

WHAT THE RATINGS MEAN



NON-GE

Companies in the Green section have given written assurance that they have removed GE crop derived ingredients from their products, including animal feed.



CHANGING

Companies in the Orange section have committed to removing GE crop derived ingredients from their products and are in the process of doing so.



MAY CONTAIN GE

Companies in the red section lack a strong policy on removing GE crop derived ingredients and/or animal feed. This section includes companies that failed to respond adequately to our enquiries.

Product labelled as containing GE ingredients.

TAKE PHONE ACTION



Companies listen to customers

Ask these companies to stop using GE feed and ingredients

Bluebird.....	0800 730 123
Cadbury & Pascal	0800 223 2879
Kraft	0800 444 045
Farmer Brown	0800 367 344
Nestle	0800 830 840

Encourage these companies to continue removing GE feed & ingredients

Cerebos Greggs.....	0800 765 765
Inghams	09 579 9948
Kelloggs	0800 881 889
Mainland Dairy (Fonterra Brands).	0800 243 373
NZ Dairy Foods	0800 103 778
Pams & Budget.....	0800 245 114
Signature Range & Basics	0800 40 40 40

Congratulate these companies on their non-GE policy

Arnotts	0800 881 966
Goodman Fielder.....	0800 100 538
Griffins.....	0800 288 886
Tegel.....	0800 244 253
Unilever	0800 108 806

ONLY PLANET GUIDE

Your guide to living ethically

- 1) **Less is more** – buy, use and consume only what you need
- 2) **Re-use and recycle** – use existing stuff, buy second hand and re-programme yourself to recycle instead of throw away.
- 3) **Think local** – always choose a local good or product over one that's travelled a long distance (this helps your local economy and saves resources) Better still...
- 4) **Grow some of your own** – nothing tastes better than food from your own backyard.
- 5) **Fair Trade** – if something's not produced locally, spend a little extra to ensure the producer is not being exploited.
- 6) **Buy organic** – produced without synthetic chemicals, organics are better for the planet and your health.
- 7) **Eat less animal products** – Meat, fish and dairy are resource-intensive so cut back.
- 8) **Go free range** – There's no need for animals to suffer unduly
- 9) **Be informed** – find out more about the origins of what you use and consume so you're better placed to make ethical choices.
- 10) **Make the switch** – to a cleaner power company. See cleanenergyguide.org.
- 11) **Use the switch** – the power you use contributes to climate change, so cut down. New Zealanders use \$100m of electricity a year just by leaving things on standby.

See www.bethechange.org.nz for more tips



FOOD GUIDE

SIXTH EDITION

Your guide to avoiding genetically engineered food

Full supermarket and fast food guide online at: www.gefreefood.org.nz

GREENPEACE

