



CENTER FOR  
FOOD SAFETY

# TRUE FOOD SHOPPER'S GUIDE

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How to Avoid Foods Made  
with Genetically Modified  
Organisms [GMOs]





The True Food Network is CFS's grassroots action network where concerned citizens can voice their opinions about critical food safety issues, and advocate for a socially just, democratic and sustainable food system. To join the network and receive free action alerts visit [www.truefoodnow.org](http://www.truefoodnow.org) and stand up for True Food!

To learn more about GMOs, consult the book *Your Right to Know: Genetic Engineering and the Secret Changes in Your Food* by Andrew Kimbrell. Information on GMOs is also available at [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

**SPECIAL NOTE:** This guide was compiled based on company statements, not genetic testing. Any product labeled as Non-GMO indicates that its manufacturing process is designed to avoid GMOs, but consumers should be aware that GM contamination is possible due to natural pollen movement, weather events, seed contamination, or human error. Hence there is no guarantee such products are 100% free of GMOs.

The Center for Food Safety works to protect human health and the environment by curbing the proliferation of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS has offices in Washington, DC and San Francisco, CA.

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# INTRODUCTION & OVERVIEW

## How to avoid brands made with genetically modified organisms (GMOs)

Genetic Engineering (GE) or Genetic Modification (GM) of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GMOs if labeled, but unlike most other industrialized countries, the U.S. does not require labeling.

This Non-GMO Shopping Guide is designed to help reclaim your right to know about the foods you are buying, and help you find and avoid GMO foods and ingredients.

## Tips for avoiding GM crops

### TIP #1: BUY ORGANIC

Certified organic products are not allowed to contain any GMOs. Therefore, when you purchase products labeled “100% organic,” “organic,” or “made with organic ingredients,” all ingredients in these products are not allowed to be produced from GMOs. For example, products labeled as “made with organic ingredients” only require 70% of the ingredients to be organic, but 100% must be non-GMO.

### TIP #2: LOOK FOR “NON-GMO” LABELS

Companies may voluntarily label products as “non-GMO.” Some labels state “non-GMO” while others spell out “Made Without Genetically Modified Ingredients.” Some products limit their claim to only one particular “At-Risk” ingredient such as soy lecithin, listing it as “non-GMO.”

## 🍷 TIP #3: AVOID AT-RISK INGREDIENTS

Avoid products made with any of the crops that are GM. Most GM ingredients are products made from the “Big Four:” corn, soybeans, canola, and cottonseed, used in processed foods.

Some of the most common genetically engineered Big Four ingredients in processed foods are:

### Corn

- Corn flour, meal, oil, starch, gluten, and syrup
- Sweeteners such as fructose, dextrose, and glucose
- Modified food starch\*

### Soy

- Soy flour, lecithin, protein, isolate, and isoflavone
- Vegetable oil\* and vegetable protein\*

**Canola** Canola oil (also called rapeseed oil)

**Cotton** Cottonseed oil

\*May be derived from other sources

Additionally, GM sugar beet sugar recently entered the food supply. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice, agave, or organic sugar, to avoid GM beet sugar.

## 🍷 TIP #4: BUY PRODUCTS LISTED IN THIS SHOPPING GUIDE

Keep this Guide with you whenever you shop. Store it inside your reusable shopping bag, put it into your coupon holder or check book, or leave it in your car.

## FRUITS & VEGETABLES

Very few fresh fruits and vegetables for sale in the U.S. are genetically modified. Novel products such as seedless watermelons are NOT genetically modified. Small amounts of zucchini, yellow crookneck squash, and sweet corn may be GM. The only commercialized GM fruit is papaya from Hawaii—about half of Hawaii's papayas are GM.

## EGGS

### Eggs: Non-GMO

*Egg Innovations Organic*  
*Eggland's Best Organic*  
*Land O'Lakes Organic*

*Nest Fresh Organic*  
*Organic Valley*  
*Pete and Jerry's Organic Eggs*  
*Wilcox Farms Organic*



## FISH

FDA is currently considering approval of the first GE animal intended for human consumption, a genetically engineered Atlantic salmon. This approval is pending despite overwhelming consumer opposition and unacceptable risks to human health, the marine environment, wild salmon populations and fishing economies. There are several other GE fish in the pipeline as well. To make matters worse, FDA argues that these GE fish don't even need to be labeled!

