

Original Artwork

Fractured Paradigm

The logo for 'Fractured Paradigm' features the words 'FRACTURED' and 'PARADIGM' in a bold, sans-serif font. The text is rendered in a metallic, reflective style with a cracked and shattered appearance, set against a dark, textured background that resembles broken glass or a fractured surface.

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[Boycott Monsanto – A Simple List of Companies to Avoid](#)

By
Fractured Paradigm

– April 2, 2013 Posted in: [Featured](#), [GMOs](#), [Population Control](#)

Help spread the word:



In light of the recent public anger over the Monsanto Protection Act, here's a simple, printable list of companies that use Monsanto products. By avoiding products made by companies on this list, you can help ensure your money isn't going to Monsanto and also watch out for the

health of your [family](#) and yourself.

[It](#)

MONSANTO COMPANIES DO NOT BUY

| | |
|----------------------------|---------------------|
| Aunt Jemima | Lean Cuisine |
| Aurora Foods | Lipton |
| Banquet | Loma Linda |
| Best Foods | Marie Callenders |
| Betty Crocker | Minute Made |
| Bisquick | Morningstar |
| Cadbury | Ms. Butterworths |
| Campbells | Nabisco |
| Capri Sun | Nature Valley |
| Carnation | Ocean Spray |
| Chef Boyardee | Ore-Ida |
| Coca Cola | Orville Redenbacher |
| ConAgra | Pasta-Roni |
| Delicious Brand Cookies | Pepperidge Farms |
| Duncan Hines | Pepsi |
| Famous Amos | Pillsbury |
| Frito Lay | Pop Secret |
| General Mills | Post Cereals |
| Green Giant | Power Bar Brand |
| Healthy Choice | Prego Pasta Sauce |
| Heinz | Pringles |
| Hellmans | Procter and Gamble |
| Hershey's Nestle | Quaker |
| Holsum | Ragu Sauce |
| Hormel | Rice-A-Roni |
| Hungry Jack | Smart Ones |
| Hunts | Stouffers |
| Interstate Bakeries | Sweppes |
| Jiffy | Tombstone Pizza |
| KC Masterpiece | Totinos |
| Keebler/Flowers Industries | Uncle Ben's |
| Kelloggs | Unilever |
| Kid Cuisine | V8 |

Benetton

Kid Cuisine

Knorr

Kool-Aid

Kraft/Phillip Morris

Chrysler

V8

If you wish to print, simply click on the list and choose "Print" from your browser's menu (or press CTRL+P/CMD+P).

[Original list from the Ascending Star Seed blog](#)

New! Want Updates on GMO-Free Products?

Fractured Paradigm is starting a series designed to help you and your family avoid GMOs, including useful lists of certified GMO-free products. To receive automatic updates of these posts, please subscribe! *Your email will always be kept private and you will not be sent any ads. We're just trying to spread the word. :)*

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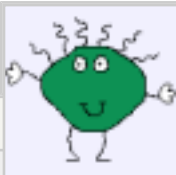
[Monsanto's Dirty Dozen: The 12 Most Awful Products Made By Monsanto](#)



[The Grocery Store Blacklist: 12 Food Companies to Avoid \(and 95 Sneaky Aliases\)](#)

Zemanta

Tags: [Genetically Modified Organisms, GMOs, Monsanto, Monsanto Companies, Monsanto Protection Act](#)



About Fractured Paradigm

262 Comments

Personal LoanHomesHomingOf CompaniesThe Companies

1.

[Reply](#)



erinhorakova

Posted May 29, 2013 at 10:24 AM

Is there a good UK/international list anywhere? Many companies have very different recipes and supply chains in the various countries in which they operate, and the

companies may in fact share a brand name but be almost entirely independently run. Given this, it's hard to know what of this list is applicable outside of the US. It might be helpful to label whether or not this list is indeed US-based?

2.

[Reply](#)



Steve Marsel

Posted May 29, 2013 at 6:04 AM

The person who set this page up is a complete asshole! With bait like "here's a simple printable list" and "If you wish to print, simply click on the list and choose "Print" from your browser's menu (or press CTRL+P/CMD+P) -. It proceeds to print EVERY COMMENT and no list. I stopped it aft 7 or 8 pages! Moron! You piss on yourself and make the cause seem like a joke!

o

[Reply](#)



Patty

Posted May 29, 2013 at 7:29 AM

Wow, insanely nasty. Anger management much?

3.

[Reply](#)



Cathy

Posted May 29, 2013 at 3:30 AM

must be nice to have someone else bring home the bacon

4.

[Reply](#)



Cathy

Posted May 29, 2013 at 3:27 AM

Hungry Jack is a brand name of Instant Mashed Potatoes

5.

[Reply](#)



Cathy

Posted May 29, 2013 at 3:21 AM

isn't this pretty much every name brand? does that mean all generics and store brands are non GMO? maybe it would be better to put a list of companies that do NOT use GMOs instead.

o

[Reply](#)



Elena

Posted May 29, 2013 at 4:09 AM

Wish granted: <http://www.nongmoproject.org/find-non-gmo/search-participating-products/browse-products-by-brand/>

o

[Reply](#)



mahlah holden

Posted May 29, 2013 at 9:24 AM

Cathy, a good list of non GMO is at <http://www.undergroundhealth.com>

6.

[Reply](#)



Lindsay Hartwell

Posted May 29, 2013 at 2:32 AM

The person who created this graphic needs to fix a few things. 1. Schweppes is spelled wrong. 2. Mrs. Butterworths is spelled wrong. 3. Monsanto Companies should read Companies using Monsanto Crops. 4. Unilever needs to be expanded to show all it's subsidiaries that use Monsanto products. Ben and Jerry's does not, but is owned by Unilever. Do your homework guys. Don't depend on some arbitrary poorly thought out list.

o

[Reply](#)



Elliot Lord

Posted May 29, 2013 at 4:22 AM

Good points. It does need to look professional for it to be taken seriously.

7.

[Reply](#)



Elisa

Posted May 28, 2013 at 10:35 PM

There should be more to this list than just food products. If we are going to go up against Monsanto ti has to be to boycott ALL of their products. I know we would not buy Miracle Grow because it is owned by Scott's which in turn is Monsanto.

8.

[Reply](#)



Shantell

Posted May 28, 2013 at 10:01 PM

If anyone is interested in planting a garden I recommend you to watch this film: backtoedenfilm.com it is a must see! Good luck 😊

9.

[Reply](#)



R J

Posted May 28, 2013 at 8:01 PM

so here is my question: what happened to all the anti monopoly laws that were implemented in the 1930's – the same laws used to break up Ma Bell. why arent they being looked at to stop monsanto

o

[Reply](#)



T HLe

Posted May 29, 2013 at 8:55 AM

Monsanto have people working in the government. Clarence Thomas and Hillary

Clinton use to work for Monsanto. FDA officials are former Monsanto employees.

10.

[Reply](#)



[yosef](#)

Posted May 28, 2013 at 10:48 AM

Do you know about products outside the US? I live and Israel, UNI-Lever is huge here.

11.

[Reply](#)



[Ana](#)

Posted May 28, 2013 at 7:40 AM

THE CATCH IS WHEN MORE PEOPLE BUY ORGANIC IT GETS CHEAPER after time !!! LIKE NON ORGANIC is NOW!! IT IS CHEAP BECAUSE MANY BUY, ORGANIC IS EXPENSIVE BECAUSE NOT MANY PEOPLE BUY. Basic law of economy system. So when majority buy organic it will be cheap, the system is after all shaped by OUR DEMANDS. DEMAND GREEN!!

o

[Reply](#)



[Cliff](#)

Posted May 28, 2013 at 9:03 AM

So how's that philosophy working out with gasoline?

■

[Reply](#)



[Elliot Lord](#)

Posted May 29, 2013 at 4:25 AM

That's a whole different area. Oil is a finite resource so it depends on how much is available (and the fact that it's going into decline). Food is an infinite resource and depends on supply and demand only.

■

[Reply](#)



T HLe

Posted May 29, 2013 at 9:00 AM

Gasoline is dictated by direct manipulation of the oil companies. During the summer, companies set the price of fuel for the winter. If they want to increase their profit margin, oil companies will slow down production at their refineries to make less gas, decreasing the supply and raising the price.

o

[Reply](#)



Jon

Posted May 28, 2013 at 1:56 PM

Haven't heard of this law. I have heard of the law of supply and demand though... maybe look that one up

o

[Reply](#)



marcos ortega

Posted May 29, 2013 at 12:30 AM

Hey Ana, as demand goes up the supply generally goes down. So guess what happens to price.

12.

[Reply](#)



Christina

Posted May 27, 2013 at 10:13 PM

Can I just clarify some of the spellings, I'm in Australia and want to make sure they are the same companies we have?

Sweppes – is that Schweppes, soft drink competition to Coca Cola, or a completely different company?

Hungry Jack – I presume that's Hungry Jacks...Australian version of Burger King?

