

Genetically modified food is a threat to our health, our environment and our food security. Australia's poor labelling laws keep us in the dark when it comes to feeding our family.

Serve up non-GM food

- Use this guide when you shop
- Write to the federal health minister demanding genuine labelling laws
- Ask 'red' companies to go non-GM
- Sign up for regular updates

www.truefood.org.au



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* In the process of setting up non-GM systems
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KIDDY DINNER

Non-GM ✓

Captains Choice Fish Fingers	Heinz Papa Giuseppe's	SPC Stone's Pizza Slices
Coles Coles Fish Fingers'	Pacific West Popcorn Shrimp	Sealord Fish Flips
Good Start	Snap Pots	Watties

May contain GM ✗

Birdseye	Kraft Easy Mac	Sara Lee Pies
Dr Oetker Ristorante Pizza	Latina Fresh Kids	Snowy River Party Sausage Rolls
Four N Twenty Sausage Rolls	Marathon Puffy Dogs	Trident 2 Minute
Herbert Adams Party Pies	McCain Pizza	Wedgwood Party Pies
Home Brand Fish Fingers	Nanna's Pies	Woolworths Select Quick Mix
	Patties Mr Men/Little Miss	

Chicken

Non-GM ✓

Lilydale	All organic chicken
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May contain GM ✗

Baiada Brannan's Poultry Coles	Home Brand IGA Ingham	Steggles Woolworths Select
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TREATS

Biscuits & Chips

Non-GM ✓

CCs	Kids Care Rice Wheels	Samboy Shapes
Chazoos Popcorn	Korn Kiks	Skadoos
Cheezels	Little Bites	Soya King
Chickadees	Muffins	Sultry Sally
Damorra	Monster Noodle Snacks	Thins
Snako's	Movietime Popcorn	Tiny Teddy
Fantastic Delites	Nobby's Nuts	Toptaste
Freelicious	Orgran Outback Animals	Yummy Tummy
Buddy Bites	Paradise Ugliers	Vege Chips
French Fries	Poppin'	Veri Deli
J.J. Crispy Snack	Microwave Popcorn	Vita-Wheat Grain Snacks
Jumpy's Potato Snacks	Potato Stix	Wacko Biscuits
		Wiggles Ricey Bites

May contain GM ✗

Beigel & Beigel Burger Rings	Home Brand Snax	Rice Rounds
Cheetos	In-a-Biskit	Riviana
Doritos	Mini-Macro	Popping Corn
Ginger Bread Boy/Girl	Parker's Pretzels	Sakata Minis
Grain Waves	Red Rock	Smith's Snakata
		Twisties

Feel like chicken tonight?

It's a popular family meal, but most Australian chicken is fed GM soy. Coles and Woolworths are the biggest buyers of chicken. They have the power to end GM contamination of your family dinners.

Cake Mix

Non-GM ✓

100s & 1000s	Greens Cake Mix	Top n Mix
Betty Crocker	Greens Pancake Shake	Whisk & Pin Cake Mix
CWA Country Women's Scone Mix	Lion Stardust	White Wings Shaker
Farm Pride		

May contain GM ✗

Woolworths Select

Lollies & Chocolate

Non-GM ✓

Allens	Kit Kat	The Natural Confectionary Company
Black And Gold	Lindt	Violet Crumble
Coles	Milky Bar	Wonka
Darrell Lea	Nestle	
Haigh's		

May contain GM ✗

Cadbury Roses	Cherry Ripe	Pascal
Cadbury Dairy Milk	Crunchie	Picnic
Caramello Koala	Flake	Snickers
	Freddo Frog	Twix
	Mars	

Ask red companies to go non-GM!

Ice Cream

Non-GM ✓

Connoisseur Dairy Bell	Frosty Fruits	Norco
Drumstick	Icy Pole	Paul's Peter's
	Nestle	

May contain GM ✗

Boost Bliss*	Cornetto	Splice
Bulla Creamy Classics*	Golden Gaytime	Street's Blue Ribbon
Bubble O' Bill	Magnum	Viennetta
Calippo	Paddle Pop	
	Sara Lee	

DRINKS

Non-GM ✓

Abundant Earth	Golden Circle	Ribena
Aldi Moobox	Golden Vale	San Pellegrino
Berri Quelch	Quick Start	Santa Vittoria
Bickford's	Jarrah	Saxby's
Coca-Cola	Chocolatte	Schwepes
Coles	Kirks	Sunny Boy
Cottee's	Lindt Hot Chocolate	Sustagen
Diet Rite	Flakes	Tru-Blu
Food Zoo	Nesquik	Waterfords
Flavour Stix	Ovaltine	Zooper
Gatorade		Doopers

May contain GM ✗

Bottle Green	Home Brand	Pepsi
Bundaberg	Lipton Iced Tea	Woolworths Select
Calci-Yum	Moove	
Dare	Mountain Dew	



2011

TRUEFOOD GUIDE KIDS

You have a right to feed your family food that is healthy, safe and does not cost the earth. Use this guide to avoid genetically modified (GM) food.

www.truefood.org.au



Growing kids need healthy food you can trust. **Parents have a right to know if they are feeding their kids GM food.**

