



2010 truefood guide

Keeping genetically engineered crops out of Australian soil and our food.

The Truefood Guide is your guide to avoiding genetically-engineered (GE) food.

Locally produced GE Canola is entering our food supply. In 2009 harvested GE canola will be crushed for oil for the first time. Canola accounts for half the edible oil stock in Australia and is found in a range of everyday foods from margarine and vegetable oil to ice-cream, baby-food and breads.

Other GE contamination risks include GE cottonseed and ingredients derived from imported GE soy and corn which may be found in many processed foods like baked goods, flours, starches, sauces, sweets, soft drinks, lecithin and sausage skins. Soy alone can be found in 60% of all processed food.

Australia's food labelling laws are extremely lax, which means that Australians are eating GE-foods without knowing it. But you can say no to taking this risk by choosing Green products from the Truefood Guide and avoiding Red products.

✔ **Buy Green** brands and products in the Green section have policies and procedures throughout their supply chain to actively avoid ingredients derived from GE crops.

✘ **Avoid Red** brands and products in the red section of the guide may contain ingredients derived from GE crops.

The 2010 Truefood Guide is the most comprehensive yet and for the first time includes alcoholic beverages. Australian food and beverage companies are now seriously listening to consumer concerns about genetically engineered (GE) foods and this year food and beverage industry giants like Nestle, Foster's and Schweppes have joined the Truefood Guide Green list for the first time.

You can help stop GE ingredients from contaminating Australia's food supply by joining the Truefood Network and asking companies that are Red-listed to listen to consumers and adopt a non-GE policy.

Visit visit www.truefood.org.au



True Food Guide proudly supported by the Melbourne Community Foundation rmg account and the Lillian Goldman Charitable Trust, New York

GREENPEACE



“If we are to get GM canola, it should be labelled. And if it is not labelled, we should all ask why.”

Dr Rosemary Stanton OAM,
Australia's best known nutritionist



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“The True Food Guide is about giving us choice to avoid GE foods and protecting our right to know and to choose what we eat.”

Alex Herbert,
Head Chef, Bird Cow Fish Restaurant



©Greenpeace/Amendolia

“I understand the need for advancements and the use of technology in agriculture; I do however have grave concerns for the damage that can be caused through the use of untested and poorly regulated foods entering our food chain.”

Jared Ingersoll, *Head Chef, Dank's Street Depot*



©Jeremy Simons 2005

“We have no knowledge about the long term side effects on our bodies and environment from consuming GM food and I do not wish to promote this in my cookery.”

Martin Boetz,
Head Chef, Longrain Restaurant



May contain GE 

Red brands may include ingredients from GE crops. They are made by companies that have no clear non-GE policy, and/or have ignored or refused Greenpeace's request for information regarding their use of GE ingredients.

Non-GE 

Green brands are made by companies that have a clear non-GE policy and implement procedures to remove GE crop ingredients from their supply chain. This includes highly processed ingredients, like oils and lecithin, and animal products from animals feed GE feed.

May contain GE 

Baby Food

Annum
Karicare
Nutricia

Non-GE 

Heinz for Baby
Heinz Nurture Formula
mOrganics-baby 'O'
Nestle Neslac Toddler Gold
Organic Bubs
Rafferty's Garden
Tatura Infant Formula
Yum Mum Baby Foods

Bread and Baking /Baking and Cakes

Betty Crocker
Bourneville Cocoa
Cadbury Cooking Chocolate
Cake Mate
Croissant King
Flake Cooking Chocolate
General Mills
Holland House Cakes
McCormick
Top Taste Cakes

Baker's Choice
Big Sister Foods
Clive of India
Country Life
Crispix
CSR Sugar
Dollar Sweet Cake Decorations
Easy Bakers Gluten Free
Edmonds
Eggo
Ernest Adams
FG Roberts
Flora Real Ease
Fowlers Vacola
George & Simpson
Greens
JJ's Bakehouse



May contain GE 

Non-GE 

- Keebler
- Kellogg's
- Kialla Pure Foods
- Laucke Flour
- McKenzie's
- Naturally Good
- Nestle Baking Cocoa
- Nestle Choc Bits
- Nestle Plaistowe
- NUI Flour and Baking Products
- Orgran Baking and Bread Mixes
- Pampas
- Quality Desserts
- Queen Fine Foods
(Vanilla, Essences & Rainbow Food Colours)
- Soy Products Flor
- Sweet William Chocolate Chips
- Ward McKenzie
- White Wings

