



How can I avoid it?

In the UK, GM ingredients have to appear on the label so read the small print and ask about GM cooking oil when you are eating out (restaurants and takeaways should list this on the menu but many do not).

Most meat, eggs and dairy products on sale in the UK come from animals that have eaten GM feed. This does not have to be listed on the label so unless it's organic (where GM is not allowed), it is very difficult to know what we are eating.

There are no GM crops grown commercially in the UK but political support for GM means that could change very soon. If it does, it will be very difficult to protect non-GM crops from contamination.

We need to stand together and protect our right to grow, produce and eat GM free.

What can I do?

Join the growing community of people who are saying no to GM in their food and on our farms. You can sign up to the free GM Freeze email list, check what you are buying and take action in lots of different ways at www.gmfreeze.org/what&why



Visit www.gmfreeze.org/what&why to join us, get involved or just find out more.

If you would like to see exactly where we get our information, visit www.gmfreeze.org/references or call us for a fully referenced version of this leaflet.



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GM Freeze is the national umbrella campaign for a moratorium on GM food and farming in the UK. We believe that our food should be produced responsibly, fairly and sustainably. Our members include national charities like Friends of the Earth and the Soil Association, specialist and grassroots campaign groups, scientists, farmers, food producers, retailers and concerned individuals.

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GM FREEZE the campaign on GM food, crops and patents

What is GM and why does it matter?





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What is GM?

Genetically Modified (GM) organisms have had pieces of DNA artificially added, removed or changed in the lab. GM is also known as genetic engineering. It is not the same as traditional crop breeding and never can be.

Is it safe?

DNA is a bit like a computer programme, but one that doesn't come with instructions. Swapping sections of complex genetic code around is not a simple "cut and paste" process - there is much that can go wrong. Safety tests are usually controlled by the companies that profit from GM. It is incredibly difficult to carry out independent studies but many of those that have been done have found problems.

The most common type of GM crop is **designed to be heavily sprayed with glyphosate**, a powerful weed killer which the World Health Organisation recently classified as probably causing cancer.

Does it do any harm?

GM crops cause many more problems than they solve. They support some of the most environmentally damaging farming practices in the world. The use of GM crops has led to the development of resistant 'super weeds' and has been proven to reduce biodiversity.



The monarch butterfly has **declined by 90%** and studies lay the blame on GM farming.

Farmers are not allowed to save GM seed for planting next year. Contracts demand that they buy seed and weed killers from the same company each year. Contamination of non-GM crops is widespread and could wipe out traditional plant varieties. Farmers whose crops have been contaminated not only lose their GM-free status - they have even been sued by GM companies for "stealing" a patented product.

Do we need it?

Those promoting GM claim that it can work wonders but the only drought-tolerant crops, blight-resistant potatoes and omega-3 crops available to grow and eat today have been developed through non-GM breeding techniques. We need farming and pest management regimes that work **with**, rather than against, nature.

Globally, we produce enough food for **14 billion people** - twice the world's population.

Hunger and malnourishment are political problems that can only be solved by lifting people out of poverty and giving them control over their own food and farming.

GM crops are about profits for the few, not sharing the world's resources more fairly.