And thanks for the list!

o

[Reply](#)



Christina

Posted May 27, 2013 at 10:17 PM

Just noticed that Burger King ISN'T on the list, so maybe I just answered my own question!

■

[Reply](#)



Lana

Posted May 28, 2013 at 5:13 PM

There aren't any restaurants on this list, just Brand names of food products.

o

[Reply](#)



cp

Posted May 28, 2013 at 9:46 AM

I am American, to clarify for you I believe they are speaking of Schweppes, the same company you are. Hungry Jack is not a fast food restaurant in America, it is a brand of pancake mix sold in grocery stores. Not the same thing.

13.

[Reply](#)



jhale821

Posted May 27, 2013 at 8:07 PM

does anyone know of any good apps that determine whether or not a product contains GMOs or is produced by a company that uses GMOs or supports Monsanto?

o

[Reply](#)



karkarkar

Posted May 27, 2013 at 9:58 PM

if you have a smart phone, the Buycott app lets you scan barcodes on food items and tells you if they are directly or indirectly tied to Monsanto or Koch Brothers!

o

[Reply](#)



Mary

Posted May 28, 2013 at 3:44 PM

I use one called Fooducate. You can set it to alert you to GMO foods when you scan.

o

[Reply](#)



Wolfgang

Posted May 29, 2013 at 4:14 AM

oh, I love europe, everything is free of GMO

■

[Reply](#)



Elliot Lord

Posted May 29, 2013 at 4:26 AM

Absolutely nowhere near. It is only banned in a few countries but you can still buy other products from companies on this list. GMOs are completely legal in the UK for instance. As well as about 40 other countries.

14.

[Reply](#)



Ranauld Hooper

Posted May 27, 2013 at 5:29 PM

I tried to subscribe for your safe food list, but it won't work!
I'm trying to find safe foods in Canada

o

[Reply](#)



Fractured Paradigm

Posted May 27, 2013 at 6:23 PM

Hi Ranald, we'll make sure you're added manually. 😊

o

[Reply](#)



Elizabeth

Posted May 27, 2013 at 9:48 PM

I think this article has been hacked, I can't access it, tried several ways.

<http://fracturedparadigm.com/2013/04/15/monsantos-dirty-dozen-the-12-most-awful-products-made-by-monsanto/>

■

[Reply](#)



Fractured Paradigm

Posted May 27, 2013 at 11:01 PM

No, nothing's been hacked – we're just inundated with traffic right now. You may need to refresh it a few times or try again after a few minutes. It's a busy night for us. 😊

15.

[Reply](#)



lobienie

Posted May 26, 2013 at 9:16 PM

I do believe in buying GMO free and organic when possible, but realistically, this is not financially realistic for many Americans. If you have kids and live on a limited income, it would be very difficult to go around town purchasing items that are not on the above list. I know growing up we had an organic garden and I think that is what we should be encouraging people to do. Encourage communities to plant gardens, grow their own

food, and do as much as they can on their own. To me this is a more positive and realistic way of dealing with this issue because at the end of the day that list is way too comprehensive for most people to avoid. Also, I am in no way a paid commentator, I am just sharing what I have seen. I am left leaning myself, but I have noticed many progressive types are ones with income and money at their disposal to make several trips to specialty stores to buy special products. A lot of people cannot even afford to have the Internet at home, so they do not have access to this kind of information. Why not go to local schools and make presentations, and people who can afford to do so donate GMO free food to their local food pantries.

o

[Reply](#)



[Freedumb Gonzales](#)

Posted May 27, 2013 at 11:03 AM

what are you talking about? i make 2,000 a month and rent is 789.00 then i have normal bills as everyone else and and stay at home mother with a 7 month old that also gets all organics! we are able to eat all organics and yes sometimes we eat rice and beans for a few days but none the less all Organics. don't say its too expensive, that's a bunch of bull shit excuses!!

■

[Reply](#)



[Steven Sylvia](#)

Posted May 27, 2013 at 6:55 PM

Are you kidding me. What about people who are going to college and are having difficulty even getting jobs. Right now my girlfriend and I are both in school getting close to no financial aid. Having more then a part time job is difficult to even get with school schedules. We make less than \$700 a month(both working), If you consider that it is complete bullshit that that people have less income than \$2000 than you need to open your eyes. I am lucky enough that I have parents that can occasionally feed me a nice dinner.

■

[Reply](#)



[Kate Rose-Angel Morris](#)

Posted May 28, 2013 at 5:53 PM

Pretty cool you're doing it without student loans! More power to

you. (:

[Reply](#)



[Swift Healing](#)

Posted May 28, 2013 at 9:43 PM

Jeez be a little kinder, huh. Organic everything is much more expensive. Just add it up next to the non organic. In terms of the companies on the list; most of them produce crap. If you buy fresh foods even non organic you can avoid the crap. Eating whole foods and not processed stuff is the way to go and to avoid most if not all of the companies on the list. Very simple.

[Reply](#)



[Nate](#)

Posted May 29, 2013 at 12:46 AM

it all depends on what is more important to you, the health and well being of your family or commercial consumerism and social consumerism

[Reply](#)



[razzberryswirl](#)

Posted May 29, 2013 at 2:30 AM

Gonzales, your stance is awfully judgmental. Just because you are in a position to make it work, doesn't mean others are. I have 4 teenagers and have tried to buy organic with as much food as they eat, it cost me over \$1000 a month. So we pick and choose mostly fruit and veggies to buy organic. You should try being a little more tolerant of other people's circumstances and help find a solution instead.

[Reply](#)



Sheryl

Posted May 27, 2013 at 4:54 PM

It is expensive. Fact. Organic food costs more than non-organic food in the grocery store and the food co-ops. What needs to happen is we need to do everything we can to ban GMOs and level the playing field. I just love how Michelle Obama runs her mouth about eating health and obese America, while her husband signs bills protecting Monsanto's use of GMOs, which have been PROVEN harmful to the body. Wake up sheeple, and smell the genetically modified coffee.

o

[Reply](#)



LEA

Posted May 27, 2013 at 6:09 PM

you're right : the real solution for everyone is to plant organic gardens.

o

[Reply](#)



katie

Posted May 27, 2013 at 7:25 PM

We have restructured our shopping/eating habits many times over the years. We started by going organic with our dairy, then we got really intense and went organic/free-range/grass-fed everything. But as a family of five on one income, that just wasn't sustainable for us. So we slid back into old shopping habits in order to balance our budget, but didn't feel very good about it. FINALLY we have come to realize that it is fairly simple to avoid these "do not eat" foods if we switched to a diet that just doesn't have processed foods at all 😊 Now we just eat SUPER veggie-heavy, with some fruits, nuts and lean animal proteins mixed in and we feel a lot better about what we are putting in our bodies AND are able to balance the budget! I guess what I am saying is – we found a way to do it on a budget! And it only took us seven years of trial and error! haha

o

[Reply](#)



SheilaR

Posted May 28, 2013 at 1:25 PM

It may not be so hard. Great Value and other off brands are not on the list and carry generic products like a lot of these for less price. We need more information to find out if they also contain them. But it's just as simple to buy the off-brand oatmeal as Quaker, & if you have the list with you when you go to the store, it's easy to pick up a different ketchup or peanut butter instead of Heinz, Hunts, or Jiffy. I try to eat healthy so I don't buy most of these foods anyway. I really see only one thing on the list that's a regular part of my diet, & I don't mind cutting it because it's too high in sodium anyway. I can't afford an organic diet, but I can cut these brands without a problem.

16.

[Reply](#)



ron neisler

Posted May 26, 2013 at 8:12 PM

Many of the people who protest and boycott Monsanto and their products will still go out and vote for the idiots in congress that fill their re-election coffers with Monsanto contributions. When are you going to realize that companies like Monsanto are not the problem. The people you keep electing to congress are.

o

[Reply](#)



frank e. burdett

Posted May 27, 2013 at 4:36 AM

What do YOU intend to DO about the problem? Run for election?

o

[Reply](#)



Sheryl

Posted May 27, 2013 at 5:01 PM

Companies like Monsanto are the problem, along with the government. Why? Because they sell themselves to the highest bidder. The wealthiest 1% of this nation owns it and runs it. They don't care about people, they care about their bank accounts. They own the politicians, the banks, the corporations .. VOTING is pointless. The wealthiest 1% owns the government, and it doesn't matter who you vote for, because they own both parties. How do you change what you don't like in America today. Stop purchasing products from these people. Money is all they understand. They lose enough money, they'll change their tune. Go plant a garden. Live in apartment? Campaign in your city for community gardens. Buy

only organic. Buy from farmer's markets, whole/organic food co-ops, and from the certified organic section of your supermarket. You won't make a difference in the voting booth, but you will make a difference if you put your money where your mouth is.

[Reply](#)



Ken Guntar

Posted May 28, 2013 at 10:17 PM

The USA has the best politicians that money can buy!!

17.

