

Right to Know – GM-Free Product List

October 2014

Can't see your favourite GM-Free product on our list?

Please send us details or a photo to info@gmfreeaustralia.org.au for inclusion in the next list, due for publication in May 2015. We aim for 1,000s of GM-free products as in the USA - www.nongmoproject.org

Products labelled GM-free available in Australia

PASTA

Many Australians are seeking to make GM-free choices for themselves and their families. The safety of genetically manipulated (GM) food is still controversial and there is increasing evidence of harm.

Australian GM labelling laws are full of loopholes. Many processed foods use GM processing aids. Buying food that does not include ANY ingredient from a GM source, including products from animals and fish raised on GM feed, is a priority for many shoppers.

More about avoiding GM foods at www.madge.org.au/safe-food

The GM-Free Australia Alliance has compiled this list to celebrate the growing number of companies choosing to label their products GM-free or non-GM. We thank them for allowing us to make informed decisions when we shop.

All companies listed have supplied us their GM-free policies and fulfil our assessment criteria. Our list is the first step towards a comprehensive listing of all Australian GM-free products.



San Remo* - Pasta from this South Australian company is labelled free from genetic modification. Available in supermarkets. Visit www.sanremo.com.au



L'Abruzzese* - Certified organic pasta from L'Abruzzese. Find stockists by visiting their web site www.labruzzo.com.au

CHOCOLATE



Sweet William* - Chocolate from Sweet William is dairy-free, gluten-free and has no GM ingredients. Available from small and large retailers. Info at www.sweetwilliam.com.au



Cocolo – Swiss chocolate from Cocolo is organic, fair trade and GMO-free. Available at health food, gourmet and fair trade stores, or purchase online at www.cocolo.com.au

DID YOU KNOW ?

All Australian *certified* organic foods are 100% GM-free



Look for products carrying any of these symbols

**Note, many international organic certification programs allow for a 0.9% tolerance to GM*

** Indicates survey in progress with manufacturer*

Contact info@gmfreeaustralia.org.au

Download the list www.gmfreeaustralia.org.au/resources

OILS / MARGARINE



Nuttelex – This margarine from a Melbourne based family business uses non-GMO canola. Available

in most supermarkets. Visit www.nuttelex.com.au

Goodman Fielder Brand * –

Producer of Meadow Lea margarine. Also look for canola oil, vegetable oil labelled “non-GM”



from Goodman Fielder available in supermarkets. More info online www.goodmanfielder.com.au

DAIRY



Fleurieu - Dairy products from Fleurieu Company based in South Australia are labelled GM free. Product range includes milk, cream

and yoghurts. Visit www.fleurieumilkco.com.au

SPREADS



Aussiemite - This savoury spread is made by an Adelaide-based business using only ethically sourced non-GM ingredients.

Store locator online www.aussiemite.com.au

Note – this is not the same product as Dick Smith brand Ozemite

MEATS



Savannah Farm – Lamb, pork & chicken from Savannah Farm is organic and pasture-fed. Stockists

available online www.savannahfarm.com.au



Cape Grim Beef – Beef cattle from this Tasmanian company are raised only on local GMO-free pasture.

Locate stockists www.capegrimbeef.com.au

BABY FOOD



Bellamy's Organic* – extensive range of baby and infant food products. More information about their ingredients available online

www.bellamysorganic.com.au

GRAINS AND LEGUMES



Celebrate Health – Products: quinoa, lentils, rice, baked beans, almond superfoods and chilli con carne bases. No GM ingredients are used in their product range.

www.celebratehealth.com.au

DRINKS



Douglas Park Organics – Organic apple and orange juice. This South Australian company uses certified organic fruit. Visit

www.douglasparkorganics.com.au



Pureharvest – Organic soy, oat, rice and almond milk from Pureharvest. Full list of more snacks and sauces

www.pureharvest.com.au



Bonvit Dandelion Blend Beverage* has no GM ingredients. Find it in supermarkets, health-food shops and here www.bonvit.com.au

SNACKS



Orgran Brand – Gluten-free products, snacks for kids. Sold in health-food shops & supermarkets. Visit www.orgran.com/availability



Brook Farm – Muesli, oils, bars and nuts available throughout Australia. Store locator at www.brookfarm.com.au



Carmen's Kitchen – Carman's Muesli contains only GM-free ingredients. Products are available nationally at most supermarkets www.carmanskitchen.com.au



Table of Plenty* – Muesli from “Table of Plenty” is GMO-free. Includes gluten-free lines. Stockists at www.tableofplenty.com.au



RW Garcia Corn chips* – dippers and crackers from RW Garcia are from the USA, verified by the Non-GMO Project www.rwgarcia.com

Note – Non-GMO Project verification allows for a 0.9% GM tolerance