out of all products in their stores that contain GE ingredients.

Retailers around the world have stopped experimenting on their customers and have refused to sell GE foods. Sainsbury's in England, Carrefour in France and Trader Joe's and Whole Foods in North America have all committed to the removal of GE foods in their name brand products.

**If you think Loblaws and President's Choice should give you the same courtesy, contact Chairman Galen Weston at:**

22 St. Clair Ave E, Toronto, ON, M4T 2S7

T: 416.922.2500 F: 416.922.4395 E: [customer\\_service@weston.ca](mailto:customer_service@weston.ca)

PC Organics are a step in the right direction—let's help them go all the way and make President's Choice the People's Choice!

## The Greenpeace Shoppers Guide

The Greenpeace Shoppers Guide lists some of the common foods found in Canada's grocery stores that are made with ingredients from genetically engineered crops. The guide is not intended to be comprehensive but to offer a starting point for shoppers who are concerned about GE food.

As a general rule, check ingredient lists for products made with corn, soy, cotton or canola. These four crops account for nearly 100 per cent of the GE crops grown in North America.

We've made every effort in this guide to list only foods that currently have a genetically engineered counterpart on the market. Those that don't—such as most fresh fruit and vegetables, olive oils, whole wheat or rice products, and many others—have not been listed.

The information in this guide comes primarily from direct communications between Greenpeace and food producers. Some are reacting to what their customers want by providing non-GE food, while others have refused to do so. We hope that the Shoppers Guide will help you navigate the unlabelled aisles of your local supermarket. If you have information about products included or not yet listed in the guide, please contact us at [members@yto.greenpeace.org](mailto:members@yto.greenpeace.org) or telephone 1-800-320-7183.

## Table of Contents

Baby Food.....	7
Baking Supplies.....	7
Beverages.....	8
Candy and Chocolate.....	9
Canned and Jarred Foods.....	10
Cereals and Breakfast Foods.....	11
Condiments.....	12
Cookies and Desserts.....	13
Dried Meals and Sauce Mixes.....	15
Frozen Foods.....	15
Pasta and Dry Foods.....	16
Salad Dressings and Oils.....	17
Snack Foods.....	18
Soups.....	19
Tomatoes and Pasta Sauces.....	20
Vegetarian/Dairy and Meat Alternatives.....	21

## How to use the guide

The Shoppers Guide is divided into three lists—Green, Yellow and Red.



**THE GREEN LIST:** A happy face indicates that the products are not made with any GE or GE-derived ingredients. We have confirmed this mostly through written declarations from companies, as well as phone conversations, internet communication and research done by third parties. As organic food does not allow for the use of genetically modified organisms, 100 per cent certified organic products are listed in the Green List.



**THE YELLOW LIST:** A neutral face is for products made by companies that are committed to removing all GE or GE-derived ingredients from their products but have not yet completed the process. Most of these products contain a small percentage of GE ingredients, and the company is actively seeking to replace them with non-GE alternatives. Products may appear on the yellow list for up to one year.



**THE RED LIST:** An unhappy face indicates that the product is likely to contain GE or GE-derived ingredients from the most widely grown GE crops, usually corn, soy, canola or cotton. Companies on this list have confirmed that their products may or are likely to be made with GE ingredients, or have not denied using GE foods when given the opportunity to do so. Companies that refused to respond are also included in the Red list. When a company commits to removing GE ingredients from its products, it can be moved up to the Yellow list.

*Unfortunately, due to the polluting nature of genetically engineered crops, some accidental contamination of non-GE crops may occur. While this guide can provide a good basis for avoiding GE food, the only true guarantee is to stop the environmental release of GMOs.*

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## BABY FOOD



**EARTH'S BEST (Hain Celestial)**

- Summer Vegetables Dinner
- Garden Vegetable
- Teething Biscuits
- Spaghetti w/Cheese
- Peach Apricot Muesli
- Pasta Dinner
- First Carrots

**HEALTHY TIMES (Small Planet)**

- Peach Banana Muesli

**NATURE'S ONE**

- Formulas—All

**PC ORGANICS (Loblaws/Weston)**

Jarred Baby Foods—All

**TINY BITES**

- Yam Slam
- Spiced Apple Treat
- Tiny Bites Frozen Food

**MILUPA (Wyeth Ayerst)**

- Rice Cereal
- Yogurt Fruits Rice Cereal
- Yogurt Apple Bananas
- Rice Cereal
- Milk
- Fruit & Nuts

**ENFALAC (Mead Johnson)**

- Formulas—All
- Next Step Formula

**HEINZ**

- Cereals w/Soya or Oils
- Pablum First Steps
- Toddler Crisps
- Giggles & Bites
- Casserole
- Vegetable Beef
- Farley's Biscuits

**ISOMIL (Abbott Laboratories)**

- Formulas—All

**KRAFT (Philip Morris)**

- Arrowroot Teething Biscuits

**NESTLÉ**

- Wheat
- Yogurt & Raspberry
- Nursoy Formula
- SMA Formula
- Good Start Formula
- Alsoy Formula
- Mixed Cereals
- Rice & Banana
- Follow up Formula

**NO NAME (Loblaws/Weston)**

- Teddy's Choice Animal Arrowroot Biscuits

**PRESIDENT'S CHOICE (Loblaws/Weston)**

- Infant Formula
- Infant Formula w/Iron

**SIMILAC (Abbott Laboratories)**

- Formulas—All
- Advance Formulas—All



## BAKING SUPPLIES



**ARROWHEAD MILLS (Hain Celestial)**

- Wheat-free Brownie Mix

**BOB'S RED MILL**

- Pancake & Waffle Mix
- Pancake Mixes—All
- Buttermilk Biscuit Mix
- Muffin Mixes—All

**COCOA CAMINO (La Siembra)**

- 100% Cocoa Powder

**EDEN FOODS**

- Organic Sweetener: Barley Malt Syrup

**HEMPOLA**

- Baking Flour
- Pancake Mix
- Happy Brownie Mix

**OETKER**

- Oatmeal Muffin Mix
- Chocolate Chip Cookie Mix
- Chocolate Cake Mix

**PAMELA'S FOODS**

- Chocolate Brownie Mix
- Pancake Mix

**PC ORGANICS (Loblaws/Weston)**

- Cake Mixes—All
- Chocolate Brownie Mix
- Muffin Mixes—All
- Original Pancake Mix

**SPECTRUM**

- Organic Shortening

**WHOLE FOODS**

- 365 Brand—All
- Whole Foods Brand—All

( ) Manufacturer owner is listed in parentheses.

