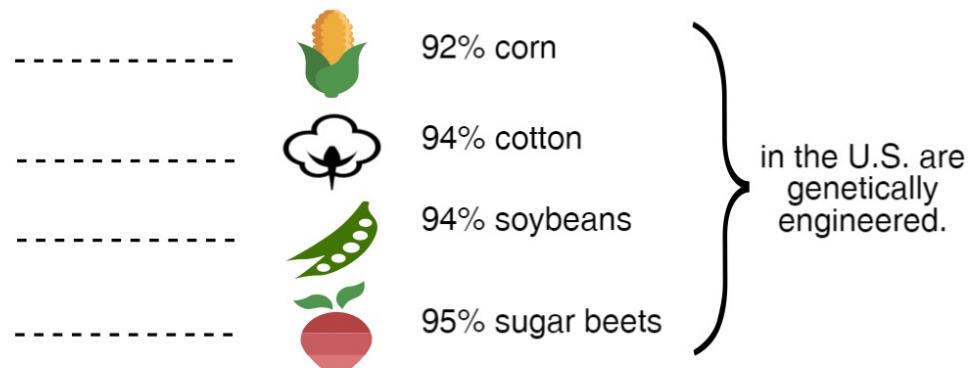


What to Know about Genetically Modified Organisms (GMOs)

GMOs are organisms in which the genetic material (DNA) has been altered in a way that does not occur naturally to generate products with preferred traits for producers or consumers.



Some plants are genetically modified to be resistant to weed killers, or herbicides.

Since these crops are not killed by herbicides, farmers can apply even more chemicals to their fields to control weeds.



Over time, weeds become herbicide resistant "superweeds" that require greater amounts and stronger chemicals. This is called the "pesticide treadmill".

As a result, more chemicals travel on products that reach consumers.



Simple Steps to Avoid GMOs



Check labels. GMOs are not required to be labeled. Instead, look for these non-GMO labels.



Shop at farmers markets. Ask your local producers if they use genetically modified seeds.



Grow your own produce. Start at home or join a community garden.