[Reply](#)



Marlene S Elias

Posted May 26, 2013 at 2:46 PM

What can you do? Write letters. Get your friends to write letters, but don't just mail xeroxed copies. I've had radio commercials pulled because they were offensive. Consider this: If 5,000 people write letters saying that they don't want Monsanto products, the company will pay attention. If 500,000 people write – you can bet that the company will see profits walking away.

18.

[Reply](#)



Skyman

Posted May 26, 2013 at 4:31 AM

If Pepsi is on there, better add Starbucks due to the North American Coffee Partnership

19.

[Reply](#)



Linda B

Posted May 25, 2013 at 4:36 PM

Recommend reading "The China Study", and watch the DVD's "Hungry for Change" and "Dying to Have Known". This information will make it much easier to move to a whole plant foods diet (organic where possible)...and for those on limited budgets, grow

sprouts in your kitchen and participate in a community garden.

o

[Reply](#)



frank e. burdett

Posted May 27, 2013 at 4:40 AM

AGREE about reading “The China Study”... A program on that book should be made for TV, whatever, but get it out there

20.

[Reply](#)



[Krystal M.](#)

Posted May 24, 2013 at 10:40 AM

Hey I'll be handing out mini-flyers of this at the March Against Monsanto in NYC tomorrow, js.

o

[Reply](#)



Fractured Paradigm

Posted May 24, 2013 at 11:46 AM

Awesome, that's great to hear! 😊

21.

[Reply](#)



[Robert Lessard](#)

Posted May 22, 2013 at 10:26 PM

The problem here is Monsanto and their direct partners! No argument there! However, when I look at the list, I find it to be an absurdly “broad-brush” approach. For example, Lipton produces myriad products, many of which contain not one iota of Monsanto-based ingredients. Are green teas and other teas on the list of offensive products? Do Kraft's many cheeses or jams contain these ingredients? Ergo, damning the entire Company for what could be one offensive product (perhaps

with but a trace element ... or perhaps 100%) of 100 total products is, quite frankly, hogwash.

The products must be listed (and to what degree that they are potentially harmful) ... not just the companies! Otherwise, it's little more than a fanatical and unfocused witch-hunt! Consider the following.

Extend the current movement's approach and illogical focus to all "possible" sources ... and every grocery store, veggie stand, meat market, restaurant, diner, boutique and bakery would have to be boycotted!

Focus and responsibility are essential, otherwise proponents of Monsanto will eat you for dinner!

o

[Reply](#)



Fractured Paradigm

Posted May 23, 2013 at 10:30 AM

I understand what you're saying, but even if you buy products from these companies that don't contain Monsanto products, you're still supporting that company and Monsanto by extension. A boycott generally is a broad-brush approach because it doesn't a helluva lot of impact otherwise.

o

[Reply](#)



rATH

Posted May 25, 2013 at 5:08 PM

They should know better than to sell poison foods in the first place

■

[Reply](#)



Tee

Posted May 26, 2013 at 10:24 AM

they should know better but they dont care it all about money

o

[Reply](#)



Kathy

Posted May 26, 2013 at 12:04 AM

Agree that a corporation in its entirety can produce and sell products tainted by Monsanto GMOs and also non-GMO products. Kellogg is a good example- they own Kashi which sells non-GMO organic cereal and they also sell products that contain GMOs. However, Kellogg also donated tens of thousands of dollars to defeat Proposition 37- the CA initiative to label GMOs-so I will not buy Kashi cereal because supporting Kellogg is helping Monsanto to destroy the ability of a seed to reproduce and it is helping Monsanto to sue family owned small farms. Monsanto is destroying our future.

[Reply](#)



trea

Posted May 28, 2013 at 5:51 PM

Yet if you buy their non-GM products while boycotting their GM products it sends them the message that you Will support them if they have non-GMs and they can then expand the lines without GMs. Large corps buy up small ones, that is a fact of life. It will never stop. People who start a business want that business to succeed. Often the owners are only able to do this by letting go of their “baby”. The large corps have the clout to source more raw materials, at lower prices, than these small companies. If the company wants to grow they often must partner with the large corps.

[Reply](#)



tylerf fenix

Posted May 26, 2013 at 8:20 AM

I agree with this. Don't give me a list of what NOT to buy because it may be part of an entire conspiracy. I'm in...but I need a list of those products which ARE free from Monsanto's ever growing world domination. I want to know what I CAN do. This list is too all inclusive for me to believe completely without a PHD type of research paper attached. I want the good news. There is always good news and choices. Lets strengthen the companies that are CHOOSING not to include The Monsanto Devil that has been created, that way we can effect change through allowing them to make monies to lobby against it.

[Reply](#)



Fractured Paradigm

Posted May 26, 2013 at 10:15 AM

We actually have both. 😊 This is pretty handy as a printout as the other lists are quite extensive, but we're running a series on foods that are certified GMO free. The first few installments are up here and we'll be adding more within the next couple of days:

<http://fracturedparadigm.com/category/health/eating-gmo-free/>

We also send these out by e-mail, so if you want to sign up for our list, you'll get a heads up when we post new ones.

[Reply](#)



Cochran

Posted May 27, 2013 at 2:29 AM

Good ideas.

[Reply](#)



frank e. burdett

Posted May 27, 2013 at 4:45 AM

The List is merely a WARNING and it is up to the individual to make their OWN choice towards being responsible towards their own health! READ the SMALL print on a product.... why are these so small anyway and almost impossible to be read by the elderly..... hiding something that is why...all in the name of GREED and PROFIT!

[Reply](#)



[Bruce Boon](#)

Posted May 28, 2013 at 10:47 PM

Thank you for an alternate thought and generous encouragement for us NOT to go absolutely wild boycotting grocery store foodstuffs. Need to be very specific with our protests or risk price spikes.

22.

[Reply](#)



Marti

Posted May 15, 2013 at 7:15 PM

Hmmm...looks like we have a lot of professional debunkers among the hoards of commenters on this site. People please be aware that there are paid professionals who make credible sounding arguments/comments in order to plant seeds of doubt among the ranks. I personally know someone who got paid to do this sort of work. He was reluctant to admit what he did for a living, but ultimately he quit because he said it made him feel dirty.

o

[Reply](#)



Fractured Paradigm

Posted May 15, 2013 at 9:59 PM

Thank you very much for posting this.

o

[Reply](#)



Blarg

Posted May 19, 2013 at 6:35 PM

OR they may also be normal people debunking.

23.

[Reply](#)



sojoiey

Posted April 10, 2013 at 10:18 AM

This list is brainless. It includes companies and brands without distinctions, while some of these brands belong to companies.

To make it short : this list called "Monsanto companies" aren't companies, and aren't possessed by Monsanto.

Moreover, I'm sure a lot of local farmers/bio brands are using brands and products for their production that uses Monsanto products, sustaining in this way Monsanto companies.

In the end, boycott call are just useless and stupid, especially when they are done on such silly basis only made to generates clicks and advertisement revenues (by the way, i see ads here from at least one company on this list – consistency please...)

o

[Reply](#)



Aaron Blenkush

Posted April 10, 2013 at 10:34 AM

Usually ads like the ones you see are targeted to you, based on your search patterns and preferences, or if it can't determine that, it will just show ads based on the content of the page.

I for one see ads for "Whole Foods Market" and "Solar panels for your home".

o

[Reply](#)



Janis Vehi

Posted April 27, 2013 at 4:40 PM

Janis Vehi, "you're right", the list includes companies and brands without distinction, and it may unfairly affect some farmers, who have no interest, in the current debate. BUT, I want to know if GMO foods and crops, are part of the ingredients list, — I'm not even necessarily against GMO's, we all come from the same DNA, on almost every level on this planet, since time immemorial it seems, even God, used the same chemistry as the rest of the universe,, but, I'd like to know, and have the option to decide for myself, what I'm eating. I like food, and eating, has an interesting aspect about it, but in a democratic society, we'd like to know what we're opting for. Some of us have allergies., politics aside.

■

[Reply](#)



Pasternak

Posted May 14, 2013 at 11:52 PM

IF IF IF GMOs were safe, why would Monsanto have lobbied for

protection against lawsuit?

IF IF IF Monsanto's products were desirable, why would they need to bribe politicians to promote their goods for them, the goods would promote themselves.

MONsanto's GMOs. Why their JUST like the pernicious vaccine industry whose makers also lobbied for (and gained) lawsuit immunity, Why? Because their products ARE harmful,.. Why else the need for government mandated protection from litigation?

Ask yourself.

[Reply](#)



Sarah

Posted May 25, 2013 at 5:58 PM

Could it be that they need some level of protection from a sue happy society. That is filled wit people who would prefer to blame anyone but themselves for every problem under the sun.

[Reply](#)



Pasternak

Posted May 14, 2013 at 11:46 PM

So sorry sojoiey, you're very wrong.

Any company that uses any Monsanto products or ingredients needs to be boycotted, until the message is delivered intact, that Americans will fight for our right to choose our foods, to know what is in them, and to sue when the need arises. Monsanto is going to go down, just like the Third Reich did. They thought they were indomitable too.