Bread and Baking /Bread

- | | |
|---|--|
| <ul style="list-style-type: none"> Bakers Delight General Mills Pillsbury van den Bergh's | <ul style="list-style-type: none"> Bill's Organic Bread Blue Lake Country Life Diego's Flour Tortilla Wraps Diego's White Corn Tortillas Flinders Bread Freya's Golden Earth Helga's Kialla Organic Bread Mixes King Henrys La Famiglia La Tartine Lawson's Leaning Tower MacKenzie High Country Bread Mighty Soft Molenberg Nature's Fresh |
|---|--|



May contain GE 

Non-GE 

Butter, Margarine and Oil/Oil

All cottonseed oils
All imported soy, corn and vegetable oils

Ole
Pure Life
Quality Bakers
Vogel's
Wonder White

Always Fresh Olive Oils
Australian grown 100% olive oils – all brands
Australian grown 100% corn oils – all brands
Barilla
Bertolli
Brookfarm Macadamia Oils
Crisco
Dick Smith Canola Oil
ETA
Fry-Tol
Gold 'n Canola
Kialla Organic Sunflower Oil
Leo's Fine Foods
Matisse Olive Oils
Melrose Oils
Peerless
Pura
Pureharvest Oils
Rosnay Olive Oil
Sandhurst Fine Foods
Stoney Creek Oils
Sunbeam
Sunshine Canola Oils

Butter, Margarine and Oil/Butter and Margarine

Allowrie
Country Gold
Girgar
Mainland Butter
Naytura (Woolworths)
Canola Spread
Western Star

Becel
Copha Vegetable Shortening
Dairy Soft
Devondale range
Golden Canola
Fairy Cooking Margarine
Flora
Flora Pro-activ
Logicol



May contain GE 

Non-GE 

Meadow Lea
Melrose Omega Gold
Miracle Canola Spread
Nuttelex
Olive Gold
Olive Grove
Olive Oil Margarine Spread
Organic Mountain Spreads
Sunbeam
Tablelands
Tatura
VitaLite

Cereals and Pasta/Cereal

General Mills
Naytura (Woolworths)
Quakers

All-Bran
Basco
Brookfarm Macadamia Muesli
Byron Bay Macadamia Cereal
Carman's Fine Foods
Celestial Cereal
Cheerio's
Coco Pops
Corn Flakes
Crunchy Nut Nutty
Dick Smith Bush Foods Breakfast
Dick Smith Bush Foods Muesli
Froot Loops
Frosties
Guardian
Honey Weets
Kellogg's
Kialla
Komplete
Light'n'Tasty
Lowan Whole Foods
Mini-Wheats
Monster Muesli
Nesquik
Nutri-Grain
Orgran Light and Crunchy Muesli



May contain GE 

Non-GE 

Planet Organic
 Pureharvest
 Rice Bubbles
 Sanitarium
 Special K
 Sultana Bran
 SunRice
 Sustain
 Uncle Tobys
 Up&Go
 Vita Brits
 Weet-Bix

Cereals and Pasta/Pasta

Dolmio
 Frescarini
 General Mills
 Kan Tong
 Latina
 Leggo's
 Maggi
 Wokka
 Woolworths Select

Barilla
 Casalare Pasta
 Da Vinci
 Fantastic Snacks
 4 Seasons Pasta
 Granoro Organic Pasta
 Guzzi's Pasta
 Golden Pasta
 L'Abruzzese
 Leo's Fine Foods
 Nanda
 Orgran Gluten Free Foods
 Rinoldi
 San Remo
 Spiral Foods
 Vetta

Condiments / Jam, Honey and Spreads

Capilano Honey
 Kraft Lite Peanut Spread
 Kraft Peanut Butter
 Latina
 Masterfoods
 Pecks
 Promite
 Vegemite

Absolute Organics
 Aussie Mite
 Australian Quality Honey
 Blue Hills Honey
 Blue Kitchen Gourmet Foods
 Dick Smith Peanut Butter
 ETA
 Marmite
 Melrose Spreads



May contain GE 

Non-GE 

- Nutella
- Ogilvie & Co
- Organic Honey –all brands
- Praise
- Pureharvest Organic Honey
- Pureharvest Organic Maple Syrup
- Pureharvest Nut Butters
- Pureharvest Rice Malt
- Sanitarium Peanut Butter
- Tasmanian Organic Honey