## BAKING SUPPLIES (CONTINUED)



### BETTY CROCKER (General Mills)

- Supreme Lemon Bar Mix
- Original Supreme Brownie Mix
- Cookie Mixes—All
- Bisquick

### CANBRA FOODS

- Canola Harvest Shortening

### CRISCO

#### (Proctor & Gamble)

- All Vegetable Shortening
- Butter Flavour Shortening

### DUNCAN HINES

#### (Aurora Foods)

- Angel Food Cake—All
- Aunt Jemima Pancake Mix—All
- Cake Mix—All

### HERSHEY'S

- Jiffy Corn Muffin Mix
- Milk Chocolate Chips
- Semi-sweet Baking Chips

### KRAFT (Philip Morris)

- Baker's Chocolate—All
- Pizza Crust Mix

### NESTLÉ

- Milk Chocolate Chips
- Butterscotch Chips
- Semi-sweet Chocolate
- White Chocolate
- Baking Bars

### NO NAME

#### (Loblaws/Weston)

- Deluxe Cake Mixes—All
- Deluxe Frostings—All
- Fudge Brownie Mix
- Semi-Sweet Chocolate Chips
- Muffin Mixes—All
- Pancake Mixes—All

### PILLSBURY

#### (General Mills)

- Pie Crusts
- Sweet Rolls
- Refrigerated Cookie Dough
- 186g Biscuits
- Pillsbury Shape Cookies

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Quick Biscuit Mix
- The Decadent Chocolate Chips
- Coffee Cake Mixes
- Pancake Mixes—All
- Phyllo Pastry

### QUAKER OATS (Pepsi)

- Aunt Jemima Cornbread Mix
- Aunt Jemima Easy Mix Coffee Cake
- Aunt Jemima Pancake/Waffle Mixes—All

### ROBIN HOOD

- Bread & Roll Mixes
- Robin Hood Cake Mixes

### UNILEVER

- Pizza Quick Traditional

### WESTERN FAMILY FOODS (Overwaita)

- White Cake Mix
- Angel Food Cake Mix

## BEVERAGES (CONTINUED)



### SOYAWORLD

- Rice Choice

### THAI KITCHEN

- Thai Iced Tea (Loose Leaves)

### UNIBROUE

- La Fin du Monde 1837
- Blanche de Chambly
- Quelque Chose
- Maudite
- Trois Pistoles

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All

### CADBURY SCHWEPPE'S

- A&W Root Beer
- Sunkist Orange
- Schweppes Ginger Ale

### COCA COLA

- Barq's Root Beer
- Sprite
- Diet Coke
- Cherry Coke
- Coca Cola

### GATORADE

- (Pepsi)
- All

### HERSHEY'S

- Syrups: Chocolate, Vanilla
- Drink Mixes

### KRAFT (Philip Morris)

- Tang Drink Mixes
- Koolaid Drink Mixes
- Del Monte Juices

### LABATT (Interbrew)

- All Beers

### MOLSON

- All Beers

### NESTLÉ

- Butterfinger Milkshake
- Nestea
- Lemon
- Nescafe Encore
- Nescafe Ice

### NO NAME

- (Loblaws/Weston)
- Hot Chocolate Mix

### PEPSI

- Lipton's Iced Tea
- Mug Root Beer
- Diet Pepsi
- Dr Pepper

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Milkshakes: Vanilla, Chocolate, Strawberry
- Cola
- Diet Cola
- Instant Hot Chocolate
- TGTBT Soy Beverages—All

### PROCTOR & GAMBLE

- Sunny Delight

### SLEEMAN

- All Beers



## BEVERAGES



### CASCADIAN FARMS (General Mills)

- Juices—All

### COCOA CAMINO

#### (La Siembra)

- Hot Chocolate

### CREEMORE SPRINGS

- UrBock
- Premium Lager

### HAPPY PLANET

- Juices—All
- Smoothies—All

### IMAGINE FOODS

- Rice Dream Original
- Rice Dream Enriched
- Soy Dream Enriched
- Soy Dream Original

### KNUDSEN'S

- Knudsen's Mega Green Juice

### LUNDBERG FAMILY FARMS

- Vanilla Rice Drink
- Original Rice Drink

### MUIR GLEN (General Mills)

- Tomato Juice
- 100% Vegetable Juice

### NUTRISOYA

- Natura Soya Beverages

### RAPUNZEL PURE ORGANIC

- Tiger Cocoa Drink Mix

### SOYLUTIONS

- Earth Shakes
- Yū Rice Beverages
- Yū Soya Multigrain Beverages

## CANDY AND CHOCOLATE



### COCOA CAMINO

#### (La Siembra)

- Milk Chocolate Bars—All
- Bittersweet Chocolate

### CLOUD 9 CHOCOLATES

- Tropical Source Chocolate—All
- Speakeasy Mints—All
- Cloud 9 Chocolate
- Semisweet Chocolate

### DENMAN ISLAND

#### CHOCOLATES

- Organic Chocolate Bars—All

### RAPUNZEL

#### PURE ORGANIC

- Lady Truffles
- Milk Chocolate
- Santa Claus
- Tango Snack Bar
- Lady Truffle Cones
- Milk Chocolate Petit
- Semisweet Petit Chocolate

### WERTHERS

#### (August Storck)

- Campino
- Original
- Chocolates
- Milkfuls
- Tofffee

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

## CANDY AND CHOCOLATE (CONTINUED)



### CADBURY TREBOR ALLEN (Cadbury Schweppes)

- Burnt Almond
- Crunchie
- Flake
- Dairy Milk
- Fruit & Nut
- Cream Egg
- Wunderbar

### DARE FOODS

- Real Fruit Gummies
- Jelly Beans
- Gummy Bears

### EFFEM (Mars)

- 3 Musketeers
- Milky Way
- Mars Bar
- M&Ms
- Twix
- Skittle
- Bounty
- Snickers

### HERSHEY'S

- Milk Chocolate
- Tasteations  
Chocolate Candies

### KRAFT (Philip Morris)

- Toblerone Chocolates

### NESTLÉ

- Butterfinger
- Baby Ruth
- Crunch
- Smarties
- Mackintosh Toffee
- Turtles
- Mirage
- Rolo

### NO NAME

- (Loblaws/Weston)
- Jujuubes
- Chewy Bears
- Chocolate Covered  
Peanuts
- Jelly Beans
- Marshmallows

## CANNED AND JARRED FOODS



### AMY'S KITCHEN

- Chilis—All

### BOMBAY BREEZE

- Organic Vegetarian  
Curries
- Organic Seasoned Beans
- Soya Protein  
& Mixed Vegetables

