Take Action Today!
when customers speak companies listen

Might use GE derived ingredients / feed

Ask these companies to stop using GE derived ingredients and feed

Bonlac	1800 816 773
Cadbury Schweppes	1800 250 260
Coles	1800 061 562
Goodman Fielder	1800 025 066
Hormel Foods	1800 770 015
McCormick	1800 802 223
Simplot	1800 061 279
Woolworths	1800 638 434

In process of removing GE ingredients

Congratulate and ask for an update

Baiada	02 9842 1000
Bartter Steggles	02 8870 0000
Golden Circle	1800 730 101
Inghams	1800 777 663
Murray Goulburn / Devondale	1800 032 479

GE-free

Congratulate for remaining non-GE

Arnotts Campbells	1800 242 492
Bega	02 6491 7777
Parmalat	07 3840 0100
San Remo	08 8261 0555

www.truefood.org.au

truefood network

You can help to keep Australia free of the environmental and health risks of genetically engineered plants and foods. Keep the True Food Guide in your purse or wallet and use it to choose GE-free while you shop. You can also download the full supermarket and fast food guide from www.truefood.org.au.
Join the True Food Network to receive free updates, news, invitations, celebrity recipes and to find out easy ways to help to protect our food from the threat of genetic engineering.

Join the True Food Network
www.truefood.org.au
its free!

Oils Ain't Oils

Do you know the good oil from the bad oil? Australian cottonseed oils are almost all GE, as are imported corn and soy oils. Oils made from genetically engineered plants do not require labelling due to loopholes in our laws. Contact your favourite brands!

Might use GE derived ingredients

Coles 1800 061 562
(Savings, Farmland)

Goodman Fielder 1800 025 768
(Meadow Lea, Mrs McGregor's, Spreads, Crisco, ETA, Golden Pastures, Gold'n Canola, Logicol, Olive Grove, Zena Oils)

Woolworths/Safeway 1800 638 434
(Homebrand, Naytura)

Most cottonseed oils and mixed vegetable oils use GE-derived ingredients

GE-free

Becel	Dick Smith	not butter"
Brookfarm	Flora	Nuttelex
Copha	"I can't	Pureharvest
Dairy Vale	believe it's	Ultima

Olive oils and 100% sunflower oils are GE-free

truefood network

GE free

True Food Guide

4TH EDITION 2006

Your guide to avoiding genetically engineered food

www.truefood.org.au

GREENPEACE

Snacks & Cold Drinks:

chips, biscuits, chocolates, soft drinks & juices

GE-free

Arnotts
Aust. Fresh
Berri
Cheezel's
Cocolo
Daily Juice
Darrell Lea
Dick Smith
Fantastic
Ferrero Rocher
Freedom
Frusion
Just Juice
Kettle Chips
Lloyd's
Mr Juicy
Prima
Real Foods
Red Dragon
Sakata
Samboy
Sprite
Sunbeam
Sweet William
Thins
Quelch
V8

Fresh fruit & vegetables in Australia are GE-free!

Might use GE-derived ingredients / feed

Allens
Appletiser
Cadbury
Coca-Cola
Coles Farmland
Cottee's
Doritos
Gatorade
Guylian
Homebrand
Kirks
Kit Kat
Kraft
Lanes
Lay's
Le Snack
Lindt
Milo
Nabisco
Naytura
Nobbys Nuts
Nestle
Oreo
Parker's
Pepsi
Planters Nuts
Powerade
Premium
Quality Street
Ritz
Schweppes
Smith's
Spring Valley
Toblerone
V Energy Drink
Woolworths's

Basic Foods & Staples:

cereal, bread, tinned food, pasta, baking & baby food

GE-free

Asian
Babynat
Bakers Delight
Brookfarm
Burgen
Campbell's
Casalare
Chunky
Continental
Country Ladle
Country Life
Dick Smith
Farex
Heinz
Hepworth's
Monster Muesli
Noble Rise
Sanitarium
San Remo
Speedybake
Spiral
Sunrice
Tip Top
Velish
Vogel's
Wattie's
Weetbix

Buy local direct from a farmers' market.

Might use GE-derived ingredients / feed

Anchor
Betty Crocker
Buttercup
Cheerio's
Coles Savings
Dorato
Edgell
Freya's
Goodman Fielder
Goulburn V
Helga's
Homebrand
Hormel
Infasoy
Kraft
Latina
Mighty Soft
Molenberg
Morning Sun
Nabisco
Naytura
Nestle
Old El Paso
Purina
Quaker
Quality Bakers
Rosita's
Sirena
SPC Ardmona
Stagg Chilli
Trident
Uncle Tobys
Vetta
Wonder White
Woolworth's

Sauces & Condiments:

spreads, sauces & stock cubes

GE-free

Ambrosia
Aristocrat
Aussie Mite
Ayam
Bertolli
Campbell's
Castle
Dalhousie Jam
Dick Smith
Eco-organics
Freedom
GranoVita
Heinz
Kikkoman
Lee Kum Kee
Massel
Mayvers
Melrose
Nutella
Old Cathay
Prego Pasta
Raguletto
Real Gravy
Real Stock
Sanitarium
Spiral
Strombolli

Phone your favourite brand and ask for GE-free.

Might use GE-derived ingredients / feed

BI-LO
Chang's
Chef's Gravy
Chicken Tonight
Coles Savings
Cornwall's
Cottee's
Cracker Dip's
Dolmio
ETA
Holbrook's
HP
Homebrand
Lea & Perrin's
IXL
Keen's
Kingland
Kraft
Leggo's
Maggi
Masterfood
McCormick
Miracle Whip
Monbulk
Newman's Own
Old El Paso
Patak's
Peck's Spreads
Praise
Sandhurst
Savion
Sharwood's
Supreme Gravy
Thomy
Woolworth's
Vegemite

Cold Foods & Animal Products:

milk, yoghurt, cheese, ice cream, eggs, meat, soy milk, dips & frozen foods

GE-free

Attiki
Australia's Own
Bega
Bonsoy
Chris's G. Dips
Clancy's
Coon
Cracker Barrel
Dairy Bell
Dairy Vale
Farmers Union
Findus
Greenseas
Jalna
King Island
Nimbin Natural
Norco
Pura
Pureharvest
Parmalat
Prema
Sargents Pies
So Good
Streets
Tatura
Weiss
Yoplait

Certified organic foods are GE-free!

Might use GE-derived ingredients / feed

BI-LO
Birds Eye
Bodalla
Bonlac
Cadbury
Carnation
Coles Savings
Cracker dips
Delico dips
Edgell
Farmland
Foodland
Four n' Twenty
Haagen-Dazs
Hans Smallgoods
Homebrand
IGA
John West
Kraft
Lean Cuisine
Maggi
Mainland
McCain
Nestle
Pace Farm
Pampas
Papa Giuseppe's
Peters
Sara Lee
Sealord
Sunny Queen
Sunshine
Top Nosh
Vitalife
Woolworth's
Yakult