24.

[Reply](#)



Matt

Posted April 9, 2013 at 6:04 PM

Anything that contains GMOs can't be labelled as 100% organic in the United States.

[Reply](#)



Kate Peterson

Posted May 25, 2013 at 4:28 PM

actually yes it can.....they use 100% organic to begin with, but then they thru processing or added ingredients it is no longer organic (but their claim is correct, using grapes as example, they used organic grapes) making their 'claim' correct. You can only trust the label that reads CERTIFIED ORGANIC. Something everyone needs to remember.

25.

[Reply](#)



Matt

Posted April 9, 2013 at 5:57 PM

What company is Jiffy?

o

[Reply](#)



Fractured Paradigm

Posted April 9, 2013 at 6:53 PM

Jiffy makes cornbread mixes and things of that nature.

■

[Reply](#)



Mike

Posted April 18, 2013 at 12:56 PM

Peanut butter. Buy groceries much?

■

[Reply](#)



Fractured Paradigm

Posted April 18, 2013 at 2:06 PM

Yup. 😊 And Jiff makes peanut butter – Jiffy makes cornbread mix.



Mary

Posted May 26, 2013 at 9:57 AM

so Smuckers should be on this list? They make Jiff peanut butter.

[Reply](#)



Larry Davis

Posted April 26, 2013 at 12:02 PM

Yeah, Jiff-pnut butter; Jiffy- cornbread mix. Reply much?

26.

[Reply](#)



Roberto D. Torres

Posted April 9, 2013 at 2:51 PM

It would be more powerfull to present this companies in a vido on youtube but presenting their brand logos and what exactly they are using from Monsanto.

27.

[Reply](#)



Jen

Posted April 9, 2013 at 10:59 AM

+1(000,000,000)

28.

[Reply](#)



Jen

Posted April 9, 2013 at 10:49 AM

Agreed, RJ!

29.

[Reply](#)



Eyal K.

Posted April 8, 2013 at 10:55 AM

It would be even better if you can recompile this list with alternatives to each product category.

o

[Reply](#)



Fractured Paradigm

Posted April 8, 2013 at 7:16 PM

That's a good idea, I'll see what we can do.

■

[Reply](#)



Jason

Posted April 8, 2013 at 8:17 PM

<http://worldtruth.tv/usda-forces-whole-foods-to-accept-monsanto/>

■

[Reply](#)



matt

Posted April 9, 2013 at 12:13 AM

<http://www.wholefoodsmarket.com/blog/whole-story/gmomonsanto-buyout-rumors-untrue>

■

[Reply](#)



LorriAnn

Posted April 9, 2013 at 12:58 PM

I agree with Eyal K. It would be more helpful to have a list of companies and products to choose! Thanks!

[Reply](#)



Fractured Paradigm

Posted April 9, 2013 at 7:40 PM

We looked into creating a list and were pretty overwhelmed by the amount of information. We're running a series that give people a lot of alternatives though, so you can check that out here if you're interested (it will be updated periodically):

<http://fracturedparadigm.com/category/eating-gmo-free/>



Lila Wilson

Posted April 10, 2013 at 12:40 PM

Try the non GMO product compilation: <http://www.nongmoproject.org/find-non-gmo/search-participating-products/>

[Reply](#)



Another James

Posted April 13, 2013 at 7:47 PM

I think the best idea would be to make this a phone app, or small-screen friendly by changing the sort order from alphabetic to category, eg: cereal, produce, etc. Also change to buy instead of don't-buy, and force updates as they capitulate. This is too complicated for a simple paper list that doesn't make you look like a restocking rep. You can't fight jets with spears. We have to be just as high-tech as they are.

[Reply](#)



Fractured Paradigm

Posted April 9, 2013 at 7:36 PM

We took a look at your suggestion and were pretty overwhelmed by the amount of information such a list would need to include (especially when you consider brands like General Mills that produce such a wide range of products). We are running a pretty lengthy series on GMO-free products though, which will give people a lot of alternatives. You can take a look here:

<http://fracturedparadigm.com/category/eating-gmo-free/>

30.

[Reply](#)



Sherry

Posted April 7, 2013 at 10:03 PM

I have just read "Fat Chance" by Dr. Robert H. Lustig It should be required reading in High school. If anyone out there can get it through your local library PLEASE DO. Also I read Wheat Belly by Dr William Davis. I am a celiac and most of the foods listed I can't have as of 3 years ago. There is so much more to the Monsanto "foods" that we are learning about daily. It is a shame that this country puts \$\$ before the health of its people. But we can research and read to be more informed. The books above are an eye opener. Thanks for the blog.

31.

[Reply](#)



Priscilla Cobb

Posted April 7, 2013 at 9:09 PM

Apparently Snopes has declared that Monsanto does not own these companies. Perhaps someone compiled this list of companies who use GMO soy and corn?

[Reply](#)



Contessa

Posted April 7, 2013 at 10:04 PM

Monsanto does not need to "Own" the companies.. They OWN The SEED that

these companies use that are Genetically Modified.

o

[Reply](#)



Fractured Paradigm

Posted April 8, 2013 at 12:11 AM

No, this is not a list of Monsanto-owned companies, simply companies that use Monsanto's products (just as bad as far as we're concerned).

FYI, to anyone who's not aware, Snopes consists of a couple out in California who sit around Googling stuff and then post their conclusions. They're not professional investigators or specialists of any kind. :/ We highly recommend people do their own research when looking for more information on a topic, but that's just us.

■

[Reply](#)



Jen

Posted April 9, 2013 at 10:45 AM

Erm... I appreciate the list, but you should probably revise your position on the good people of Snopes, who have been lauded by several major fact-checking (both those with liberal and conservative biases) resources and experts.

Saying things like this just make the information you're trying to pass on look like it's coming from a disreputable source.

■

[Reply](#)



Fractured Paradigm

Posted April 9, 2013 at 2:41 PM

We don't see any problem with encouraging people to do their own research as opposed to simply taking the word of someone else. It's the same concept as encouraging people to stop believing everything that comes off the 24 hour news stations. Snopes is not the final authority on everything, and that's not a position we're willing to "revise".

o

[Reply](#)



James

Posted April 9, 2013 at 5:34 AM

Did you read the article introduction? It says COMPANIES THAT USE Monsanto products. Goodness sakes! Are you a shill?

32.

[Reply](#)



jaye

Posted April 7, 2013 at 7:09 PM

become resistant
if you live in

Sorry for the typos.

33.

[Reply](#)



jaye

Posted April 7, 2013 at 7:05 PM

I did research on Monsanto and Other Gmo companies and their main purpose (cash cow feature) is to produce bug repelling crops so farmers wont have to spray and pay more for the chemicals. But since bugs are around year-round in tropical areas i.e. south of Tampa, GMOs can't be grown there because the bugs will eventually become resistant and render the product (GMO) useless. So try to buy from local farmers if you live in such an area or companies whose food products are produced in the area. Source: monsanto. I called and asked about terminator seeds, a representative called me back and gave me the info since i asked if they sold gmo seeds in my area (south fl).

34.

[Reply](#)



azriel

Posted April 6, 2013 at 10:05 PM

If your produce is lasting weeks it's probably irradiated. Produce does not naturally last

that long after purchase unless it's been hit by a ton of radiation before storage.

35.

[Reply](#)



Derpa DuDerpa

Posted April 6, 2013 at 2:54 PM

So basically I'm never supposed to eat food again? Because this is everything at the grocery store. Great work guys!

o

[Reply](#)



Lariokie

Posted April 7, 2013 at 3:31 PM

No, eat up! Eat all you want. Just don't expect to last too long.

o

[Reply](#)



Janis

Posted April 8, 2013 at 10:22 AM

You could try eating vegetables and food from farmers in your area... most of those brands produce processed crap anyways.

o

[Reply](#)



James

Posted April 9, 2013 at 5:40 AM

There are great alternatives at health food stores or even the organic section of most major food retailers but this will require a little bit of work but if you care to stop the current trend it's worth the effort. Also using less processed foods in general will reduce their use.

o

[Reply](#)



Sdingo

Posted April 9, 2013 at 10:50 PM

The list does include the vast majority of premade and/or highly processed food available at the grocery store. There's a pretty simple way around that – buy whole foods and cook from scratch. People managed to eat for thousands of years before Lean Cuisine, Coca-cola, and Nabisco came along.

o

[Reply](#)



JP

Posted April 11, 2013 at 4:23 PM

that's funny- I was thinking "good, there is nothing on this list that I eat anyway"

■

[Reply](#)



Canadian

Posted May 25, 2013 at 3:22 AM

Exactly, same thing here. I already eat about 90% organic and have been vegan since 1999. Nothing on this list appeals to me. GMO or no GMO, this list is made up of a lot of crap "foods". Derpa, start eating better! lol

o

[Reply](#)



Tamara

Posted May 25, 2013 at 12:30 PM

You could grow some of the veges and herbs yourself and lessen the chance of eating GMO or pesticide ridden food... maybe set up an indoor hydroponic or aquaponic system.