Condiments/Sauces and Preserved Vegetables

- Bonox
- Dolmio
- Fountain
- Gravox
- Kan Tong
- Kraft Salad Dressings
- Kraft Mayonnaise
- Leggo's
- Masterfoods
- McCormicks
- Old El Paso
- Patak's
- Uncle Ben's
- White Crow Sauces

- Absolute Organics
- Always Fresh Chilli Sauces
- Always Fresh Condiments
- Aristocrat
- Asia at Home
- Barilla Pasta Sauces
- Bertolli
- Big Red Tomato Sauce
- Branston Pickle
- Byron Bay Chilli Company
- Continental
- Cross & Blackwell
- Eggo Syrup
- ETA Mayonnaise
- Fantastic
- Galiko
- Harvest Red Wine Chilli Sauce
- Heinz
- Holbrooks
- HP Sauce
- Kikkoman Soy Sauce
- Knorr
- Lea & Perrins
- Melrose Organic Safflower Mayonnaise
- mOrganics Pasta Sauces
- Maggi
- Ogilvie & Co
- Outback Spirit



May contain GE 

Non-GE 

- Pace Sauces
- Paul Newman's
- Praise
- Pureharvest
- Raguletto
- Robin's Dessert Sauces
- Roma Foods
- Rosella
- San Remo
- Saxa
- Spiral
- Sunshine
- Stromboli
- Taings Noodle Sauces
- THOMY Delikatess Mayonnaise

Dairy and Milk Products / Cheese

- | | |
|---|--|
| <ul style="list-style-type: none"> Anchor Analine Bonlac Bonland Curd Fonterra Kraft Kraft Cheese Spread Kraft Parmesan Cheese Kraft Singles Mainland Dairy Perfect Italiano Philadelphia The Margaret River Dairy Company Tholstrup Castello Tuxford and Tebbutt | <ul style="list-style-type: none"> Australian Gold Bega Cheese b.-d. Farm Paris Creek Coon Dairy Farmers Devondale Dick Smith Cream Cheese Spread Goldfields Farmhouse Cheese Heidi Farm Cheese Hobbit Farm Goat Cheese and Goat King Island Dairy Mersey Valley South Cape Tasmanian Heritage Tilba Club Wholemilk Continental Cheese |
|---|--|

Dairy and Milk Products / Yoghurt

- Attiki
- b.-d Farm Paris Creek
- Jalna
- Lewis Yoghurt
- Nestle
- Pauls



May contain GE 

Non-GE 

Dairy and Milk Products / Milk

Anchor
Anlene
Anmum
Bonlac
Bonland
Fonterra
Mainland
Norco

Vaalia
Yoplait

Betta Milk
Betta Light
Betta Free
Big M
Bonsoy
Breaka Flavoured milk
Carnation Evaporated Milk
Dairy Farmers
Devondale
Farmhouse milk
Farmer's Union
Heinz Nurture
Jive Flavoured Milk
Masters
Nature's Soy
Nestle Bear Brand Evaporated Milk
Nutrisoy
Parmalat
Pauls
Pura Milk
Pureharvest
Rush flavoured milk
So Good
Sunshine Milk Powder
Tatura
Vitasoy
Zymil milk

Dairy and Milk Products / Ice Creams

Gelativo
Haagan Dazs
Lite & Creamy
Sara Lee

Billabong
Blue Ribbon
Calippo
Chateau
Cornetto
Carnival
Dairy Bell Ice Cream
Dixie Cup



May contain GE 

Non-GE 

- Drumstick
- Entice
- Frosty Fruits
- Gaytime
- Heaven
- Heavenly Treats
- Icy Pole
- Killinchy Gold
- Lickme Ice Cream
- Magnum
- Maxibon
- Memphis Meltdown
- Miniz
- Movenpick
- Nestle Frozen Yoghurt
- Nestle Life Savers
- New Zealand Natural
- Paddle Pop
- Peters
- Splice
- Streets Ice Cream
- Viennetta
- Weis Frozen Foods

Dairy and Milk Products/ Cream

- Tatua Whipping Cream
- Dairy Whip Whipped Cream
- Anchor Cooking Cream

- Betta Cream
- Pauls Creams

Drinks / Non Alcoholic

- Cadbury drinking chocolate
- Gatorade
- Goulburn Valley
- Flavia
- Mocopan
- Pepsi
- Riva