### CASCADIAN FARMS (General Mills)

- Jams/Spreads
- Dill Relish
- Sweet Relish

### EDEN FOODS

- Baked Beans w/Sorghum
- Lentils w/Onion & Bay Leaf
- Organic Beans—All

### SHARIANN'S ORGANICS (Acirca)

- Baked Beans
- Refried Beans

### WHOLE FOODS

- Whole Foods Brand—  
All



### CONAGRA

- Chef Boyardee—All
- Libby's Deep  
Brown Beans
- Van Camp's Beans
- Hunt's Original  
Chili w/Beans

### EFFEM (Mars)

- Uncle Ben's Curries
- Uncle Ben's Sauces

### HEINZ

- BBQ Style Beans
- Deep Browned Beans
- Original Beans

### KRAFT

- (Philip Morris)
- Del Monte Cream Corn
- Del Monte Peaches'n  
Cream Corn

### NO NAME

- (Loblaws/Weston)
- Beans w/Pork & Molasses
- Beef Ravioli
- Macaroni & Beef
- Spaghetti & Meatballs

### OLD EL PASO (General Mills)

- Refried Beans—All
- Mexe Beans

## CEREALS AND BREAKFAST FOODS



### ARROWHEAD MILLS (Hain Celestial)

- Multigrain Flakes
- Nature O's
- Puffed Corn
- Shredded Wheat
- Spelt Flakes
- Maple Buckwheat Flakes

### BARBARA'S BAKERY

- Crispy Wheats
- Fruity Punch
- Grain Shop
- Shredded Oats
- Puffins
- Soy Essence

### BOB'S RED MILL

- 10 Grain Organic Cereal
- Organic Corn Grits

### ECHO ORGANICS (Echo Oils)

- Granola

### EREWHON (US Mills)

- Raisin Bran
- Wild Berry Peach
- Apple Stoodles
- Banana O's
- Rice Twice
- Crispy Brown Rice

### CARRIAGE TRADE (Continental Sales)

- Granola—All
- Spice Variety Pack
- Apples & Cinnamon  
Oatmeal

### GENERAL MILLS

- Kaboom
- Berry Berry Kix
- Boo Berry
- Kix
- Basic 4
- Honey Nut Cheerios
- Rice Chex
- Lucky Charms

### GFA FOODS

- H<sub>2</sub>O Hot Cereals

### GOLDEN TEMPLE (Khalsa International)

- Bulk Granolas
- Raspberry Ginger Crisp
- Wild Berry Crisp
- Rainforest Flakes
- Cinnamon Apple Crisp
- Rainforest Crisp

### HEALTH VALLEY (Hain Celestial)

- Honey Nut O's
- Fiber 7 Flakes
- Honey Fiber 7
- Golden Flax
- Apple Crunch Bran

### LIFESTREAM FOODS

- (Nature's Path)
- Multi-Grain Honey Puffs

### LUNDBERG FAMILY FARMS

- Hot Brown Rice Cereals

### NASOYA (Vitasoy)

- Breakfast Scramble

### NATURE'S PATH

- Optimum Cereal
- Honey'd Raisin Bran
- Blueberry Almond Muesli
- Heritage Ancient Grains
- Honey'd Corn Flakes
- Rice Puffs
- Kamut Krisp
- Heritage O's
- 8 Grain Synergy
- Multigrain Cereal
- EnviroKidz Cereal—All

### PC ORGANICS (Loblaws/Weston)

- Choco-Rice
- Cinnamon O's
- Crunchy Corn
- Instant Oatmeal
- Wheat Squares

### PRAIRIE SUN GRAINS (Prairie Sun)

- Sunny Boy Hot Cereal

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All



### PRESIDENT'S CHOICE (Loblaws/Weston)

- Corn Flakes
- Extra Raisin Raisin Bran
- Frosted Flakes
- Frosted Oat O's
- Fruity O's
- Honey Nut Oat O's
- Toasted Oat O's
- Low Fat Granola—  
Raisin & Almond
- TGTBT Fibre First

### QUAKER OATS (Pepsi)

- Life Cereal  
(Toasted Oatmeal)
- Oatmeal Raisin
- Cap'n Crunch Cereal



## CEREALS AND BREAKFAST FOODS (CONTINUED)



### SAFeway

- Aladdin
- Space Invasion
- Curious George
- Pochantas

### WEETABIX

- Grain Shop

### WHEATIES

- (General Mills)*
- Frosted Wheaties
  - Energy Crunch Wheaties

## CONDIMENTS



### AMANO FOODS

- Soy Sauce
- *Miso*: White Soy, Brown Soy, Brown Rice

### ANKE KRUSE ORGANICS

- Ketchups—All

### ANNIE'S NATURALS

- Original BBQ
- Organic Worcestershire Sauce (Vegetarian)
- Smoky Maple BBQ

### APPLEBURY FARMS

- Scorched Earth Marinade

### BRAGG LIVE FOOD PRODUCTS

- Organic Apple Cider Vinegar
- Liquid Aminos

### CASCADIAN FARMS *(General Mills)*

- Fancy Fruit Spreads—All

### EDEN FOODS

- Apple Cider Vinegar
- Gomasio—All
- Shoyu Soy Sauce—All
- Tamari Soy Sauce—All
- Organic Miso—All

### GFA FOODS

- Earth Balance Non-GMO All Natural Spread
- Earth Balance Non-GMO All Natural Buttery Spread

### LUNDBERG FAMILY FARMS

- Sweet Dreams Organic Brown Rice Syrup
- Nutra-Farmed Sweet Dreams Brown Rice Syrup

### MILLINA'S FINEST

- Organic Tomato Ketchup

### MUIR GLEN

- (General Mills)*
- Grill Chef Barbecue Sauces
  - Tomato Ketchup

### RAPUNZEL PURE ORGANIC

- Chocolate Hazelnut Spread

### SAN J INTERNATIONAL & TAMARI

- Dry Shoyu Powder
- Dry Tamari powder
- Organic Shoyu Soy Sauce
- Tamari
- Soy Sauce

### SHINMEIDO MISO

- Brown Rice Miso
- Barley Miso

### SPECTRUM ORGANICS

- Organic Margarine
- Spectrums Natural Spread

### THAI KITCHEN

- Spicy Thai Peanut Satay Sauce
- Pad Thai Sauce
- Original Recipe Peanut Satay Sauce
- Light Plum Spring Roll Sauce
- Red Chili Dipping Sauce
- Spicy Thai Chili Sauce
- Thai Barbecue Sauce

### TRADITION MISO INC.

- Brown Rice Miso
- Barley Miso

### WALNUT ACRES *(Acirca)*

- Southwestern Peach Salsa
- Fiesta Cilantro Salsa

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All

### BETTY CROCKER

- (General Mills)*
- Suddenly Salad—All

### CANBRA FOODS

- Canola Harvest Margarine

### BESTFOODS *(Unilever)*

- Skippy Peanut Butter
- Becel Margarine
- Imperial Margarine
- Country Crock Margarine

