

How to avoid **GMO TRICKS** in your **HALLOWEEN TREATS**

By choosing Organic and non-GMO candy, you can prevent exposure to genetically engineered crops and their associated pesticides, for which children are particularly at risk.



1. INGREDIENTS

Here are the genetically engineered ingredients to look out for:

- ✗ Sugar (GE sugar beets)
- ✗ High Fructose Corn Syrup (GE corn)
- ✗ Fructose, Dextrose, Glucose (GE corn)
- ✗ Canola oil (GE rapeseed)
- ✗ Soybean oil (GE soy)
- ✗ Cottonseed oil (GE cotton)
- ✗ Vegetable oil (GE rapeseed, GE soy, GE cotton)
- ✗ Soy Lecithin (GE soy)
- ✗ Corn starch (GE corn)

2. AVOID

Most Halloween candy brands we usually see contain GE ingredients. Here are a few to avoid, but not limited to:

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|----------------|-------------------|
| ✗ M&M's | ✗ Reese's |
| ✗ Twix | ✗ Nerds |
| ✗ Butterfinger | ✗ KitKat |
| ✗ Skittles | ✗ Snickers |
| ✗ Twizzlers | ✗ Starburst |
| ✗ Milky Way | ✗ Sour Patch Kids |
| ✗ Mars | ✗ Whoppers |
| ✗ Sweet Tarts | ✗ Jolly Ranchers |



3. LOOK FOR

Organic foods are not allowed to contain GE ingredients. Your best bet to avoid them is to look for organic candy:

- ✓ Endangered Species Chocolate Bug Bites
- ✓ YummyEarth Organic Lollipops
- ✓ Surf Sweets Spooky Spiders, Sour Worms
- ✓ Equal Exchange Chocolates
- ✓ Go Organic Hard Candies
- ✓ Justin's Organic Peanut Butter Cups
- ✓ Amy's Organic Candy Bites
- ✓ Mini Ocho Organic Candy Bars
- ✓ Theo's Kids' Crunch organic candy bars

4. ACT

Sign our petition to tell the USDA we want on-package GMO labeling. It is simple, quick, and effective. QR codes, websites, and 1-800 numbers are not.
cfs.center/cleargmolabels