- Absolute Organics
- Advil
- Applemaid
- Aqua Pura
- Australian Fresh
- Australis Tea
- Berri
- Bickford's Cordials, Syrups, Mixes, Juices Sodas
- Bickford's Iced Coffee Mix
- Big M
- Breaka Flavoured milk



May contain GE 

Non-GE 

Bushells
Cafecino
Campbells Tomato Juice
Choysa
Classic Juice
Coca-Cola
Cottee's
Daabon Organic Coffee and Chocolate Drink
Daily Juice Company
Devondale Sparkling Apple Juice
Dick Smith Ozchoc Chocolate Drink Mix
Diet-Rite
Dvine Sparkling Grape Juice
Esprit
Frez Orange Juice
Jive Flavoured Milk
Lan-Choo
Limonya
Lipton
Lloyd's
Milo
Mountain Fresh
Mountain Fresh Juices
Natures Own
Nescafe
Nesquik
Nestle Coffee Mate
Nudie
O'Cedar
Passiona
Piranha
Planet Organic
P & N
Pureharvest Organic Juices
Qi Fairtrade Green and White Teas
Red Bull
Red Dragon Inn Organic Ginger Beer
Revive Juice
Rush flavoured milk



May contain GE 

Non-GE 

- Schweppes
- Solo
- Spritz
- Spring Valley
- Staminade
- Sunkist
- Sunraysia Natural Beverages
- Tandaco
- Tang
- Tetley
- The Devondale Sparkling Apple Juice
- Universal Village Black Teas
- Up N Go
- V8
- Waterfords
- Whole Kids Juice
- Wicked Energy Drinks

Health Foods and Vitamins

- Blackmores
- Naytura (Woolworths)

- Gislim
- H2Oil
- Lingan Life
- Melrose Organics
- Omegacare
- Vitality blend

Meat, Poultry and Eggs / Eggs

- Pace Farm Eggs

- Cornucopia Biodynamic Farm
- Freeranger Eggs
- Manning Valley Eggs
- Oaks Organic Eggs
- Organic Ways Eggs
- Ovaston Organic Eggs
- Pricklewood Organics

Meat, Poultry and Eggs/ Meat and Poultry

- Baiada
- Bartter Enterprises
- Inghams
- Sunnybrand Chickens
- Steggles

- Alaringa Lamb
- Benedele Farm Hinterland Ducks
- Benedele Farm Hinterland Turkeys
- Benedele Farm Organic Chickens
- Cornucopia Biodynamic Farm
- Lilydale Chicken



May contain GE 

Non-GE 

- Meyer Beef Chevapi
- Meyer Lamb Kofta
- Milawa Free Range Poultry
- Oaks Organic Beef
- Strictly Organic
- Swanson Tinned Chicken
- Sunforest Organic Poultry
- Sunforest Organic Turkey
- Sunforest Pork
- The Meat-ing Place Certified Organic Meats
- Vitellone Grass Fed Veal

Meat, Poultry and Eggs / Small Goods and Deli

- Don Smallgoods
- KR Castlemaine
- Primo Smallgoods
- Watsonia

- Sandhurst Fine Foods

Ready Made Meals / Canned and Packaged Foods

- Ally
- Bamboo Pot
- Dolmio
- Edgell
- Harvest
- Hormel Foods
- John West
- Kan Tong
- Kraft Braised Canned Meats
- Kraft Easy Mac
- Kraft Macaroni Cheese
- Kraft Quick Pasta
- Leggo's
- Masterfoods
- McCormick
- Muir Glen
- Naytura (Woolworths)
- Old El Paso
- Patak's Simply Great Meals
- SPC Ardmona
- Trident
- Uncle Ben's

- Asia at Home
- Blue Kitchen Gourmet Foods
- Campbell's
- Chunky Soups
- Continental
- Country Cup
- Country Ladle Soups
- Eden Foods
- Fantastic Snacks
- Greenseas
- Heinz
- Heinz Baked Beans
- Heinz Tinned Spaghetti
- Lean Cuisine
- Maggi
- NSM Falafel
- Orgran Soups
- Original Foods Grab & Go Meals
- Pampas
- Raguletto
- Real Stock
- Real Soups



May contain GE 

Non-GE 

- Sensations Soups
- Spiral Foods
- Taings Noodles
- Vegie Delights
- Velish Soups
- Ward McKenzie
- Wattie's
- Worthington