Check out our new campaign website at [www.ge-fish.org](http://www.ge-fish.org) to learn more and find out what you can do to help stop GE fish.

## MEAT & FOWL

No genetically modified fowl or livestock is yet approved for human consumption. However, plenty of non-organic foods are produced from animals raised on GM feed such as grains. Look for 100% grass-fed animals.



## ALTERNATIVE MEAT PRODUCTS

Many alternative meat products are processed and include ingredients that can be genetically engineered, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients, especially soy.

### Non-GMO

*365 Brand (Whole Foods)*

*Amy's*

*Bountiful Bean*

*Small Planet Tofu*

*Sunshine Burger*

*The Simple Soyman*

*Vitasoy*

*Wildwood*

*White Wave*

*Woodstock Farms*

### May contain GMO ingredients

*Boca, unless labeled organic (Kraft)*

*Gardenburger*

*Morningstar Farms, Natural*

*Touch, Worthington, Loma*

*Linda unless labeled organic (Kellogg)*

## DAIRY PRODUCTS & ALTERNATIVE DAIRY PRODUCTS

Some U.S. dairy farms inject the genetically engineered hormone rBGH, also called rBST, into their cows to boost milk production—so be sure to purchase products with a label that indicates cows free of rBGH or rBST. Many alternative dairy products are made from soybeans and may contain GM materials.

### Dairy Products: Non-GMO

#### Certified Organic

*Alta Dena Organics*  
*Butterworks Farm*  
*Harmony Hills Dairy*  
*Horizon Organic*  
*Kirkland Organic*  
*Lactaid Organic (Organic only)*  
*Morningland Dairy*  
*Nancy's Organic Dairy*  
*Natural by Nature*  
*Noris Organic*  
*Oregon Ice Cream Company*  
*(Alden's, Julie's)*  
*Organic Valley Dairy*  
*Pacific Village*  
*Radiance Dairy*  
*Rogue Creamery*  
*Safeway Organic Brand*  
*Seven Stars Farm*  
*Straus Family Creamery*  
*Stremick's Heritage organic*  
*Stonyfield Farm*  
*Trader Joe's (organic line)*  
*Wallaby*  
*Whole Foods organic line*  
*Wisconsin Organics*  
*Woodstock Farms*

#### Produced Without rBGH National

*Albertson's*  
*Alta Dena*  
*Ben & Jerry's Ice Cream*  
*Brown Cow Farm*  
*Crowley Cheese of Vermont*  
*Dannon*  
*Darigold*  
*Double Rainbow ice cream*  
*Franklin County Cheese*  
*Grafton Village Cheese*  
*Great Hill Dairy*  
*Lactaid milk (milk only)*  
*Lifetime Dairy*  
*Lochmead*  
*Market Pantry (Target)*  
*Nancy's Natural Dairy*  
*Safeway (Dairy Glen and Lucerne)*  
*Trader Joe's store brand*  
*Walmart Great Value store brand*  
*Whole Foods and 365 brands*  
*Yoplait*

#### West Coast

*Alpenrose Dairy*  
*Beecher's butter*





Berkeley Farms  
Bravo Farms cheese  
Clover Stornetta Farms  
Cowgirl creamery  
Eberhard  
Fred Meyer /  
Mountain Dairy  
Joseph Farms Cheese  
Mallories  
Market of Choice  
Oregon Gourmet cheese  
Rogue Creamery  
Rose Valley butter  
Sunshine Dairy Foods  
Tillamook Cheese  
Trader Joe's store brand  
Umpqua  
Western Family  
Wilcox Family Farms

Willamette Valley cheese  
Yami

## Midwest and Gulf States

Chippewa Valley Cheese  
Erivan Dairy Yogurt  
Promised Land Dairy  
Westby Cooperative Creamery

## East Coast

Blythedale Farm Cheese  
Crescent Creamery  
Derle Farms (milk with "no rBST"  
label only)  
Erivan Dairy Yogurt  
Farmland Dairies  
Oakhurst Dairy  
Trader Joe's store brand  
Wilcox Dairy (rBST-free dairy  
line only)

## May contain GMO ingredients

Colombo (General Mills)  
Dannon  
Kemps (aside from  
"Select" brand)  
Kraft

Land O' Lakes  
Lucerne  
Parmalat  
Sorrento  
Yoplait (General Mills)