## CONDIMENTS (CONTINUED)



### CONAGRA

- Peter Pan Peanut Butters
- Blue Bonnet Margarine
- Parkay Margarine
- Fleischmann's All Purpose Margarine

### GFA FOODS

- Soy Garden Natural Buttery Spread
- Smart Beat Super Light Margarine
- Smart Balance Buttery Spread

### HEINZ

- Chili Sauce
- Heinz 57 Sauce
- Ketchups

### HUNT'S

- (ConAgra)*
- BBQ Sauces
  - Ketchup

### KIKKOMAN FOODS

- Steak Sauce
- Stir Fry Sauce
- Dipping Sauce
- Soy Sauce
- Teriyaki Sauce
- Marinade Mix
- Stir Fry Seasoning Mix

### KRAFT *(Philip Morris)*

- Mayonnaise
- BBQ Sauces—All
- A1 Steak Sauce
- Del Monte Ketchup
- Miracle Whip

### LUCERNE FOODS *(Safeway)*

- Relish

### MCCORMICK'S

- Club House Sauce Mixes

### NO NAME

- (Loblaws/Weston)*
- Peanut Butter
  - Sweet Relish
  - Worcestershire Sauce
  - Table Syrups—All
  - Margarinés

### PILLSBURY *(General Mills)*

- Chili Sauce Mix

### PRESIDENT'S CHOICE *(Loblaws/Weston)*

- TGTBT Margarine—All
- Tartar Sauce
- BBQ Bravada—All
- Tomato Ketchup
- Table Syrups—All
- "Memories of..." Sauces
- Szechwan, Canton, Kobe, San Francisco, Hong Kong, Bangkok

### WESTERN FAMILY FOODS *(Overwaita)*

- Margarine

## COOKIES AND DESSERTS



### BARBARA'S BAKERY

- Animal Cookies
- Snacksanimals Cookies
- All Natural Fig Bars
- Nature's Choice Dipped Desserts
- Coconut Almond
- Espresso Bean
- Lemon Yogurt
- Roasted Peanut

### CASCADIAN FARMS *(General Mills)*

- Sorbets
- Premium Ice Creams
- Sorbet & Cream
- Sorbet Bars
- Brownie Bars

### COUNTRY CHOICE NATURAL *(New Century)*

- Country Choice Cookies—All

### IMAGINE FOODS

- Soy Dream Organic Non-Dairy Frozen Desserts—All
- Rice Dream Non-Dairy Dessert—All

### JACOB'S BAKERY

- Biscuits

### KAMBLY SA

- *Cookies*: Florentine, Fine Crepe, Caprice, Butterfly, Mont Choco, Caramanda, Excellence

### LE COMMENSAL

- All Desserts

### LUNDBERG FAMILY FARMS

- *Rice Pudding*: Honey-Almond, Coconut, Cinnamon Raisin

## COOKIES AND DESSERTS (CONTINUED)



### McVITIES FOODS (United Biscuit)

- Digestive Creams
- Rich Tea Cookies
- Plain Digestives
- Chocolate Digestives
- Hob Nobs
- Ginger Snaps

### OETKER

- Mousse—All

### PC ORGANICS (Loblaws/Weston)

- *Cookies:* All Butter Shortbread Fingers, Animal, Chocolate Chip, Peanut Butter, Raisin & Oatmeal
- Chewy Granola Bars—All
- Biscuits—All

### THE COOL HEMP COMPANY

- Cool Hemp Non-Dairy Dessert—All

### WALKER'S SHORTBREAD

- Cakes
- Biscuits
- Meringues
- Shortbread
- Oat Cakes

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

### WILD COUNTRY (Anke Kruse)

- *Cookies:* Fruit & Nut, Hazelnut, Oatmeal



### CAMPBELL SOUP CO.

- Pepperidge Farms Frozen Cakes
- Pepperidge Farms Cookies

### DARE FOODS

- Dare Cookies—All

### FLOWER INDUSTRIES

- Famous Amos Cookies

### HAAGEN-DAZS (General Mills)

- Ice Cream Bars
- Ice Cream

### KRAFT

#### (Phillip Morris)

- Cool Whip Frozen Whipped Topping
- Oreo Cookies
- Teddy Grahams
- Dream Puffs
- Chips Ahoy
- Chunks and Cookies
- Christie Cookies
- Dad's Cookies
- Arrowroot Cookies

### LOBLAWS/WESTON

- Wagon Wheels

### McCAIN

- Fruit Pies
- Deep and Delicious Cakes

### NO NAME (Loblaws/Weston)

- Cookies—All
- Wafers—All
- Puddings—All
- Pudding and Pie Filling Mixes
- Dessert Whip Topping

### PILLSBURY (General Mills)

- *Waffles:* Apple Cinnamon, Blueberry, Buttermilk, Honey
- *Turnovers:* Apple, Cherry
- *Toaster Strudel Pastries:* Apple, Blueberry, Cherry

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Gourmet Toppings—Chocolate & Butterscotch
- Apple Pie
- The Decadent Fudge Crackle Ice Cream—All
- Miniature Chocolate Eclairs
- Luxury Biscuit Assortment

- *Cookies:* The Decadent Chocolate Chip, Eat the Middle First, Raspberry Temptation, Maple Cream Crunch, Triple Chocolate Fudge, The Reverse Decadent, English-Style Gingersnap

### QUAKER OATS (Pepsi)

- Chewy Granola Bars—All

### SAFeway

- Safeway Select Biscotti

### VACHON (Saputo)

- Ah Caramel Cookies
- Viva Puffs
- Favourite Five
- Lemon Cakes

### VOORTMAN COOKIES

- Cookies—All
- Turnovers—All
- Wafers—All

## DRIED MEALS AND SAUCE MIXES



### AMY'S KITCHEN

- Macaroni & Soy Cheeze

### ANNIE'S HOMEGROWN

- Pasta Meals—All
- Macaroni & Cheese Mix—All
- Family Size Original Macaroni & Cheese Mix

### FANTASTIC FOODS

- Hummus Mix
- Falafel Mix
- Risottos—All

### LUNDBERG FAMILY FARMS

- Risotto—All
- One-Step Entrees—All
- Quick Brown Rice—All

### NASOYA (Vitasoy)

- Tofu Mate—All
- Texas Taco Mix
- Szechuan Stir Fry
- Eggless Salad

### PC ORGANICS (Loblaws/Weston)

- Macaroni & Cheddar Cheese
- Pasta Shells & White Cheddar Cheese

### THAI KITCHEN

- Noodle Bowls—All
- Instant Noodles—All
- Pilafs—All
- Tom Yum Hot & Sour Soup Mix—All

