



Help us move

Be VISIBLE INFORMED DISRUPTIVE a MULTIPLIER SUPPORTIVE

Be INFORMED

Yes, the GM debate is complex – but there are resources that help make sense of it all

- Beyond GM websites (see below).
- Citizens Concerned About GM (www.gmeducation.org).
- GMO Myths & Truths – free downloadable book (earthopensource.org).

Be VISIBLE

Only public pressure can put GM on the agenda

- Take a GM Free Me photo of yourself & upload it, with your comment, to our website.
- Write to your MP. Better yet, send him/her a link to the Letter from America or your GM Free Me photo (see our websites for details).
- Write to newspapers, call-in to radio shows – take every opportunity to voice your views about GMOs.

Be DISRUPTIVE

Stop GM foods creeping onto our plates

- Read labels – complain if you find GM foods in the shop.
- Ask restaurants/take-aways about GMO cooking oil & refuse to eat food cooked in it.
- Ask your favourite food brands if they contain GMOs. Tell them you would not buy their products if they did.
- Ask your schools, hospitals & offices to serve non-GM fed meat, milk & eggs.

Be a MULTIPLIER

Spread the word to your friends, family & community

- Email links to news stories & resources to help educate your friends & family.
- Post GMO-related tweets & Facebook updates.
- Follow non-GMO organisations so you can share links with others.
- Host a GMO OMG film night or event to talk about GMOs. Beyond GM can help.
- Take photos of your friends & upload them to GM Free Me. Get them to do the same.

Be SUPPORTIVE

Show a little love to those working hard to ensure a GM free world

- Follow us on twitter & like us on Facebook.
- Sign up to our newsletter for regular updates.
- Please donate – we cannot do this work without ongoing financial help.
- Buy our organic cotton GM Free Me t-shirts – it spreads the word & we get some funds.



www.gmfreeme.org



www.theletterfromamerica.org



www.beyond-gm.org