## Alternative Dairy Products

### Non-GMO

Belsoy  
EdenSoy  
Imagine Foods/Soy Dream  
Nancy's Cultured Soy  
Organic Valley Soy  
Pacific Soy  
Silk  
Soy Delicious  
Sun Soy  
Stonyfield Farm O'Soy

Tofutti  
Trader Joe's brand  
VitaSoy/Nasoya  
WestSoy  
WholeSoy  
Yves The Good Slice  
Zen Don

## May contain GMO ingredients

8th Continent

## BABY FOODS & INFANT FORMULA

Milk or soy protein is the basis of most infant formulas. The secret ingredients in these products are often soy or milk from cows injected with rBGH. Many brands also add GMO-derived corn syrup, corn syrup solids, or soy lecithin.

### Non-GMO

*Baby's Only*  
(certified organic products)  
*Earth's Best*  
*Gerber products*  
*HAPPYBABY*  
*Mom Made Meals*  
*Organic Baby*  
*Plum Organics*  
*Tastybaby*

### May contain GMO ingredients

*Enfamil (Mead Johnson)*  
*Good Start (Gerber/Nestle)*  
*Nestle brands (Gerber/Nestle)*  
*Similac/Isomil – except Similac Organic (Abbott Labs/Abbott Nutrition)*

## BAKED GOODS

While baking ingredients such as wheat flour, rice, kamut, and oats are not genetically modified, many packaged breads and bakery items contain other GMO ingredients such as corn syrup.

### Non-GMO

*Alvarado Street Bakery*  
*Arrowhead Mills (organic line)*  
*Bakery on Main*  
*Berlin Natural Bakery*  
*Bob's Red Mill (organic line)*  
*Dr. McDougall's Right Foods*  
*Dr Oetker Organics*  
*Eden*  
*French Meadow*  
*Natural Ovens Bakery*  
(organic line)  
*Nature's Path*  
*Rudi's Organic Bakery*

*Rumford Baking Powder*  
*Safeway O brand (organic)*  
*Trader Joe's brand*

### May Contain GMO Ingredients

*Aunt Jemima*  
(Quaker Oats/Pepsico)  
*Betty Crocker (General Mills)*  
*Bisquick (General Mills)*  
*Calumet Baking Powder (Kraft)*  
*Duncan Hines (Pinnacle Foods)*  
*Hungry Jack (Smucker's)*  
*Pillsbury (Smucker's)*

## CEREALS & BREAKFAST BARS

Cereals and breakfast bars are very likely to include GMO ingredients, because they are often made with corn and soy products.

### Non-GMO:

*Ambrosial Granola*  
*Barbara's (organic line)*  
*Cascadian Farms*  
*Eden*  
*EnviroKidz*  
*Golden Temple*  
*Grandy Oats*  
*Health Valley (organic line)*  
*Lundberg® Purely Organic*  
*Rice Cereal*  
*Nature's Path*  
*Nonuttin'*  
*Omega Smart Bars*

*Peace Cereal Organic*  
*Ruth's*  
*Safeway O brand (organic)*  
*Simple Sweets*  
*Sunridge Farms*  
*Trader Joe's brand*  
*Whole Foods 365*

### May Contain GMO Ingredients

*General Mills*  
*Kellogg*  
*Post (Kraft)*  
*Quaker*



## ENERGY BARS

### Non-GMO

*Clif Bar*  
*Divine Foods*  
*Genisoy Bars*  
*GoodOnYa Bar*  
*Lara Bar*  
*Luna Bar*  
*Macrobars*  
*MacroLife Naturals*  
*Mojo (Clif Bar)*  
*Nature's Path*  
*Nutiva*  
*Odwalla*  
*Organic Food Bar*

*Optimum Energy Bar*  
*Organic Food Bar*  
*Ruth's*  
*Weil by Nature's Path Organic*  
*Z Bars (Clif Bar)*

### May Contain GMO Ingredients

*Balance Bar*  
*Nature Valley snack bars and  
granola bars (General Mills)*  
*Nabisco Bars (Kraft)*  
*PowerBar (Nestle)*  
*Quaker Granola Bars*

## GRAINS, BEANS & PASTA

Other than corn, no GM grains are sold on the market. Look for 100-percent wheat pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except soybeans).