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All
- Whole Kids Brand—All

### BETTY CROCKER (General Mills)

- Tuna Helper—All
- Chicken Helper—All
- Hamburger Helper—All

### EFFEM (Mars)

- Uncle Ben's Quick Rice—All

### KRAFT (Phillip Morris)

- Kraft Dinner Macaroni & Cheese—All
- Kraft Dinner Spaghetti Original

### NO NAME (Loblaws/Weston)

- Au Gratin Potatoes
- Noodles & Sauce Mixes
- Scalloped Potatoes
- Hamburger Harmony—All
- Alphabet Pasta & Cheese Dinner
- Seasoned Rice Mixes

### OLD EL PASO (General Mills)

- Seasoning Mixes—All
- Cheesy Mexican Style Rice

### PILLSBURY (General Mills)

- Nacho Cheese Taco Mix
- Taco Seasoning Mix

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Seasoning Mixes—All
- Splendido Risotto Rice Mixes—All
- Taco Kit
- TGTBT Low Fat Chili Mix
- TGTBT Low Fat Taco & Burrito Mix

### QUAKER OATS (Pepsi)

- Rice-a-Roni—All



## FROZEN FOODS

### AMY'S KITCHEN

- Bean & Cheese Burrito
- Thai Stir Fry
- Country Dinner
- Vegetable Lasagna
- Pizza—All
- Broccoli Pot Pie
- Spinach Feta Pocket
- Macaroni & Cheese

- Teriyaki Skillet
- Cheese Enchilada
- Vegetable Pie Pocket
- Vegetable Pot Pie

### CASCADIAN FARMS (General Mills)

- Potatoes au Gratin

- Broccoli w/Cheddar Cheese Sauce
- Szechuan Green Beans
- Chinese Stirfry
- Teriyaki Rice
- Pasta Primavera
- Penne Marinara
- Spinach Lasagne





## FROZEN FOODS (CONTINUED)



### LE COMMENSAL

- Bourguignon Stew
- Chinese Stir Fry
- Greek Casserole
- Thai Delight
- Vegetable Couscous
- Vegetarian Supreme

### LIFESTREAM FOODS (Nature's Path)

- Frozen Waffles—All

### PC ORGANICS (Loblaws/Weston)

- Sweet Yellow Corn
- Cut Fried Potatoes—All



### GREEN GIANT (General Mills)

- Cheesy Rice & Broccoli Create a Meal—All
- Three Cheese Pasta
- Alfredo Vegetables
- Complete Skillet Meal—All
- Pasta Primavera

### J.M. SCHNEIDER

- 3 Cheese Pizza
- Penne Marinara
- Shepherds Pie
- Cheese Tortellini
- Fettucini Alfredo

### KRAFT

- (Phillip Morris)
- Oven Classics Dinner—All

### LEAN CUISINE (Nestlé)

- Skillet Sensations—All
- Chicken Chow Mein
- Meat Lasagna
- Chicken Carbonara

### MAPLE LEAF

- Tenderflake Frozen Pastries—All

### McCain\*

- Pizza Pockets
- French Fries—All
- Pizza—All

### NO NAME (Loblaws/Weston)

- Waffles—All
- Lasagna—Meat, Alfredo
- Macaroni & Cheese
- Chicken Penne
- Pizza Pouches

### PILLSBURY (General Mills)

- Totino's Pizza
- Toaster Bagel Shoppe Pastries
- Toaster Scrambles

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Wood-Fired Thin Crust Pizzas—All
- Deep-Dish Sirloin Steak Pie
- Lasagna—All
- Vegetable Spring Rolls
- Moussaka
- Pad Thai
- Stuffed Baked Potatoes

### VAN'S

- Frozen Waffles—All

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

- Special Occasion Hors D'œuvre
- Vegetable Quesadillas
- Macaroni & 3 Cheeses
- TGTBT Cheese & Spinach Cannelloni
- TGTBT Chicken Cacciatore
- TGTBT 3 Bean Chili
- TGTBT Pasta Primavera
- TGTBT Vegetable Lasagna

### SMITHFIELD FOODS

- Macaroni & Cheese
- Chicken Pot Pie
- Potato Topped Beef Pie

### STOUFFER'S (Nestlé)

- Cheddar Potato Bake
- Macaroni & Cheese
- Vegetable Lasagna
- Fettucini Alfredo
- Cheddar Cheese & Chicken Bake
- Homestyle Dinners—All
- Family Style Dinners—All
- Pot Pies—All
- French Bread Pizza—All

\* McCain stated in 1999 that they would no longer process GE potatoes.

## PASTA AND DRY FOODS

As most pasta is made from wheat, there are no GE pastas currently available. The same is true for rice and rice noodles. Stuffed and packaged pastas such as tortellini or ravioli may include GE ingredients such as corn starch or vegetable oil.

## SALAD DRESSINGS AND OILS



### ANNIE'S NATURALS

- Dressings: Gardenstyle, Organic Thousand Island, Cowgirl Ranch, Goddess, Caesar, Organic Green Garlic, Tuscany Italian, Organic Buttermilk
- Vinaigrettes: Yellow Peppers & Tomatoes, Basil & Garlic, Black Olives & Truffles, Shiitake & Sesame, Low Fat Raspberry, Low Fat Gingerly, Balsamic, Roasted Red Pepper, Organic Red Wine & Olive Oil

### HEMPOLA

- Herbalicious Vinaigrette
- Not-So-Traditional Caesar
- Honey Dijon

### BESTFOODS (Unilever)

- Becel Oil
- Mazola Corn Oil
- Mazola Canola Oil
- Mazola Best Blend Oil
- Hellman's Mayonnaise: Real, Light, Low-Fat

### CANOLA HARVEST (Canbra Foods)

- Blended Oil (Olive & Canola)
- Canola Oil

### CRISCO (Proctor & Gamble)

- Pure Canola Oil
- Pure Vegetable Oil
- Gourmet Salad Dressings—All

### NASOYA (Vitasoy)

- Sesame Garlic
- Thousand Island
- Creamy Dill
- Garden Herb
- Creamy Italian
- Nayoanise
- Light Nayoanise

### PC ORGANICS (Loblaws/Weston)

- Oils: 100% Canola, 100% Safflower, 100% Sunflower
- Salad Dressings: Caesar, Italian, Ranch

### RUTH'S HEMP

- Dressings: Hemp 'n' Honey, Mustard Oil, Far East, Balsamic

### SIMPLY NATURAL

- Balsamic Vinaigrette
- Italian
- Roasted Garlic Vinaigrette

### SPECTRUM NATURALS

- Dressings: Zesty Italian, Honey Dijon, Garlic & Onion, Blue Cheese Style, Creamy Dill, Toasted Sesame, Southwestern Caesar
- Oils: Organic Canola Oil, Organic Soy Oil, Organic Semi-Refined Soy Oil, Super Canola Oil, Canola Oil, Organic Mayonnaise, Organic Omega-3, Mayonnaise, Canola Mayonnaise, Light Canola Mayonnaise