Many people have said food they grew themselves tasted far better than store-bought. I plan on setting up a aquaponics system in the future myself.

[Reply](#)



Gabriel BG

Posted April 6, 2013 at 11:14 AM

Hi, can someone post a source about that please? I'm sure that this list is real, but I need to confirm. Thanks In Advance

[Reply](#)



Steven Peters

Posted April 6, 2013 at 12:50 PM

This is what Monsanto sells – <https://www.facebook.com/photo.php?fbid=10152320469200727&set=t.530900726&type=3&theater>

[Reply](#)



Jennifer

Posted April 6, 2013 at 3:06 PM

This is a broken link. I would also like the source. Thanks!

[Reply](#)



WSmith

Posted April 10, 2013 at 4:37 PM

Didn't you see the source of the list? It's posted right up in the article. It's from a blog called "Ascending Star Seed" that claims to be a "A resource for Starseeds, Lightworkers and all others on the journey toward Ascension and building a New Earth!!"

This is such a huge problem for these sorts of causes. People blindly re-post stuff like this without taking a moment to even think about where it came from or if it was cut from whole cloth. There are no references, there is no accountability and it makes it simple for the opponents of these causes to shrug it off as being written by 'crackpots' and 'cranks'. When people in these comments asked for references, the reply from the authors was, "We thought about it, but it just turned out to be too hard, sorry!"

If you are a consumer and your goal is to eat less GMO food, just buy food from

companies that DELIBERATELY don't use GMO products! You want to help people to make the same choice? PROMOTE these foods and products. Making a seemingly random, unreferenced list of 'Monsanto' companies isn't really helping.

Maybe start here: <http://www.nongmoproject.org/>

37.

[Reply](#)



[Miss Lady Bug](#)

Posted April 6, 2013 at 3:33 AM

Organic is best! I have been looking at this list for quite a while. We need to be informed!
Miss Lady Bug

o

[Reply](#)



Jessica Jansen

Posted April 9, 2013 at 9:58 AM

So organic does not mean GMO free. Organic is just how it is raised.

38.

[Reply](#)



Nora

Posted April 5, 2013 at 10:17 AM

My question is- how do you know that cows aren't grazing on GMO crops? How do you know that you aren't receiving dairy products from those cows? Also, am I ever going to be able to eat at a restaurant again? Isn't it possible that GMOs could find their way into pretty much everything we eat?

o

[Reply](#)



Beth

Posted April 5, 2013 at 9:28 PM

If you want good beef, buy directly from the rancher. BTW beef cows don't graze on crops they graze on grass. Some will supplement the cows with grain before

butchering but it's easy to let the rancher know you want a plain old grass fed beef. There are ways to avoid GMOs on everything... talk to your local farmer or rancher.

■

[Reply](#)



Heath

Posted April 6, 2013 at 11:15 AM

You do realize that in many parts of the country, people don't have a "local farmer or rancher" right?

■

[Reply](#)



[Steven Peters](#)

Posted April 6, 2013 at 12:52 PM

You can find your local Farmers Market here: <http://naturalrevolution.org/farmers-markets/>

Put in your city or zip code to find your local market.

■

[Reply](#)



Lariokie

Posted April 7, 2013 at 3:36 PM

"BTW beef cows don't graze on crops they graze on grass." Only if they are organic beef and are grass fed. Most beef is feedlot beef and they are fed basically tons of GMO grains (corn, soybean meal, and sorgum grains). In most parts of the country beef cattle graze on wheat pasture, which can be GMO wheat. The only safe way to know if beef is grass fed is to make sure it is local and organic.

○

[Reply](#)



Carol

Posted April 10, 2013 at 11:44 AM

I purchase my milk raw from a local farm where I know the cows are grass fed. I also by grass fed beef from a local farmer and pasture raised chickens

39.

[Reply](#)



The Truth

Posted April 5, 2013 at 4:27 AM

trader GMOs is definitely BSing saying none of their products contain GMOs. tons of their products do. a while back i got some coconut ice cream from there and it contains maltodextrin, a GM ingredient. they are big on soy there which is all genetically engineered unless 100% organic or specifically stated as non GMO.

none of these places are really “health” stores

o

[Reply](#)



Claire

Posted April 7, 2013 at 2:52 PM

Maltodextrin is a food additive, and it is not a Genetically Modified Organism. Clearly you don't understand the meaning of this term you are using.

■

[Reply](#)



CN

Posted April 8, 2013 at 10:24 PM

Most maltodextrin is derived from corn, so it's most likely a GMO product

40.

[Reply](#)



Kate

Posted April 4, 2013 at 10:02 PM

Thanks Cari couldn't have said it any better. Not all people on food stamps don't pay taxes. That's ludicrous to even say that.

41.

[Reply](#)



Michael

Posted April 4, 2013 at 9:00 PM

Dammit! I love eating these foods!

42.

[Reply](#)



Raquel

Posted April 4, 2013 at 7:13 PM

@Chris. I recently started going back to health food stores for all my groceries, because I was disgusted with the quality of food I was getting at Giant. The produce was going bad with in a few days and the recently started injecting the chicken with water. I am finding I spend about the same amount, maybe a little more. However, My produce is lasting for weeks! So I'm not throwing anything out which means I'm actually saving money. I feel a lot better about where my money is going too.

43.

[Reply](#)



Rosa

Posted April 4, 2013 at 6:23 PM

Thank you 😊

44.

[Reply](#)



Rosa

Posted April 4, 2013 at 6:06 PM

Genetic Modified Organisms

45.

[Reply](#)



RJ

Posted April 4, 2013 at 3:47 PM

This list has been circling the internet for several years, now. While I'm not in any way defending Monsanto or any individual company, I find the list suspicious. Just off the top of my head, Quaker is already on record saying that it doesn't use GMO product; Hershey and Nestle are 2 different companies; and all the misspellings of various product/company names. Doesn't inspire credibility.

46.

[Reply](#)



jtt

Posted April 4, 2013 at 3:06 PM

Am I the only one disturbed by Sarah's admission that her family has been on food stamps for YEARS? Why? If you're eating low on the food chain and only homemade, nutritious stuff, why do you still need taxpayer subsidies?

o

[Reply](#)



Sarah

Posted April 4, 2013 at 3:14 PM

I find it odd that you think it disturbing. As a family of 3 with an income of about 1200 a month, even eating as home made as we do it is impossible to feed ourselves on 40 a month which is about what we have left after rent and bills. We are tax payers too, not everyone on food stamps is as lazy as you seem to think they are. The economy sucks, especially where we are. Open your eyes.

■

[Reply](#)



Deborah Fields

Posted April 4, 2013 at 3:53 PM

Sarah, if your family income is only \$1200/month you do NOT pay ANY federal income taxes at ALL, and that is where food stamps are funded. Sales taxes and FICA don't count. Sorry but it angers me when the 47% whines how they pay taxes too, but in reality, 100% of their governmental

assistance comes from the 53% of us that pay FEDERAL INCOME TAX. And if it irritates you that some believe those on government assistance are lazy, start lobbying to get those who ARE lazy off their butts, because THEY are the ones who give it a bad name. And they DO exist, whether you like it or not.

[Reply](#)



Carri

Posted April 4, 2013 at 4:53 PM

Deborah Fields – You sound like you’ve been listening to too much Fox News or Rush, etc., which regularly demonize the poor and justify the concentration of wealth at the top. THose who live in poverty don’t make enough money to pay taxes! Would you feel better if they did pay, and not have enough income left to clothe their kids or pay the housing, power and fuel bills? And it is NOT Sarah’s job to become a vigilante and get lazy people off their butts. (Sounds like the right job for you, though!) Until you’ve been in Sarah’s shoes, I’d suggest you not comment.



bill

Posted April 8, 2013 at 8:58 PM

Deborah may listen to Fox News or listen to Rush, but that does not make her statement any less true.



Jen

Posted April 9, 2013 at 10:52 AM

No, Bill, what makes her statement “less true” is that — factually — it is less true. -laugh-

[Reply](#)



Roberta Bebko

Posted April 5, 2013 at 2:49 PM

The rich want the middle class and poor to fight amongst themselves and blame each other. It takes the spotlight off of them and we forget how they shafted this country under the name of Corporatism and big banks. We should be more understanding of each others plights and insist that the government that we pay to do their jobs actually starts working to help the ones who pay the bills.

■



Tamara

Posted May 25, 2013 at 12:47 PM

You're right. The elites are the ones manipulating everything and they LOVE conflict for the reason you stated.

■

[Reply](#)



brad

Posted April 6, 2013 at 7:08 PM

none of your federal income tax gose to goverment funded assistance programes by the way it gose to paying off your federal defficet just so you know.

■



Jen

Posted April 9, 2013 at 10:54 AM

Holy crap, Brad!

gose = goes
programes = programs
defficet = deficit

JUST SO YOU KNOW.