### Non-GMO

Amy's  
Annie's  
Bob's Red Mill, organic line  
Casbah (Hain-Celestial)  
Dr. McDougall's Right Foods  
Eden certified organic grains  
Fantastic Foods  
Field Day  
Ian's Natural Foods  
Kamut  
Lotus Foods  
Lundberg Family Farms  
Organic Planet  
Rising Moon

Seeds of Change (organic meals)  
Sensations  
Sunridge Farms  
Trader Joe's store brand  
Vita-Spelt pasta  
Whole Foods 365

### May Contain GMO Ingredients

Betty Crocker meals (General Mills)  
Knorr (Unilever)  
Kraft Macaroni & Cheese meals  
Near East (Quaker Oats  
Company / Pepsico)  
Pasta Roni and Rice-A-Roni meals  
(Quaker Oats Company/Pepsico)

## CANNED FOODS

Look for less processed canned foods and foods packed only in water or olive oil (not corn, soybean, canola or cottonseed), and avoid canned foods containing corn syrup, sugar not labeled as "cane sugar" and soy ingredients which could be derived from GM crops.

### Non-GMO

Amy's  
Annie's  
Eden  
ShariAnn's certified organic beans  
Trader Joe's store brands  
Westbrae certified organic beans  
Whole Foods 365

Woodstock Farms  
Yves Vегgie Cuisine (Hain Celestial)

### May Contain GMO Ingredients

Chef Boyardee  
Dinty Moore, Staggs, Hormel  
Franco-American (Campbell's)

## SOUPS & SAUCES

Many soups and sauces are highly processed, so give the ingredient lists close attention to avoid the Big Four at-risk ingredients. Canned foods can be simply vegetables or fruits packed in water, but many canned foods also contain corn syrup or sugar which could be derived from GM crops. Look for less processed canned foods and foods packed only in water or olive oil (not corn, soybean, canola or cottonseed), and avoid canned foods containing corn syrup, sugar not labeled as “cane sugar” and soy ingredients.

### Non-GMO

*Amy's*  
*Annie's*  
*Eden*  
*Emerald Valley Kitchen*  
*Fantastic Foods*  
*Field Day*  
*Green Mountain Gringo*  
*Hain*  
*Health Valley/Westbrae*  
*Imagine Natural*  
*Muir Glen Organic*  
*Rising Moon*  
*ShariAnn's Organics*  
*Seeds of Change*  
*Trader Joe's store brands*  
*(Trader Joe's, Trader Jose's,*  
*Trader Giotto's)*  
*Walnut Acres*  
*Whole Foods 365*

### May Contain GMO Ingredients

*Bertolli (Unilever)*  
*Campbell products (including*  
*Healthy Request, Chunky,*  
*Simply Home, and*  
*Pepperidge Farm)*  
*Chef Boyardee (ConAgra)*  
*Chi-Chi's (Hormel)*  
*Classico (Heinz)*  
*Del Monte*  
*Healthy Choice (ConAgra)*  
*Hormel products*  
*Hunt's (ConAgra)*  
*Old El Paso (General Mills)*  
*Pace (Campbell 's)*  
*Prego (Campbell's)*  
*Progresso products*  
*(General Mills)*  
*Ragu (Unilever)*



## FROZEN FOODS

Many frozen foods are highly processed. Keep an eye out for the Big Four at-risk ingredients and stay away from frozen foods that contain them, unless they are marked organic or non-GM.

### Frozen Food

#### Non-GMO

*A.C. LaRocco*  
*Amy's Kitchen*  
*Cascadian Farms Organic frozen meals and vegetables*  
*Cedarlane*  
*Helen's Kitchen*  
*Ian's Natural Foods*  
*Linda McCartney frozen meals*  
*Mom Made Meals*  
*Morningstar Farms*  
*(Organic line ONLY)*  
*Rising Moon*  
*The Simple Soyman*  
*Trader Joe's store brands*  
*Woodstock Farms*

### May Contain GMO Ingredients

*Banquet (ConAgra)*  
*Bertolli (Unilever)*  
*Boca, unless labeled organic (Kraft)*  
*Celeste (Pinnacle Foods)*  
*Eggo Waffles (Kellogg)*  
*Gardenburger*  
*Green Giant frozen meals (General Mills)*  
*Healthy Choice (ConAgra)*  
*Kid's Cuisine (ConAgra)*  
*Lean Cuisine (Nestle)*  
*Marie Callender's (ConAgra)*  
*Morningstar Farms, Morningstar Farms Natural Touch, unless labeled organic (Kellogg)*  
*Rosetto Frozen Pasta (Nestle)*  
*Stouffer's (Nestle)*  
*Swanson (Campbell's)*  
*Tombstone (Kraft)*  
*Totino's (Smucker's)*  
*Voila! (Birds Eye/Unilever)*



## CONDIMENTS, OILS, DRESSINGS & SPREADS

Unless labeled explicitly, corn, soybean, cottonseed, and canola oils probably contain genetically modified products. Choose pure olive, coconut, sesame, sunflower, safflower, almond, grapeseed, and peanut oils. Also choose preserves, jams, and jellies with cane sugar, not corn syrup.