### THAI KITCHEN

- Lemon Grass Salad Splash

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

### KRAFT

- (Phillip Morris)
- Dressings: Miracle Whip, Salad Dressing, French Thousand Island, Catalina, Zesty Italian, Fat Free Blue Cheese, Fat Free Honey Dijon

### NO NAME (Loblaws/Weston)

- Caesar, Italian, Ranch, Thousand Islands, Creamy Cole Slaw
- Whipped Dressings
- Mayonnaise
- Canola Oil

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Dressings: Ranch, Balsamic, Greek, Caesar, Italian, Zesty Thai, Dijon,

- TGTBT Raspberry, TGTBT Dijon Tarragon, Golden Sesame Vinaigrette, Roasted Garlic Vinaigrette
- Mayonnaise—All
- Whipped Dressings—All
- Oils: Corn Oil, The Virtuoso Canola Oil, Canola Oil Blend, Soya Oil, Shanghai Stir Fry Oil

### WESSON (ConAgra)

- Canola Oil
- Corn Oil
- Best Blend Cooking Oil
- Vegetable Oil

### WESTERN FAMILY FOODS (Overwaita)

- Dressings: Our House, Creamy Caesar, Balsamic, Feta Greek, Light, Creamy



## SNACK FOODS



### ADRIENNE'S

- Courtney English Water Crackers—All
- Lavosh Hawaii Crackers—All

### ARROWHEAD MILLS

#### *(Hain Celestial)*

- Organic Popcorn

### BARBARA'S BAKERY

- Cheese Puffs
- Nature's Choice Granola Bars—All
- Nature's Choice Cereal Bars—All
- Rite Lite Round Crackers
- Wheatines Crackers

### CLIF BAR

- Luna Bar—All
- Clif Bar—All
- Clif Shot Energy Gel—All

### GARDEN OF EATIN'

#### *(Hain Celestial)*

- Fiery Salsa Dip
- Tortilla Chips—All
- Little Bear Organic Popcorn
- Black Bean Dip
- Hot Habanero Dip

### HEALTH NUT CREATIONS

- Health Nut Natura Bar

### HEALTHCO CANADA

- Rebar Organic Food Bar

### KETTLE CHIPS

- Krinkle Cut Lightly Salted/Salt and Fresh Ground Pepper
- Tortilla Chips—All
- Salted
- Roaster Fresh Nut Butters

### LE COMMENSAL

- Humus
- Three-Pepper Pâté
- Terrine
- Veggie-Creton
- Veggie-Pâté

### LUNDBERG FAMILY

#### FARMS

- Rice Cakes—All

### MCVITIES UNITED

#### BISCUIT

- Snack Crackers

### MUIR GLEN

#### *(General Mills)*

- Salsa—All

### PC ORGANICS

#### *(Loblaws/Weston)*

- Salsa—All
- Pretzel Sticks and Twists
- Microwave Popcorn—All
- Original Snack Mix

### QUE PASA

#### MEXICAN FOODS

- Corn Tortilla Chips—All

### RUTH'S HEMP

- SoftHemp Snack Bars
- Creative Hemp Energy Bars
- Hemp Tortilla Chips

### TERRA CHIPS

#### *(Hain Celestial)*

- Yukon Gold Potato Chips—All
- Terra Chips—All

### UNITED BISCUITS

- Carr's Biscuits
- Table Water Crackers
- Poppy & Sesame Crackers

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All

### WILD COUNTRY

#### *(Anke Kruse)*

- Honey Nut Bars



### KASHI CO.

- Pillows Biscuits

### KETTLE CHIPS

- Sea Salt w/Vinegar
- Salsa w/Mesquite

- Yogurt & Green Onion

- Honey Dijon
- New York Style



### BUGLES

#### *(General Mills)*

- Bugles—All

### JIFFY POP

#### *(ConAgra)*

- Jiffy Pop Popcorn

### HOSTESS/FRITO-LAY\*

#### *(Pepsi)*

- Cracker Jack Popcorn
- Lays Potato Chips—All
- Frito Lay Corn Chips—All
- SunChips—All
- Tostitos Tortilla Chips—All
- Smartfood Popcorn
- Tostitos Salsas

### HUMPTY DUMPTY

- Chips—All
- Party Mix
- Salsa
- Nachos—All
- Tortilla Chips—All
- Maine Coast Chips—All

## SNACK FOODS (CONTINUED)



### KELLOGG'S

- Nutri Grain Bars—All

### KRAFT

#### *(Philip Morris)*

- Wheat Thins
- Triscuits
- Ritz Crackers
- Ritz Snack Mix
- Premium Plus Crackers
- Sociables

### NABISCO

#### *(Kraft)*

- Wheat Thins

### NO NAME

#### *(Loblaws/Weston)*

- Potato Chips—All
- Tortilla Chips—All
- Pretzel Sticks
- Stix & Bitz
- Crackers & Dips
- Low Fat Rice Cakes
- Fruit Rolls—All
- Zoo Animal Fruit Snacks

### OLD EL PASO

#### *(GENERAL MILLS)*

- Thick 'n Chunky Salsa—All
- Enchilada Sauces
- Taco Sauce
- Fat Free Black Bean Dip

### ORVILLE REDENBACHER

#### *(ConAgra)*

- Microwave Popcorn
- Popcorn Cakes
- Popcorn—All

### PRESIDENT'S CHOICE

#### *(Loblaws/Weston)*

- Biscuits for Cheese
- Snax Crackers—All
- Crisp & Thin Crackers—All
- Cereal Bars—All
- The Smart Snack—All
- Thin Ripple
- Cut Potato Chips—All
- Tortilla Chips
- White Cheddar Corn Cakes
- Yogurt & Fruit Granola Bars—All

### PRINGLES

#### *(Proctor & Gamble)*

- Potato Chips—All

### QUAKER OATS *(Pepsi)*

- Dips—All
- Granola Bars—All
- Corn Cakes—All

### SAFEWAY

- Select Fruit Snacks—All
- Enlighten Low Fat Fruit Bars—All

### WESTERN FAMILY FOODS

#### *(Overwaita)*

- Vegetable Crackers
- Ranch Chip Dip
- Smores Chewy Granola Bars—All
- Tortilla Chips—All
- Potato Chips—All
- Corn & Black Bean Salsa

\* Frito-Lay has informed its corn and potato suppliers that the company wishes to avoid GE crops, but acknowledges that canola or other oils and ingredients in its products may be from GE sources.

