



12 WAYS TO CREATE GE-FREE ZONES IN YOUR COMMUNITY

NOT READY TO EMBARK ON A GE-FREE COUNTY, CITY OR TOWNSHIP INITIATIVE?
HERE ARE TWELVE WAYS TO BUILD THE ROAD TO GE FREEDOM AND BIODEMOCRACY:

PERSONAL ACTION

1 Buy organic food.

To find everything organic, from organic food, to healthcare, to baby products, visit our web site:
www.organicconsumers.org/purelink.html

2 Support organic cotton and sweat-free apparel.

Join our *Clothes for a Change Campaign* to make a difference by supporting organic, non-GE cotton farmers and sweat-free factories.

3 Arm yourself with the facts.

Sign up for OCA's free bi-weekly news briefs "Organic Bytes." To join, simply fill your name and contact information on the sign-in sheet.

COMMUNITY ACTION

4 Request your local grocer stock more organics.

5 Tell food companies to get rid of GE ingredients in their products.

see Consumer Alert flier for more information.

6 Contact your Congressional representative to:

- Join the Congressional Organic Caucus
- Support H.R. 4814 The Genetically Engineered Food Right To Know Act of 2002, H.R. 4813 The Genetically Engineered Food Safety Act of 2002, and H.R. 4812 The Genetically Engineered Crop and Animal Farmer Protection Act of 2002
- Defend local communities' right to ban GE crops

7 Appetite for Change.

Contact the OCA for an organizing packet to introduce organic food into your school (218-226-4164).

8 Send a copy of the movie *The Future of Food*

and/or the book *Genetically Engineered Food: A Self-Defense Guide for Consumers* to your elected representatives.

BUILD COMMUNITY!

9 Donate a copy of the movie *The Future of Food* and/or the book *Genetically Engineered Food: A Self-Defense Guide for Consumers* by Ronnie Cummins and Ben Lilliston to your local library and school.

The completely revised & updated 2004 Second Edition of *Genetically Engineered Food: A Self-Defense Guide for Consumers*:

- Clearly explains the hazards of GE foods and crops and what you can do about it.
- Outlines what consumers can do to pressure companies to go "GE-free."
- Shows how you can shop, cook, garden and advocate to help convert US agriculture to organic.
- To order or for more information:
www.organicconsumers.org/book.htm

10 Host an OCA house party.

The OCA has several house party formats to choose from, including Fair Trade Coffee and Clothes for a Change campaign. To host a house party check the box on the sign-up sheet or contact the OCA for more information (218-226-4164).

11 Support local organic farmers.

Community Supported Agriculture (CSA) programs, farmers markets and food coops are great ways to support local organic farmers, protect the environment and eat safe, just food.

12 Join the Organic Consumers Association.

The OCA depends on regular financial support from people like you to continue to promote an organic future and defend against GE crops and foods, factory farming and industrial agriculture. Please consider making a donation or joining today.

ORGANIC CONSUMERS ASSOCIATION

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