### Non-GMO

Annie's  
Bountiful Bean  
Bragg's liquid amino  
Carrington Farms Flax Seed  
Crofter's Organic  
Drew's salad dressing  
Eden  
Emerald Cove  
Emperor's Kitchen  
Emerald Valley Kitchen  
Field Day  
Follow Your Heart  
Harvest Moon Mushrooms  
I.M. Health SoyNut Butters  
Ian's Natural Foods  
Krazy Ketchup  
Maranatha Nut Butters  
Miso Master  
Muir Glen organic  
tomato ketchup  
Nasoya  
Newmans Own Organic  
Ruth's  
The Simple Soyman

Spectrum oils and dressings  
SushiSonic Asian Condiments  
Trader Joe's store brands  
Tropical Traditions  
Vegan by Nature Buttery Spreads  
Vigoa Cuisine  
Whole Foods 365  
Wholemato  
Woodstock Farms

### May Contain GMO Ingredients

Crisco (Smucker's)  
Del Monte  
Heinz  
Hellman's (Unilever)  
Kraft condiments and dressings  
Mazola  
Pam (ConAgra)  
Peter Pan (ConAgra)  
Skippy (Unilever)  
Smucker's (except their "Simply  
100% Fruit" line of preserves)  
Wesson (ConAgra)  
Wish-Bone (Unilever)

## SNACK FOODS

Look for snacks made from wheat, rice, or oats, and ones that use sunflower or safflower oils. There is no GM popcorn on the market, nor is there blue or white GM corn.

### Non-GMO

*Barbara's (organic line)*  
*Bearitos/Little Bear Organics*  
*(Hain Celestial)*  
*Earthly Treats*  
*Eco-Planet*  
*Eden*  
*Field Day*  
*FritoLay Lay's Naturals*  
*potato chips ("Naturals"*  
*potato chips ONLY)*  
*Garden of Eatin'*  
*Grandy Oats*  
*Hain Pure Snax/Hain Pure Foods*  
*Health Valley*  
*Ian's Natural Foods*  
*Kettle Foods*  
*Kopali Organics*  
*Late July Organic Snacks*  
*Mary's Gone Crackers*  
*Namaste Foods*  
*Nature's Path Organic*  
*Newman's Own Organics*  
*& Newman's Own*  
*(except salad dressing)*  
*Peeled Snacks*

*Plum Organics Tots*  
*Revolution Foods*  
*Tasty Brand*  
*Ruth's*  
*Simple Sweets*  
*Sunridge Farms*  
*Safeway O organic brand*  
*Trader Joe's store brand*  
*Woodstock Farms, organic*

### May Contain GMO Ingredients

*FritoLay (Lay's, Ruffles, Doritos,*  
*Cheetos, Tostitos)*  
*Hostess Products*  
*(Interstate Brands)*  
*Keebler (Kellogg's)*  
*Kraft (Nabisco, Nilla Wafers,*  
*Oreos, Ritz, Nutter Butter,*  
*Honey Maid, SnackWells,*  
*Teddy Grahams, Wheat*  
*Thins, Triscuit)*  
*Pepperidge Farm (Campbell's)*  
*Pringles*  
*Quaker Oats Company*





## SWEETENERS

Many sweeteners, and products like candy and chocolate that contain them, can come from GMO sources. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice or organic sugar to avoid GM beet sugar, and watch out for soy lecithin in chocolates and corn syrup in candies.

The sweetener aspartame is derived from GM microorganisms. It is also referred to as NutraSweet® and Equal® and is found in over 6,000 products, including soft drinks, gum, candy, desserts, yogurt, tabletop sweeteners, and some pharmaceuticals such as vitamins and sugar-free cough drops.