## SOUPS



### AMY'S KITCHEN

- Black Bean
- Tomato
- Split Pea
- Lentil
- Minestrone
- No Chicken Noodle Soup

### FANTASTIC FOODS

- Corn & Potato Chowder
- Creamy Broccoli Cheddar Soup

- Potato Leek

- Vegetable
- Black Bean

### HARVEST SUN

#### *(Anke Kruse)*

- Bouillon Cubes
- Soups and Broths

### BOMBAY BREEZE

- Cereal Vegetable
- Caribbean Lentil
- French Canadian Pea
- 7 Beans & Vegetables

### HEALTH VALLEY

#### *(Hain Celestial)*

- Tomato
- Lentil

## SOUPS (CONTINUED)



### PC ORGANICS (Loblaws/Weston)

- 5-Bean Minestrone
- Beef Broth
- Chicken Broth
- Chicken Noodle
- Vegetable Barley
- Vegetable Broth

### RAPUNZEL PURE ORGANICS

- Vegetable Bouillon w/Sea Salt
- Vegetable Soup Broth

### SHARIANN'S ORGANICS (Acirca)

- Vegetable Broth
- Minestrone
- Chicken Noodle
- Tomato & Roasted Garlic
- Indian Black Bean & Rice
- French Green Lentil
- Vegetable

### THAI KITCHEN

- Coconut Ginger
- Hot & Sour

### WALNUT ACRES (Acirca)

- Minestrone
- Ginger Carrot
- Savory Tomato

### WHOLE FOODS

- 365 Brand–All
- Whole Foods Brand–All



### CAMPBELL SOUP CO.

- New England Clam Chowder
- Chicken Noodle
- Hearty Chicken & Vegetable
- Cream of Celery
- Cream of Mushroom
- Tomato
- Cheddar Cheese
- Chunky

### NO NAME (Loblaws/Weston)

- Chicken Noodle
- Beef
- New England Clam Chowder
- Mixes: Onion, Chicken Noodle, 3 Cheese Broccoli, Minestrone, Chicken w/Pasta

Flavour, TGTBT Roasted Corn Couscous, TGTBT Spicy Thai, TGTBT Lentil & Curry, TGTBT Vegetable Chili, TGTBT Spicy Black Bean

### PRIMO (Kraft/Philip Morris)

- Minestrone
- Tomato Tortellini
- Hearty Beef Barley
- Lentil
- Hearty Chicken

### PRESIDENT'S CHOICE (Loblaws/Weston)

- New England Clam Chowder
- Cream of 3 Mushroom
- Vegetable Beef
- TGTBT Low Fat Lentil
- TGTBT Low Fat Black Bean
- Mixes: TGTBT Italian

### WESTERN FAMILY FOODS (Overwaita)

- Cream of Chicken
- Cream of Celery
- Beef Broth
- Mushroom Soup

### KNORR (Unilever)

- Packaged Soups–All
- Soup Stock Cubes–All

### LIPTON (Unilever)

- Soupworks–All
- Oxo Bouillon Cubes

## TOMATOES AND PASTA SAUCES

While the only genetically engineered tomato to be approved for commercial use in Canada (the Flavr Savr) has been discontinued due to consumer rejection, tomato sauces may contain vegetable oil, corn starch, or other GE ingredients.



### EDEN FOODS

- Organic Spaghetti Sauce–All
- Organic Pizza/Pasta Sauce

### MUIR GLEN (General Mills)

- Pizza Sauce
- Tomato Sauce
- Pasta Sauce–All

### PC ORGANICS (Loblaws/Weston)

- Pasta Sauces–All

## TOMATOES AND PASTA SAUCES (CONTINUED)

### SIMPLY NATURAL

- Pasta Sauce–All

### WALNUT ACRES (Acirca)

- Pasta Sauce–All

### WHOLE FOODS

- 365 Brand–All
- Whole Foods Brand–All



### CATELLI (Heinz\*)

- Garden Select Pizza Sauce
- Garden Select Pasta Sauces–All
- Thick and Chunky Pasta Sauces–All
- Family Favorite Pasta Sauces–All

### HUNT'S (ConAgra)

- Sloppy Joe Traditional Spaghetti Sauce
- Four Cheese Spaghetti Sauce
- Tomato Sauce

### PRESIDENT'S CHOICE (Loblaws/Weston)

- Original Pasta Sauce
- Pasta Sauce w/Mushrooms
- Roasted Red Pepper
- Spicy Roasted Garlic
- Ultra Creamy Sauces



### KRAFT

- (Philip Morris)
- Del Monte Tomato Sauce

### PRIMO (Kraft/Philip Morris)

- Thick & Zesty Pasta Sauce–All
- Thick & Zesty Tomato Sauce

### CLASSICO (Heinz\*)

- 4 Cheese
- Spicy Tomato & Pesto
- Alfredo
- Mushroom & Ripe Olive
- Spicy Red Pepper
- Sweet Basil Marinara

### MAPLE LEAF

- Olivieri Pasta Sauces–All

### NO NAME (Loblaws/Weston)

- Original Pasta Sauce
- Pasta Sauce w/ Mushrooms

### RAGU (Unilever)

- Ragu Pasta Sauce–All

\* Heinz has stated that they do not use genetically engineered tomatoes in any of their products.

## VEGETARIAN/DAIRY AND MEAT ALTERNATIVES

### AMERICAN NATURAL SNACKS (American Natural and Specialty Food Products)

- Soya Kaas–All

### EDEN FOODS

- Edensoy Rice and Soy Blend Soymilk
- Edensoy Soymilk–All

- Amasake
- Mochi
- Super Soymilk
- Wheat Cutlets



### FANTASTIC FOODS

- Tofu Burger
- Sloppy Joe
- Vegetarian Chili
- Nature's Burger

### LIGHTLIFE (ConAgra)

- Steak-Style Veggie Strips
- Chick'n Veggie Strips
- Salisbury Steak Veggie Cutlets
- Seasoned Chick'n Veggie Strips
- Bacon Veggie Strips

### AMY'S KITCHEN

- Texas Veggie Burger
- Tofu Vegetable Lasagna
- Veggie Loaf Whole Meal
- Soy Cheese Pizza
- California Veggie Burger

### GARDENBURGER

- Veggie Medley Patties
- The Original Gardenburger

### LE COMMENSAL

- Chili
- Greek-Style Stir Fry
- Lasagna
- Seitan–All
- Tofu Fricasee

### GREEN CUISINE

- Tempeh Burgers
- Baked Tofu

### MARITIME SOYCRAFT

- Tofu–All

## VEGETARIAN/DAIRY AND MEAT ALTERNATIVES (CONTINUED)



### MORI-NU TOFU

- Tofu—All

### NASOYA

(*Vitasoy*)