BABY

Non-GM

Bellamy's Organic	Heinz Little Kids	Nurture
Farex Baby Rice	Heinz Mum's Rice	Only Organic
Farex Creamy Breakfast	Morganics Baby 'O'	Organic Bubs
Farex Fruity Porridge	Nan	Rafferty's Garden

May contain GM

Baby Mum-Mum	Karicare	S-26
Nutricia	Nutricia First Balance	

BREKKY

Milk

Non-GM

Bonsoy	Parmalat	So Good
Coles	Paul's	Soy Life
Norco	Pure Organic	
Nutrisoy	Slim Milk	

May contain GM

Fonterra	Dairy Farmers	Pura
Woolworths	Farmers Union	

Cereal & Crumpets

Non-GM

Abundant Earth	Free Quick Oats	Monster Muesli
Basco Honey Rings	Free Rice Puffs	Sports Muesli
Brookfarm	Free Ultra-Rice	Morning Sun
Cheerios	Golden Crumpets	Nestle
Cioko Corn Flakes	Honey Weets	Norganic
Coles	Itsy Bitsy Kids	Organic Corn
Crumpets	Cocoa O's	Flakes
Coles Muffins	Lowan Cocoa Bombs	Nu-Vit Muesli
Ecor Bran Sticks	Mighty Soft Muffins	Planet Organic
Free Cocoa Puffs	Milo	Sanitarium
Free Corn Flakes	Monster Muesli	Tropico's
Free Muesli Breakfast Bars	Free & Lo	Uncle Toby's
		Vita-Brits
		Weet-bix
		Whisk&Pin

May contain GM

Cocoa Pops*	Kelloggs Corn Flakes*	Vogels*
Frosties*	Naytura	Weight Watchers
Homebrand	Nutri-Grain*	Woolworths
Just Right*	Sultana Bran*	Select
Kelloggs*		

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Fresh fruit and vegetables are GM-Free!

LITTLE LUNCH

Bars

Non-GM

Bellis School Bars	Go Natural	Nice & Natural
Carman's Muesli Bars	Goulburn Valley Fruit 'n' cereal	Fruit Strings
Chazoos Fruit Snacks	Leda Filled Bars	Norganic
Chompies	Nana Diver's	Simpson's
Dunkarooz	Oven Baked	Fruit Tails
Florida's Natural Au' Some Fruit	New Day	SPC
	Fruit Snacks	Drizzly Bars
		Uncle Toby's
		Roll-Ups

May contain GM

Be Natural Nut Bars*	Home Brand Fruit Bars	Weight Watchers
Boost Bites*	Kelloggs K-Time Twist*	Cereal Bars
Cadbury Brunch Bars	Kelloggs LCMs*	Weight Watchers
Golden Days Fruity Bites	Nature Valley Crunchy	Muffin Bars
	Think Thin Bar	Woolworths
		Select

Visit www.truefood.org.au for more info on our ratings policy

Little Cheeses

Non-GM

Bega Stringers	Coles Snack Packs	Le Snak
Black & Gold Crisp Bread & Cheese Snacks	Devondale Moo Zoo	

May contain GM

Vegemite Cheesy Bites	The Laughing Cow Cheese	Vegemite
Kraft Cheestix	Babybel Cheese	Snackabouts
Mainland Munchables		

Yoghurt

Non-GM

Jalna	Paul's Dora the Explorer Yoghurt	Ski Yoghurt
Nestle Yoghurt		Vaalia My First Yoghurt

May contain GM

Bulla Thick 'n' Fruity*	Le Rice	Petit Miam
Forme Yoplait	King Land Soy Yoghurt	

Join the Truefood Network at www.truefood.org.au - it's free!

BIG LUNCH

Bread

Non-GM

Bazaar	Lawson's	Sunrice
Burgen	Mighty Soft	Rice Cakes
Corn Thins	Molenberg	Tip Top
Country Life	Pureharvest	Wonder White
Helga's	Rice Cakes	

May contain GM

Baker's Delight		
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Butter & Spread

Non-GM

Aussie Mite	Dick Smith's	Meadow Lea
Beautifully Butterfully	ETA	Nutella
Devondale Extra Soft	IGA Signature	Olive Grove
	IXL	Only Organic
	Logicol	Sanitarium

May contain GM

Allowrie	Mainland Butter Soft	Weight
Bertolli	Nuttelex*	Watchers
Flora	Nuts Peanut Butter	Westem Star
King Land Soy Butter	Promite	Woolworths
Kraft		Select
		Vegemite

Certified organic foods are GM-free!

Cheese

Non-GM

Bega	Devondale	Emporium
Black & Gold	Sandwich Slices	Selection
Bd Farms	Nimbin Natural	Cowbelle
Paris Creek		

May contain GM

Home Brand Slices	Woolworths Select	Mersey Valley
Kraft	Cracker Barrell	Tasmanian
Mainland	Coon	Heritage

Tinned

Non-GM

Greenseas Lunch Bite	Heinz Oops	SPC
Heinz Beanz	SPC Number-Ghetti	Spaga-Saurus
		Watties

May contain GM

Home Brand Tuna Snacks With Crackers	John West Kids Tuna	Seakist
Hormel's Kid's Kitchen	John West Tuna to Go	Lunch Kit
		Trident
		Mega Cup

Ask the red list food brands to be Non-GM!