Ready Made Meals / Frozen Meals

- Birds Eye
- Chiko
- I & J
- Latina
- Sara Lee
- Seakist

- Emperor
- Ho Mai
- Golden Wok
- Kez's Kitchen
- Logan Farm
- McCain
- McKenzie's Home Style Soups
- Morning Star
- Natty Burgers
- Papa Giuseppe's
- Sanitarium
- Uncle Harry's Nattyburgers
- Zoglo's Crepes
- Zoglo's Vegetarian Choice

Snacks / Chips and Crisps

- Apero
- Big Ben
- Burger Rings
- CC's
- Cheezels
- Chips Ahoy
- Doritos
- Frito-Lay
- Grain Waves
- Old El Paso
- Premium
- Red Rock Deli
- Ruffels Potato Chips
- Smith's
- Twisties
- Parker's Pretzels

- Ajita's Vege Chips
- Byron Bay Chilli Co Corn Chips
- Dip Stix
- Lolly Gobble Bliss Bombs
- Noodlz
- Pepperidge Farm
- Piranha Vege Crackers
- Piranha Snack Combos
- Sandhurst Fine Foods
- Snacksmart Soy and Nut Mixes
- Soya King Snacks
- Whole Kids Corn Chips
- Zed Bar Mix
- Zoglo's Snax



May contain GE 

Non-GE 

Snacks / Dips

Bio Grape Fig and Grape Paste
 Black Swan Dips
 Copperpot

Snacks / Nuts and Popcorn

Nobby's Nuts

Brookfarm Nuts & Walkabout Mix
 Chic Nuts
 Cobs Popcorn
 Patons Macadamia
 Poppin Popcorn
 Whole Kids Popcorn

Snacks / Biscuits

Captain's Table
 Carr's
 In a Biskit
 Kavil
 McVitie's Biscuits
 Oreo
 Pods Biscuits
 Ritz
 Ryvita
 Sakata
 Walker's Shortbread

Arnotts
 Chips Deluxe
 Chocolate Monte
 Dick Smith Shortbread Cream Biscuits
 Dick Smith Temptin Biscuits
 Fantastic Snacks
 Farmbake Chocolate Chip
 Fontelle Sua Chunk Cookies
 Full O'Fruit
 Ginger Nut
 Glengarry Macadamia
 Glengarry Original
 Granita
 Heather Brae Shortbreads
 Honey Jumbles
 Iced Vo Vo
 Jatz
 Lattice
 Malt-O-Milk
 Marie
 Mary's Gone Crackers
 Milk Arrowroot
 Mint Slice
 Mulino Bianco
 Monte Carlo
 Naturally Good
 Nice



May contain GE 

Non-GE 

- Ogilvie & Co
- Outback Animals
- Orgran Classic Choc Cookie
- Orgran Gluten Free Biscotti
- Paradise Biscuits
- Premier Choc Chip & Nut Cookie
- Premier Choc Chip Cookie
- Pureharvest Corn Thins
- Quattro
- Real Foods – Corn Thins
- Real Foods – Rice Thins
- Scotch Fingers
- Spicy Fruit Roll
- Shapes
- Tee Vee Snacks
- Tim Tam
- Tina Wafer
- Venetian
- Vienna Creams
- Vita-Wheat
- Vive cookies
- Veri Deli Crackers
- Young Organics
- Zoglo's Rice Crackers

Snacks/Bars

Naytura (Woolworths)

- Brookfarm Bars
- Crunchy Nut
- Go Natural Health Bars and Popcorn
- Kellogg's Snack Bars
- Kingston
- Krump Kids Bar
- K-Time
- LCMs
- Nana Divers
- Nutri Grain Bar
- Pop Tarts
- Real Foods
- Rise Breakfast Bars
- Soya King Snacks



May contain GE 

Non-GE 

Sun Health Foods
Uncle Tobys Fruits Breaks Twists

Snacks /Chocolate

Boost
Bounty
Cadbury
Caramello Koala
Celebrations Chocolate
Cherry Ripe
Clinkers
CMA
Columbines
Cote d'Or
Crunchie
Dove Chocolate
Flake
Freddo Frog
Frys Turkish Delight
Maltesers
Mars
Milky Way
M&M's
Picnic Bar
Skittles
Smarties
Snickers
Starburst
Terry's Chocolate Orange
Time Out
Toblerone
Twirl
Twix