- Baked Tofu—All
- Tofu—All

### NOBLE BEAN TEMPEH

- Tempeh Burgers
- Tempeh—All

### NUTRISOYA

- Tofu—All
- Soy Beverage—All
- Natura Soy milk—All

### PROVAMEL

- Bio Buttering and Frying
- Soya Yofu—All
- Soy Beverage—All
- Soya Dessert

### SECOND NATURE

- Original Burger
- Vegetable Burger
- Spicy Bean Burger

### SILK

- Soy Beverage
- Non-Dairy Cream

### SO SOYA PLUS

- So Soya + Slices—Ground and Original

### SOYAWORLD

- So Good Soy Beverage—All
- So Nice Soy Beverage—All
- Sunrise Soya Beverage—All

### SUNRISE SOYA

- Tofu: Extra Firm, Firm, Medium, Soft

### VITASOY

- Soymilk Beverage—All

### WHOLE FOODS

- 365 Brand—All
- Whole Foods Brand—All



### GARDENBURGER

- Meatless Meatballs
- Chik'n Grill
- Hamburger Style Classic

### RELLA GOOD CHEESE CO.

(*American Natural and Specialty Food Products*)

- Tofu Rella—All
- Vegan Rella—All
- Almond Rella—All

### SECOND NATURE

- Meatless Burger Mix
- Meatless Chili
- Meatless Taco

### YVES VEGGIE CUISINE

(*Hain Celestial*)

- Veggie Salami
- Good Slice—All
- Black Bean & Mushroom Burgers

- Veggie Canadian Bacon
- Veggie Ham Slices
- Veggie Dogs
- Breakfast Links
- Veggie Ground Round Mexican/Italian
- Garden Vegetable Patties
- Veggie Chili



### BETTY MILLER

(*General Mills*)

- Bac-Os

### LOMA LINDA

(*Worthington/Kellogg's*\*)

- Chik-Nuggets
- Vege Patties
- Tender Rounds
- Meatball Substitutes

### MORNINGSTAR FARMS

(*Worthington/Kellogg's*\*)

- Better'n Burgers
- Harvest Burger
- Chicken Patties

### NESTLÉ

- Coffee Mate
- Non-Dairy Creamer

### PRESIDENT'S CHOICE

(*Loblaws/Weston*)

- World's Best Meatless Burgers
- Chickenless Drumsticks
- Chickenless Kievs
- TGTBT Lentil & Bean Vegetable Patties
- TGTBT Ancient Grains Vegetable Patties

### WORTHINGTON FOODS

(*Worthington/Kellogg's*\*)

- Savory Slices
- Lentil Rice Loaf
- Vegetarian Burger

\* A company letter states that they are in the process of converting to non-genetically modified "proteins" in all products, but have not committed to the removal of all GE ingredients.

# Support Organic Farmers Fighting Monsanto

There is currently no liability legislation in Canada for genetic contamination. This means that organic farmers and conventional farmers like Saskatchewan farmer Percy Schmeiser are liable if genetically engineered crops show up in their fields. For organic farmers this may mean the loss of their organic certification, for conventional and organic farmers it can mean the loss of their markets. In response, organic farmers in Saskatchewan have launched a class action lawsuit to hold Monsanto and other GE producers responsible for their genetic contamination. **For more information, and to support your right to eat organic food, visit: [www.saskorganic.com](http://www.saskorganic.com)**

## Organic Resources

**Canadian Organic Growers (COG)** is a national charity that educates farmers and consumers about the benefits of organic food production. COG believes that buying locally grown organic food is the best choice to improve the health of Canadians, to protect and enhance the environment, and for creating a sustainable food production system. To find an organic grower near you, check out COG's on-line directory at [www.cogdir.ca](http://www.cogdir.ca)

- **Canadian Organic Growers**  
323 Chapel Street, Ottawa, ON, K1N 7Z2  
Toll free: 1-888-375-7383  
Web: [www.cog.ca](http://www.cog.ca)

Greenpeace would like to thank the **Big Carrot Natural Food Market**, 348 Danforth Ave, Toronto, for their assistance in compiling the Greenpeace Shoppers Guide. The Big Carrot was the first supermarket in Canada to commit to a non-GE policy.

**Common organic certification labels found in Canada's grocery stores include:**

- Demeter
- Farm Verified Organic (FVO)
- Garantie Bio
- OCCP Verified Organic
- Quality Assurance Certified Organic
- British Columbia Certified Organic
- OCIA Certified Organic
- Canadian Organic Certification Co-op
- Organic Producers Association of Manitoba
- Quebec Vrai Certified Organic
- SOCA Certified Organic
- Maritime Certified Organic
- NSOGA Organically Grown
- Soil Association
- USDA Organic and California Certified Organic Farmers

# YES, I'd like to join Greenpeace!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

PROVINCE ( ) POSTAL CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

## I'd like to join Frontline, Greenpeace's monthly giving program:

My monthly donation will be:  \$10  \$15  \$25

OR I'd prefer to give \$ \_\_\_\_\_ a month.

**OPTION 1 :**  I've included a cheque marked "VOID". I authorize Greenpeace to debit the amount indicated on the 15th of each month.

**OPTION 2 :**  Please debit the amount indicated above on the 15th of each month from my:

Visa  Mastercard

Card No:

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

Our guarantee: You can change or cancel your monthly donation at any time by calling Greenpeace member services toll-free at 1-800-320-7183.

## I'd like to make a special donation to Greenpeace

\$30  \$60  \$120  OR \$ \_\_\_\_\_

My cheque made payable to Greenpeace is enclosed.

OR  Visa  Mastercard

Card No:

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

For Greenpeace to maintain our freedom to lobby for the environment, your donation is not eligible for income tax credit.

## Check out the Greenpeace Guide to Ancient Forest Friendly Tissue Products



To order the Greenpeace Guide to Ancient Forest Friendly Tissue Products please call 1-800-320-7183 or email Greenpeace member services at [members@yto.greenpeace.org](mailto:members@yto.greenpeace.org). You can also order the guide online at [www.greenpeace.ca](http://www.greenpeace.ca)

# Joining Greenpeace

## There are several ways to join Greenpeace:

1. Join online now using your credit card or through your chequing account at [www.greenpeace.ca](http://www.greenpeace.ca).
2. Call our toll-free member services line at 1-800-320-7183 and join using your credit card.
3. Send an email to [members@yto.greenpeace.org](mailto:members@yto.greenpeace.org), and a member services representative will contact you.
4. Fill out the form on the reverse of this page and send it by fax or mail to:

**Member Services**  
Greenpeace Canada  
250 Dundas Street West, Suite 605  
Toronto, Ontario M5T 2Z5  
Fax: 416-597-8422