Tamara

Posted May 25, 2013 at 12:48 PM

You're right... guys, him misspelling words doesn't change facts. The income taxes go to pay off your deficit, look it up.

[Reply](#)



livingny

Posted April 9, 2013 at 10:38 PM

I made \$1200 a month last year and I paid income taxes AND I had to pay a little extra as well! Where the heck do you get your info? You make it sound as though you know what you're talking about when clearly you DO NOT! AND no I am not on food stamps but I'm also not always able to eat healthy foods either. I work my butt off and hopefully this year I'll be making more BUT SERIOUSLY!!!! Where DO you get off being so judgmental and thinking you know better? People who talk like they know what's going on when clearly they are way off the mark really muddy the waters for everyone else. NEVER take anyone's word for something, do your own research.

[Reply](#)



Angela

Posted April 15, 2013 at 2:54 AM

Difficult circumstances happen to good people. I am a single mother of two with a Bachelors degree and two part time jobs that have nothing to do with my degree. I can not make ends meet. If it weren't for food stamps I would not be able to buy food to feed my children. I am grateful everyday that there is a system like food stamps in place to help out those who need it when they need it. Oh and by the way both federal and state taxes are taken out of my paychecks each month. You really don't know what you are talking about.

[Reply](#)



Tamara

Posted May 25, 2013 at 12:46 PM

Are you kidding me? a family of 3 on \$1200 is in poverty! \$1200/month for 1 person is still poverty! What is the average rent for an apartment sized for 3 people? If they have a house, what are the property taxes and mortgage cost? Hydro? Water? Other Utilities? THEN you have to worry about food, laundry, travel expenses.... You are apparently clueless of how much other people are paying these days. Rent will take up a huge chunk, and any utilities, of that \$1200. And after all that you have to feed THREE people! And clean your clothes, and other things.... which these days cost money. You know, laundry detergent and if you don't have a machine, costs to use a laundromat... and 3 peoples clothes is a much bigger cost that 1 persons. Wash, dry both cost....

[Reply](#)



jt

Posted April 4, 2013 at 5:34 PM

A family of only three and an income of \$1200...is that even from a job? Why not two incomes? Have you furthered your education? Looked elsewhere for better opportunities? That you're not embarrassed to admit to the world that you've been on the dole for years is a sad statement on your lack of responsibility. Food stamps are to be used as a stopgap, not a lifestyle. Your attitude is why so many people despise those in need. I'm about as progressive as they come, but I cringe when I see real examples of what Fox news uses to demonize welfare.

[Reply](#)



Carri

Posted April 4, 2013 at 5:50 PM

jt – that's minimum wage salary. I suppose Sarah could pay for childcare and get a job, but after paying for that and her transportation costs, there still wouldn't be enough left for food. Education? Have you priced it lately? I can't believe how many people cannot comprehend what it's like to live in poverty! It's REALLY difficult to pull yourself out of it once you're there.



jt

Posted April 4, 2013 at 6:01 PM

You're assuming she's tried to avail herself of education and job opportunities. Maybe she hasn't. Anyone with a high school diploma and low income can find grants, loans, and scholarships galore, IF they work for it. I did. I'm not disparaging those who truly need short-term help, but for someone to have the gall to announce on the internet that she's been on the dole for years...hard not to think she hasn't tried very hard.



Sarah

Posted April 4, 2013 at 7:13 PM

And you are assuming that I haven't tried. As for gall, none necessary, I don't need to explain my life story to you, suffice it to say that for being on assistance for 2 and half yrs we are doing incredibly well, even with only 1200 a month, compared to where we were when we were forced to go on it. We are not real life examples of people Fox News uses to demonize the poor. We are hard working individuals with a small child to take care of doing the best we can. My husband held a job for 10 yrs and if I could find a job that would pay me enough to put my baby in child care I would gladly take it, as it is I spend my days working on our house in exchange for rent we can afford. I just don't think it makes a difference to work my ass off for what will amount to \$2 a day after day care cost is taken out, when I could be raising my son myself. Believe me we'd much rather have jobs and money enough not to be on assistance, it's not a choice, it's a necessity and we are working toward getting off it. Until you know what's going on out there or who you're talking about try not making assumptions, or better yet keep your mouth shut.



aj

Posted April 5, 2013 at 1:14 PM

Sarah, I applaud you. Seriously, your first post was in the

interest of helping someone in a similar situation eat healthier and for less money. Then someone decides to attack you for it?!?! I have never been where you are, but I am so glad my tax money goes to you and your family. I wish more Americans were sympathetic to your situation. It's unfortunate knowing that when it comes to a personal sense of responsibility to those less fortunate than ourselves, the US ranks near the bottom of the list.



Jen

Posted April 9, 2013 at 10:56 AM

You're assuming everything, jt. How about assuming you STFU. Done and done.

Like your opinion on how she helps to feed her family means anything. Put an Oreo in it and walk away, man.

[Reply](#)



Michael C

Posted April 7, 2013 at 11:45 AM

JT – When 20 million people are suddenly looking for jobs and can't find them, it is not because there has been an outbreak of laziness and moral deficiency. And it is NOT unrelated to the fact that the banks perpetuated massive fraud for years, crashed the economy, got 7 trillion in bailouts (yes, that's how much the Fed has given them and they invested it in the stock market, rather than making loans) and then paid themselves hundreds of billions in bonuses. We have an economy that is DESIGNED to serve the 1%, funded by the taxes of everyone else. YOUR tax dollars are going directly to executives making millions a year. Some of them are my classmates from the fancy Ivy League college I went to in the 70s. Consider going after them with a rant. (Good luck.)



Jen

Posted April 9, 2013 at 10:57 AM

“When 20 million people are suddenly looking for jobs and can’t find them, it is not because there has been an outbreak of laziness and moral deficiency.”

LOL, precisely, Michael. =)

I say we just toss Oreos at the troll. He’ll walk away, eventually.



Joe B.

Posted April 11, 2013 at 1:09 AM

Thank you Michael.

J.T: you sound very ignorant and self- righteous, making assumptions about people you have never actually met. Sadly, there are many more where you came from.

[Reply](#)



em fields

Posted April 8, 2013 at 9:33 PM

Excusez- moi, but you are NOT about as progressive as they come with your high and mighty attitude. Stop and think for a minute about how “easy” it is to further your education or lobby as someone else suggested when you are trying to support your family and hold down a job. Minimum wage is what, a measly \$7 an hour? Daycare can be expensive and sometimes cost prohibitive if all you’re making is minimum wage or even \$10 an hour. Sure there are lazy people out there taking advantage, but it doesn’t mean she is and it doesn’t mean that a lot of folks on government assistance are. Are all of the decisions you’ve made in life beyond reproach? I know mine aren’t and I doubt yours are either. So don’t be so quick to judge until you’ve walked in her shoes (not similar shoes, her shoes!)

[Reply](#)



Selene

Posted April 9, 2013 at 12:06 AM

I have a Bachelor's degree and am in a similar situation to Sarah except that we don't qualify for government assistance and don't even make ends meet. I held the same job for over 10 years, however, we moved to another state a year ago.

My husband works 60+ hours a week. Over the past year, I have applied for at least 150 jobs and have not even been offered an interview! I even applied at Starbuck's (to work around my husband's schedule) and did not get called! When I applied for my last job 11 years ago, I applied for 4 different jobs and got offered 3 of the jobs- times have changed!

Don't assume laziness or lack of education.

[Reply](#)



Angela

Posted April 15, 2013 at 3:00 AM

How Ignorant!!! You really know nothing of this woman's life or circumstances other than what she has told you. Yet you feel entitled to make judgements and assumptions. The poverty level for a family of three is about 2400 a month. She makes half of that. You have no idea if it is by choice. You have no idea how old her children are or how much childcare costs she would have to incur if she were to be working multiple jobs.

You also have no idea if someone in the family is disabled. Maybe one of the children have a disability and require more care. Maybe she herself has one. You have absolutely no idea. So knock it off.

[Reply](#)



Mina

Posted May 26, 2013 at 10:13 PM

JT you make alot of assumptions about people. Get out of your middle class life and take a look at other parts of the country. Expand your horizons. Open your eyes. Step away from the television and computer screen and go out and do some service work in some economically ravaged areas before you open your

mouth any more. You sound like you are school educated but not real life educated. If you despise those in need then I really feel sorry for you. Do you know how much corporate welfare is give out each year? Research it. Much more than is ever given to “people in need”. Society should help those who can’t help themselves whatever the reason. You need someone to show you some compassion so you can have compassion for others. I really do feel sorry for you, I hope your eyes are opened some day and not by your own misfortune.