Aero
Cocolo Chocolate
Crazy Koala
Darrell Lea
Ferrero Rocher
Green & Blacks Organic Chocolate
Haighs Chocolates
In Cred I Bites
Kinder Bueno
Kinder Surprise
Kinder Chocolate
Kit Kat
Lewis Carob
Lewis Chocolate
Lindt
Organic Choc Frogs
Milo Bar
Nestle Melts
Paton's
Raffaello
Smarties
Sweet William
Taste of Paradise

Snacks / Other Snacks

Foster Clark's

Purity Fruit Medley
Sanitarium Healthy Snacks
Sanitarium Organic
Vitality Blend



May contain GE 

Non-GE 

Snacks/Confectionery

Jelly Belly
Starburst Confectionery

Allens
Darrell Lea
Dollar Sweets
Go Natural Organic Licorice
Space Food Sticks
Sun Health Foods
Sun Kidz Fruit and Energy Bars
Taste of Paradise
Tic Tac
Von Mueller
XXX Mints
Zone Drops

Supermarket Home Brands

Franklins No Frills
Safeway
Woolworths Homebrand
Woolworths Naytura
Woolworths Select

Aldi Homebrand
Coles Finest
Coles Smart Buy
Foodland-IGA Homebrand
IGA Metcash Homebrand
Leo's Fine Food and Wine
Maxi Foods
You'll love Coles (YLC)
You'll love Coles Organic (YLC)

Fast Food Restaurants

Hungry Jacks
KFC
Oporto
McDonalds
Nandos
Pizza Hut
Red Rooster
Starbucks
Subway



May contain GE 

Non-GE 

Beer

Belle-Vue Kriek

Birrell

Coopers

Corona

Miller Draft

Naked Ale

Pacifico

Pepperjack Beer

Redback

Shanghai Lager

Sheaf Stout

Abbotsford Invalid Stout

Amstel

Asahi Super Dry

Barons

Barefoot Radler

Bass

Baltika

Barons

Beck's

Blue Bitter

Blue Ice

Bluetongue

Bluetongue Ginger Beer

Boag's

Bondi Blonde

Buckleys Beer

Budweiser

Carbine Stout

Carlsberg Beer

Carlton Draught

Cascade

Castle

Crown

Fosters

Emu

Encounter Bay Southerly Buster

Encounter Bay Steam Ale

Eumundi Lager

Gold Bitter

Grimbergen

Grolsch

Guinness

Gulf Lager

Hahn

Heineken

Hoegaarden

Ice Beer

James Boag's



May contain GE 

Non-GE 

- James Squire
- KB Lager
- Kent Old Brown
- Kirin Ichiban
- Knappstein Reserve Lager
- Kronenbourg 1664
- Leffe
- Matilda Bay
- Melbourne Bitter
- Nail Ale & Stout
- Newcastle Ale
- NT Draught
- Peroni Nastro Azzurro
- Pilsner Urquell
- Power's
- Pure Blonde
- Red Angus
- Red Bitter
- Resch's
- Snowy Mountains
- Southwark
- Steam Exchange
- Steinlager
- Stella Artois
- Swan
- The Barefoot Radler
- Toohey's
- Tuborg
- VB
- Vintage Number 2
- West End
- XXXX

Bitters

Angostura Bitters

Peychaud's Bitters

Ciders

Bulmers Original
 Mercury Cider
 Strongbow Cider
 Viper Cider

Westons Organic Apple Cider
 Westons Organic Pear Cider
 Westons Old Rosie Scrumpy
 Westons Premium Irish Cider



May contain GE 

Non-GE 

Westons Stowford Ciders
Westons Vintage Reserve Oak

Liqueurs

100 Pipers
Akropolis Oyzo
Baileys
Continental Liqueurs
Godiva Liqueurs
Romana Sambuca
Safari

Amarula Cream
Father O'Leary's Butterscotch
Father O'Leary's Cappucino
Father O'Leary's Hazlenut Heaven
Father O'Leary's Velvet Cream
Noilly Pratt
Rumba Taste of the Tropics

Spirits

Absolut Vodka
Barossa Brandy
Bell's Whiskey
Benmore Whiskey
Bertrams VO
Black Jack Bourbon
Black & White Whiskey
Buchanan's
Bulleit Bourbon
Bundaburg Rum
Cardhu Whiskey
Chatelle Napoleon
Cinzano Spirit
Ciroc
Cougar Bourbon + Rum
Coyote Tequila
Cragganmore
Crown Royale
Dalmore Whiskey
Dalwhinnie
Dimple Pinch
Glen Ord
Gilbey's Gin
Gordon's Gin
Haig
Hennessey
Jose Cuervo
Karloff Vodka

