

Peaceful Food Warriors

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We should know more about our food sources and where our food is coming from. In the past years it's been hard enough to put food on the table every day in a recession let alone having to worry about the questionable history of the food we are providing our families and putting into our bodies. So many foods and food products contain genetically modified organisms (GMO's). Do you know the top 10?

Controversy over "mandatory labeling" has caused setbacks in requiring the labeling of products that contain GMO's. Setting a precedent in 2009, Whole Foods grocers began putting their 365 Every Day Value products through the GMO Product Verification Program. In March 2013 a news release stated that Whole Foods will be labeling all food products in their stores containing genetically modified food organisms by 2018. A representative of Whole Foods remarked how this wasn't a *value judgment* but rather consumers have a right know where their food is coming from and how it's grown. They are the first in their industry to set a deadline for labeling. It's a start and we can do our part at home.

We can become *peaceful food warriors* at home by growing our own organic foods. We help overall decrease the supply and demand for GMO products by not buying them and educating others about them. Not only is it educational for kids and adults but it has other benefits as well. Growing an organic garden can improve your health and well-being, a blooming garden area can help de-stress our bodies, and at times even decrease our carbon footprint depending on the plants we grow.

The top 10 GMO Foods:

10. Sugar beets
9. Potatoes
8. Corn
7. Tomatoes
6. Squash
5. Golden rice
4. Soy beans
3. Oils such as Cottonseed oil, rapeseed (Canola)
2. Livestock feed
1. Salmon (if you can believe it...)