[Reply](#)



Tamara

Posted May 25, 2013 at 12:38 PM

Because the amount they are getting from the subsidies is so low that, after bills and other living expenses, they don't have much for food. You DO realize the welfare systems give very little to begin with, don't you? The fact they managed to get nutritious food with so little is very good. What, people living on tax subsidies are only allowed to eat the GMO processed cheapo foods? Which would make them very sick over time and wouldn't give them enough nutrition to be mentally and physically healthy which would lead to more expenses in terms of health care and mental health care.... I wish people off welfare-type systems would stop sniping at them without knowing what the realities of their situations are. 😞

47.

[Reply](#)



Romy

Posted April 4, 2013 at 2:02 PM

I called Quaker today and he “assured me” that there is No GMO on their quaker oatmeal.

The customer service rep, said the has gotten various phone calls about Monsanto GMO relation to Quaker and he said, nothing at all! He was very polite and he thanked me for the concern, he said Quaker takes those inquires pretty seriously.

[Reply](#)



Michelle

Posted April 5, 2013 at 10:21 AM

Quaker makes more than Oatmeal. The Other products in their line up are the problem products.

48.

[Reply](#)



Jennifer Tjoumakaris

Posted April 4, 2013 at 10:57 AM

Too many times people say they cant afford it...but...heres the skinny.....eat less meat... we dont need to eat meat at every meal...COOK....actually cook meals from scratch... buy flour, make cakes...cook real oatmeal...join local C.S.A. Over the years I have gone "mostly" vegetarian...i still eat organic chicken, turkey and fish....but eating too much meat in this country with all that is put in it, just not good at all...buy dried organic beans and make beans soups...(super cheap) real food equals real health..find ways to cut costs in other areas of your life...are you eating out alot? Are you addicted to shopping for things you dont need? Shop at the thrift store for your clothes....pair up with local people for a clothing handdown for the kids, ect....if you cut costs from other unnecessary parts of your life, cut down on the amount of meat you eat, and cook from scratch, it can be done...Ive done it, and I am a single mother of two....eat well now, or pay for it later...I do wish we could move to Europe at some point and get out of this money hungry country who could care less about its citizens....maybe when the little ones grow up!!!

[Reply](#)



Brad

Posted April 4, 2013 at 12:56 PM

The organic is not truley organic unless you start from seed or egg because the government only considers it organic if no poison was used in the last few weeks before harvest, so there is nothing truley organic unless you grow it yourself and then is hard because what in this modern day is not poisoned in someway with all the pollution in this world !

[Reply](#)



Fender

Posted April 4, 2013 at 1:37 PM

Au contraire, I have never seen food that wasn't "organic". Well actually that's not true if I count plastic fruit bowls.

[Reply](#)



bill

Posted April 8, 2013 at 9:03 PM

Actually a high protein-moderate fat-very low carb is the healthiest diet you can choose. Especially stay away from as much grain as you can. Get your carbs from fresh fruits and veggies.

You do realise that organic chicken is 5 dollars a pound don't you?

[Reply](#)



Tamara

Posted May 25, 2013 at 12:54 PM

Meats is expensive as it is and you're telling people to eat less of it? We need nutrients from it, we are omnivores, remember? Even you still eat meat! We need to change our food industry and our economic system needs to be restored or people will just be getting less and less.

49.

[Reply](#)



Chip

Posted April 4, 2013 at 9:27 AM

While there is no legal requirement to label GMO foods many companies have realized the marketing potential of labeling their non-GMO products. Buy organic, so far at least GMO foods do not pass the organic test. Where possible buy products that make the effort to avoid GMO foods and label their products as such.

50.

[Reply](#)



Cee

Posted April 3, 2013 at 10:50 PM

I do not eat any of these types of foods anymore. I only eat meat in small amounts, fish, vegetables and whole fruit. I lost all my extra weight, feel great, and will never go back. GMO or not, packaged food is not healthy for anyone.

51.

[Reply](#)



CARMEN

Posted April 3, 2013 at 7:13 PM

I'm surprised to see Quaker on the list, surely the oats aren't GM manipulated?

o

[Reply](#)



Eileen McNally

Posted April 3, 2013 at 7:31 PM

It would be the corn that Monsanto has modified and it's used for sweetening.

o

[Reply](#)



Jonathan

Posted April 4, 2013 at 12:46 PM

GM manipulated eh? Do you know what GMO even stands for?

52.

[Reply](#)



JayAnonym

Posted April 3, 2013 at 4:56 PM

What a list. I have better chances starting my own farm rather than walking down the isles of stop n shop trying to find what's not on the list.

o

[Reply](#)



Renee

Posted April 4, 2013 at 11:23 AM

I honestly don't buy from any of these companies. I buy local organic meat, wild sustainable fish, fruits and veg. No packaged foods, pop, etc. I get my home cleaning and body products at the health food store. Boycotting this list is totally doable. And you'll become a lot healthier in the process.

53.

[Reply](#)



Brittni

Posted April 3, 2013 at 4:31 PM

How about you give me a list of companies from which to buy? That way I don't feel so helpless when looking at this current list. What about Mexican Coca-Cola? Can I still have that? Please?

o

[Reply](#)



Rayy2087

Posted April 3, 2013 at 5:38 PM

Amy's brand of food products are super healthy for you.

<http://www.amys.com>

■

[Reply](#)



linda

Posted April 3, 2013 at 7:12 PM

and super expensive

■

[Reply](#)



Paul

Posted April 3, 2013 at 8:45 PM

And full of sodium

[Reply](#)



April

Posted April 3, 2013 at 9:00 PM

Cancer is more expensive! Believe me paying extra for organic food is worth it!

[Reply](#)



rob

Posted April 4, 2013 at 11:04 AM

one question is why food is so cheap to begin with? so its expensive..isnt your health worth it?



Amanda

Posted April 4, 2013 at 12:07 PM

Thats easy to say when you can afford the expensive grocery bill.



Chris

Posted April 4, 2013 at 4:56 PM

“Thats easy to say when you can afford the expensive grocery bill.”

I'm not sure what point you're trying to make. Healthy food costs more than crappy cheap food. This is pretty normal, the whole 'you get what you pay for' holds true for a lot of things. Sometimes people can't afford to buy the quality they should, and that's unfortunately but it's no reason to

not encourage people to try.



Weylin

Posted April 5, 2013 at 2:00 PM

The better the quality of food the less you need to eat to get the same nutrition = buy less and eat less.

[Reply](#)



Stacy

Posted April 4, 2013 at 11:03 PM

Without a doubt, everybody finds a way to accomplish what is important to them. I'm far from wealthy and live in an impoverished town with little access to organic meat and local produce. Since pure food is a priority of ours, we find ways to provide it for our family. This means cutting other corners to have what is necessary for the groceries we prefer and growing what we can ourselves. When it matters to you, you always find a way.

[Reply](#)



Eileen McNally

Posted April 3, 2013 at 6:53 PM

Brittni, you can download a list of the companies that are organic, gmo free and contributed to Prop 37 last Nov in California, through this link: http://action.fooddemocracynow.org/sign/our_organic_heroes/

[Reply](#)



JKB

Posted April 4, 2013 at 3:53 AM

Buy unprocessed food and it's easy to avoid these. Fruit and vegetables, canned tomatoes for pasta sauce, fresh herbs , organic flour and oats, etc. I had a hard

time figuring out if I had anything from these companies in my kitchen. The more things you make from scratch, the healthier you will eat. Oh, and support your local farmers and food producers.

o

[Reply](#)



Fractured Paradigm

Posted April 9, 2013 at 7:38 PM

We've started a series on GMO-free companies, you can see the posts so far (and there will be more to follow) here:

<http://fracturedparadigm.com/category/eating-gmo-free/>

54.

[Reply](#)



KJ

Posted April 3, 2013 at 2:53 PM

Unilever is a big British-based company, that just recently bought out Alberto VO5. They make Dove, AXE, Breyers ice cream, St. Ives, and much more. So look for that little "U" on the packaging.

o

[Reply](#)



Talia

Posted April 3, 2013 at 10:21 PM

And Ben and Jerrys 😞

o

[Reply](#)



Jerry

Posted April 4, 2013 at 12:57 PM

The little circled "U" on the package is a mark to indicate that the product is certified Kosher, not that it is manufactured by a Unilever company. The circled U

is controlled by the Union of Orthodox Jewish Congregations of America, just one organization certifying that products are Kosher.

[Reply](#)



Brian

Posted April 9, 2013 at 5:44 AM

Well, it didn't say "circled U". The symbol for Unilever is a capital U with Unilever written under it.

[Reply](#)



Jow

Posted May 29, 2013 at 6:11 AM

No it's a Dutch-based company not a British. Shame on you Unilever.

<http://en.wikipedia.org/wiki/Unilever>

55.

[Reply](#)



Jegas

Posted April 3, 2013 at 2:27 PM

And in your defense, it took me a bit to figure this out. I am completely in the dark about this and the article is misleading, it took me a minute to figure it out. BUT there are people who don't read, don't educate themselves and this is where you are right. Heck I sell on a few online sites and I can not tell you how many buyers fail to read the description and then fault ME for their failure to read. So yes, there are people who take a quick glance and all they see is Monsato Companies.

56.