Bacardi Rum
Bacardi Black
Bacardi Breezer
Bacardi Carta Blanca
Bacardi Limon
Bacardi Oro
Bacardi 151
Bombay Sapphire Gin
De Kuyper
Dewar's Scotch
Dewar's Signature
Dewar's 18 year old
Dom Benedictine
Eristoff
Freixenet
Grey Goose
Inner Circle Rum
Inner Circle Rum & Cola
Inner Circle Rum Grey
Martini
Martini Asti
McKenna Bourbon



May contain GE

Kirov Vodka
Knockando
Lagavulin
Oban
Orinoco Rum
Prince Albert Gin
Royal Lochnagar
Rumple Minze
Rusky
SKYY Vodka
Smirnoff
Talisker
Tanqueray
The Black Douglas
The Tall Blonde Vodka
UDL

Non-GE

Wine, fortified wines, sparkling wines and champagne

Academy McWilliam's Wines
Amesbury Estate Toorak Wines
Andrew Garrett
Annie's Lane
Argyle
Barwang
Battle of Bosworth
Beringer
Black Noble
Brands Laira Coonawarra
Brown Brothers
Carlei Estate
Carlei Green Vineyards
Carlei Signature
Cartwheel
Casella
Catching Thieves
Cellar no. 8
Chateau St John
Cloudscape
Cockatoo Ridge
Coldstream Hills



May contain GE 

Non-GE 

- Cullen Wines
- De Bortoli
- Deen Vat
- Demeter Wines
- Devil's Lair
- Dowie Doole
- Double Barrel
- Emeri
- Etude
- Evans & Tale Margaret River
- Everton - Brown Brothers
- Fifth Generation
- Fifth Leg
- Fisher's Circle
- Frank Senior Port
- Glenbawn
- Grand Tokay Brown Brothers
- Great Western
- Greg Norman Estates
- Gulf Station
- Half Mile Creek
- Harris Organic Wines
- Heemskerk
- Hooley Dooley
- Hochkirch Wines
- Ingoldby
- Jamieson's Run
- Kalleske
- Killawarra
- Knappstein Single Vineyard Enterprise
- Knappstein
- LedaSwan
- Leeton Selection - Toorak Wines
- Leo Buring
- Lillydale Estate
- Lindeman's
- Lost Block
- McWilliam's
- Maglieri



May contain GE 

Non-GE 

- Mallee Point
- Matthew Lang
- Matua Valley
- Meridian
- Metala
- Midnight Leap
- Mildara
- Minchinbury
- Mitchelton
- Moore's Creek
- Mount Peasant
- Mallee Point
- Noble One
- Melba
- Patricia - Brown Brothers
- Penfolds
- Pepperjack
- Petaluma
- Pfeiffer Wines
- Queen Adelaide
- Retief Organic Wines
- Robertson's Well
- Robinvale Wines
- Rococo
- Rosemount
- Rosnay Organic Wines
- Rothbury Estate
- Rouge Homme
- Rufus Stone
- Sacred Hill
- Saltram
- Seaview
- Second Nature
- Seppelt
- Sero
- Show Muscat – De Bortoli
- Smithbrook-Pemberton
- Souverain
- St Clement



May contain GE 

Non-GE 

St Hallett
St Huberts
Stags' Leap
Stonier
Sunstone
Tamburlaine Wines
Tatachilla Growers
Tatachilla Partners
Tatachilla Keystone
Tatachilla McLaren Vale
T'Gallant
Taz
The Little Penguin
Toorak Wines
Trevi
Tyrrell's
Tyrrell's Old Winery
Twotone Farms
Wattle Creek
Wildstone Organic and Preservative Free Wine
Willandra Estate Toorak Wines
Windy Peak
Windy Ridge
Wither Hills
Wolf Blass
Wynn's Coonawarra Estate
X&Y Margaret River
Yarra Ridge
Yellowglen
Yellowtail
Yendah
Zibibbo
3 Tales

Orange Rated Companies: These companies have made a commitment to remove GE crop ingredients from their food but are yet to achieve a Green rating

Weight Watchers

George Weston Foods (*Tip Top; Burgen, Noble Rise, Golden Crumpets, Bagel House*)

Our Truefood Newsletter will keep you updated on progress with these companies.