### Sweeteners

#### Non-GMO

*Sweeteners, Non-GMO:*

*C&H Pure Cane Sugar*

*Brer Rabbit molasses*

*Eden*

*Florida Crystals (organic,  
natural and demerara)*

*Grandma's Best Molasses*

*Sweet Cloud*

*Tropical Traditions*

*Trader Joe's brand*

*(Pure cane sugar, raw sugar,  
brown sugar, organic sugars)*

*Wholesome Sweeteners (organic  
sugars, molasses, blue agave  
syrups, Organic Zero)*

*Woodstock Farms (organic)*

#### May Contain GMO Ingredients

*Crystal Sugar*

*(American Crystal)*

*Big Chief sugar*

*(Michigan Sugar Company)*

*Equal*

*GW sugar (Western Sugar)*

*Nutrasweet*

*Pioneer sugar*

*(Michigan Sugar Company)*

*White Satin sugar (Snake*

*River/Amalgamated Sugar)*

# CANDY & CHOCOLATE PRODUCTS

## Chocolate

### Non-GMO

*Chocolove*

*Endangered Species Chocolate*

*Ghirardelli Chocolate*

*Green & Black's Organic Chocolate*

*Kopali Organics*

*Lindt Chocolate*

*Newman's Own*

*Nonuttin'*

*Woodstock Farms (organic)*

## May Contain GMO Ingredients

*Hershey's*

*Mars, Inc.*

*Nestlé*

*(Crunch, Kit Kat, Smarties)*

*Toblerone (Kraft)*

## Candy

### Non-GMO

*Jelly Belly*

*Pure Fun Confections*

*Reed's Crystallized Ginger  
candy (certified organic)*

*St. Claire Organic*

*Sunridge Farms*

## May Contain GMO Ingredients

*Hershey's*

*Lifesaver (Kraft)*

*Mars (Wrigley's, Skittles,  
Starburst)*

*Nestlé*



## SODAS, JUICES & OTHER BEVERAGES

Most juices are made from GMO-free fruit (avoid papaya though, as it could be GMO), but the prevalence of corn-based sweeteners—e.g. high-fructose corn syrup—in fruit juices is cause for concern. Many sodas are primarily comprised of water and corn syrup. Look for 100-percent juice blends.

### Non-GMO

*After the Fall organic juices*

*Big Island Organics*

*Blue Sky*

*Cascadian Farm*

*Crofters Organic*

*Eden*

*Odwalla*

*Quinoa Gold*

*R.W. Knudsen organic juices  
and spritzers (Smucker's)*

*Santa Cruz Organic (Smucker's)*

*Sea20 Organic Energy Drink*

*Teecino Herbal Caffè*

*Walnut Acres Organic Juices*

### May Contain GMO Ingredients

*Coca-Cola (Fruitopia, Minute  
Maid, Hi-C, NESTEA)*

*Dr. Pepper Snapple Group  
(Dr. Pepper, 7Up, A&W,  
Snapple, Hawaiian Punch,  
Sunkist, Crush, Canada Dry,  
Mott's juice, Squirt, Sun Drop,  
Schweppes ginger ale,  
Vemors, Country Time,  
Clamato, IBC root beer,  
Nantucket Nectors, Stewart's,  
Orangina, Diet Rite,  
Hires root beer)*

*Hansen Beverage Company*

*Hawaiian Punch*

*(Procter and Gamble)*

*Kraft (Country Time, Kool-Aid,  
Crystal Light, Capri Sun, Tang)*

*Libby's (Nestlé)*

*Ocean Spray*

*Pepsi (Tropicana, Frappuccino,  
Gatorade, SoBe, Dole)*

*Sunny Delight (Procter and  
Gamble)*

*Swiss Miss (Con Agra)*





## CENTER FOR FOOD SAFETY



The Center for Food Safety's Shoppers' Guide is now available for iPhone and Android operating systems on your mobile phone! You can now download our free application to your phone and always have your Shoppers' Guide on hand. The app also has shopping tips, a "what's new" section to keep you up to date on our most recent activities, an "action" section to take urgent actions on the go, and

it even allows you to call or email companies still using GE ingredients right from the app! You can also share CFS's actions and articles on Facebook or Twitter right from the app. In addition, CFS has just launched our mobile activists list. You can join from the app—and soon from our website—to receive action alerts via text message. Visit our website, iTunes, or Android Marketplace to download your free True Food Shoppers Guide app today! The iPhone app works on iPhone, iPod Touch and iPad, and the Android app works on all Android-based phones.