[Reply](#)



WorshippersHeart

Posted April 3, 2013 at 1:02 PM

sigh please go back and re-read all of the comments. you will see where I explained

my post. thanks

o

[Reply](#)



Jegas

Posted April 3, 2013 at 2:22 PM

I completely understand what you are saying. I don't understand how the previous comments are saying that you said that these products belong to Monsanto. But I think the point is moot, these are products to stay away from, whether Monsanto owns the product or sells ingredients for the products, the point is to stay away from them. And whether Monsanto owns them or not, their product is being used to manufacture these brands.

57.

[Reply](#)



Mary

Posted April 3, 2013 at 11:31 AM

Yeah, if you were misled by the title. Than that's your fault. I was perfectly aware that these were companies that use Monsanto products, not OWNED by them.

But QUESTION what about things at like Trader Joe's? They always say they are "Re packaged" dose that mean they are the same Monsanto ingredients just with a label that I wouldn't know it by? Or are Trader Joe's brand things completely different?

o

[Reply](#)



bobby

Posted April 3, 2013 at 11:42 AM

Trader Joe's claims NONE of their products use GMO foods. It's right on the sign they keep posted by their cash registers. Now, since we have no idea where these guys get their stuff all we can really do is trust them until someone uncovers some shameful scandal, but for the moment, it seems legit. Mind you, their stuff isn't necessarily organic or local, and even "organic" is a pretty meaningless term for many things, so your best bet is buying stuff from actual local farmers you know of, and use Trader Joe's for things you really can't get anywhere else, like their cheap beer and cereal!

[Reply](#)



Mary

Posted April 3, 2013 at 11:45 AM

You're right! It does say that! Good to know.

I'm also a member of a Food Co-Op, but yeah, frozen tater tots is just not on the Co-Ops "MUST HAVE" list. haha

Thanks!

[Reply](#)



Carrie S

Posted April 3, 2013 at 1:56 PM

My husband works for Trader Joes, I printed out this list and had him bring it into work, they researched it and NONE of these companies are private labeled as TJ's products.

[Reply](#)



Fractured Paradigm

Posted April 3, 2013 at 2:28 PM

Thanks for the info! That's really good to know, and glad the list was put to good use!

[Reply](#)



Abby

Posted April 5, 2013 at 5:18 PM

I assume the same is true for Aldi, since they are owned by Trader Joes.

[Reply](#)



Brian

Posted April 9, 2013 at 5:39 AM

Trader Joes is own by a family trust set up by Theo Albrecht, one owner of Aldi.

58.

[Reply](#)



Chris

Posted April 3, 2013 at 10:17 AM

Buy from your local farmers market

o

[Reply](#)



JayAnonym

Posted April 3, 2013 at 4:57 PM

and what if you dont live in bumblefuck?

■

[Reply](#)



Brandon

Posted April 3, 2013 at 5:29 PM

There are plenty of farmers' markets outside of the fine city of Bumblefuck.

■

[Reply](#)



j108

Posted April 3, 2013 at 5:34 PM

huh? every city and town has farmer's markets

■

[Reply](#)



The One True Dave

Posted April 4, 2013 at 2:14 AM

Farmer's markets and CSA's are so common that your ignorance is almost certainly deliberate and therefore pretty sad. The site below shows that the majority of people in the US can't use their location as an excuse.

<http://www.localharvest.org/>

[Reply](#)



Deb

Posted April 10, 2013 at 9:19 AM

While my city doesn't have a Farmers' Market, I live near a large city that does. The last time I was there, there was one vendor with organic produce. The rest were normal commercial producers. Just because it comes from a farm does not guarantee that it is GMO free. They all use seeds. Many small farmers use GMO seeds.

I don't eat meat, I buy organic when I can, but it costs a lot more than "regular" commercial produce. I understand where folks who don't have the extra money to buy organic/natural are coming from. If you have to chose between organic and paying the rent, the rent will usually win.

[Reply](#)



bill

Posted April 8, 2013 at 9:07 PM

They still probably use GMO seeds

59.

[Reply](#)



Pay Attention

Posted April 3, 2013 at 9:47 AM

There is no legal requirement for foods to be labeled GMO.

o

[Reply](#)



Lawrence Israel

Posted April 3, 2013 at 10:09 AM

will pay for organic non gmo foods, will vote with my fork, and will pay attention to what I put into my body.

60.

[Reply](#)



Pay Attention

Posted April 3, 2013 at 9:46 AM

Products are not legally required to be labeled GMO.

61.

[Reply](#)



WorshipersHeart

Posted April 3, 2013 at 9:34 AM

Yes I realize that, but the list itself could be misleading to some because it says "Monsanto Companies". That leads people to believe that Monsanto owns the companies. This is how internet wildfires get started. Simply put, just look for non-GMO foods and you will be fine. No need to freak out people.

62.

[Reply](#)



Martha

Posted April 3, 2013 at 9:22 AM

These are companies that produce food using Monsanto products or food that is genetically modified.. The companies are not owned by Monsanto.

63.

[Reply](#)



Ally

Posted April 3, 2013 at 9:20 AM

It doesn't say that they OWN the companies- it says that they USE Monsanto products.

64.

[Reply](#)



WorshippersHeart

Posted April 3, 2013 at 9:14 AM

Monsanto does not own those companies. Please see article below.

<http://www.snopes.com/politics/business/monsanto.asp>

o

[Reply](#)



Fractured Paradigm

Posted April 3, 2013 at 9:26 AM

No, Monsanto does not own these companies. This is simply a list of companies that use Monsanto's products.

65.

[Reply](#)



Franki

Posted April 3, 2013 at 9:09 AM

I need a list of company's "to" buy from??

o

[Reply](#)



WorshipersHeart

Posted April 3, 2013 at 9:16 AM

this list is misleading. Monsanto does not own those companies.

<http://www.snopes.com/politics/business/monsanto.asp>

[Reply](#)



Lacey

Posted April 3, 2013 at 12:58 PM

The list isn't saying monsanto owns these companies, but that these companies use monsanto GMOs.

[Reply](#)



Wendy

Posted April 3, 2013 at 11:01 AM

I agree. This list is overwhelming. I would love to buy all organic, farmer's market food, but I do not have enough money to go all the way. So a list of brands who don't use Monsanto products would be more helpful

[Reply](#)



Andrew

Posted April 3, 2013 at 2:09 PM

Wendy: You're overwhelmed by a list of 70 brands and instead want a much larger list? I don't see how that would be any more helpful

You don't have to break the bank and buy everything from Whole Foods just to avoid GMO foods. Do your research to understand where your produce comes from and avoid packaged and heavily processed foods and snacks as much as possible.

Most of these brands can be avoided very easily by simply adopting a healthy diet and making meals at home.

[Reply](#)



Staycie

Posted April 4, 2013 at 12:50 AM

i get the feeling that you have never had to live off of food stamps. my 5 year old daughter and i do. i wish that i could shop at farmers markets, Whole Foods and Trader Joe's all the time, but i can't. Not if i want to feed my family. i was very happy when i found out that i could use my food stamps at the farmers market, but discouraged when i saw how much more things cost there. i look forward to warmer weather so i can grow some of my own produce, so i don't have to depend on buying as much. i buy hungry jack pancakes and i can have a pancake breakfast w/my daughter w/all the stuff that goes with it for less than i could any other way. until healthy food is made affordable i'll probably still end up buying stuff of that list.



Carolyn

Posted April 4, 2013 at 7:47 AM

Buy the ingredients and make pancakes from scratch! It's super easy and you can even make your own pancake mix (just like you would buy pre packaged) and you can whip them up with your daughter in no time. We've been conditioned to think that we need pre packaged foods to have a convenient life, but it doesn't take any more time to make most of these food from scratch and the health benefits are so worth it. I know it seems overwhelming and expensive to eat healthy, but take it little by little. A garden's a great idea if you have the space for it!



Sarah

Posted April 4, 2013 at 12:15 PM

My family has been on food stamps for years, and I still find buying local and healthy not only doable but easy. And as for Hungry Jack pancakes and everything that goes with them, you need no where near that many

calories or sugar in one meal, especially the one beginning your day. There is a big difference between making yourself feel full on fat and empty calories that will burn off in 20 mins leaving you hungry again and maybe being a little less full with food that will actually fuel your body and keep you satisfied for hours.

o

[Reply](#)



Elle Cee

Posted April 3, 2013 at 3:48 PM

Here's a list of company's to buy from: <http://www.nongmoshoppingguide.com/>

■

[Reply](#)



AS59

Posted April 4, 2013 at 11:36 AM

Elle, I went to your link and it made me sign up in order to get the guide – I've tried three times now to download it and it just freezes my browser... Thanks anyway.

o

[Reply](#)



Rayy2087

Posted April 3, 2013 at 5:43 PM

You can buy from <http://www.amys.com> that company supported prop 37 to label food and uses NO GMO's or other crap food ingrediant

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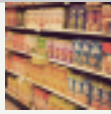
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


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