

# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

May/June 2016

Two Months of Super Savings

# Life Savings



**Kind  
Organic  
Products**

**30% off**



**New  
Item**

**BioChem  
Whey Protein Powder  
with Matcha Tea**

**10.5 oz**

**\$19.99**

**Olive Leaf**



**90 caps . . . . . \$15.99**

**Super Mushroom Blend**

**60 vcaps . . . . . \$41.29**

**Lung, Bronchial, and Sinus Health**

**90 tabs . . . . . \$18.99**



**Kyolic Formula 100**

**300 caps . . . . . \$19.99**

**Kyo-Green**

**5.3 oz . . . . . \$22.99**

**Moducare**

**90 vcaps . . . . . \$23.99**



- **Adrenal Health**  
60 vcaps. .... \$19.99
- **Holy Basil**  
60 vcaps. .... \$19.99
- **Rhodiola**  
60 vcaps. .... \$19.99



- **Turmeric Extract**  
60 caps. .... \$10.99
- **Boswellia**  
60 vcaps. .... \$13.99
- **Yeast Cleanse**  
90 vcaps. .... \$10.99
- **Circulegs**  
60 vcaps. .... \$12.99



- **Full Spectrum Minerals**  
120 caps. .... \$11.99
- **OptiZinc**  
100 vcaps. .... \$6.99
- **Liquid Vitamin D-3**  
1 oz. .... \$9.99



- **Inulin FOS**  
6.3 oz. .... \$8.99
- **BrainBoost**  
60 caps. .... \$17.99
- **PomeGuard**  
60 vcaps. .... \$16.99



**All Hair Color Products**  
**\$10.99**



**New Line**

**All Products**

**20% off**



**All Flax Oil**

**20% off**



**All Probiotics**

**20% off**



**All Udo's Probiotics & Oils**

**20% off**



- **All Ultimate Omega Formulas**
- **Algae Omega**

**25% off**



**All Products**

**20% off**



**Steel Cut Side**

- **Jambalaya**
- **Cheesy Oats**
- **Madras Curry**
- **Tomato Risotto**

7-9 oz **\$3.99**



**Kale Chips**

- **Chili Lime**
- **Garlic Onion**
- **Kool Ranch**
- **Smoky Bacon**
- **Sea Salt**

.75 oz **\$2.19**



**Bottled Tea**

14 oz **\$1.49**



**Roasted Seaweed Snacks**

.17 oz ..... \$.99  
.35 oz ..... \$1.39

## One Little State, One Big Company — The First GMO Labeling Victory!

We have been fighting for genetically modified organisms (GMO) foods to have required labeling for so long. In 1994, GMO foods sneaked quietly onto our grocery store shelves without the majority of consumers being aware. In fact, even today nearly 70% of the population believe they have not eaten GMO foods even though they are in 60-70% of all packaged foods!

The food companies could have labeled their products just as secretively from the beginning—after all, how many average grocery shoppers actually read the labels?—but they did not. Perhaps they felt it was unnecessary because GMOs were FDA approved. Perhaps they did not want consumers to become curious or reject GMO foods just because they were something new. Perhaps it was just about profits, even though grocery organizations have spent millions lobbying in defense against mandatory labeling.

Still, people began taking notice and learning more about health issues related to GMOs. By 2015, around 60% of Americans believe that GMOs are unsafe to eat and two-thirds of the population support labeling of GMO foods, according to polling. Even so, bills mandating GMO labeling on a federal level have been defeated repeatedly, as well as any state bills that tried the same, but . . . that all changed very recently.

Two years ago, one of our fifty states, a rather small one with just 0.19% of the country's population, passed into law what will be felt across the nation! However, it was not until March 18<sup>th</sup> of this year that the first company conceded. On that day, General Mills announced that it would begin to label its products containing GMOs by July of this year in order to comply with this one state's new labeling law—that will include *all* their products *all* across the *entire* nation, because it is impossible to label only the products sent to one state. Thank you, Vermont!

This concession has been held off as long as it could be. General Mills, along with many other food companies, was hoping for protection against Vermont's law to come from the federal level. There was a bill opponents dubbed the "DARK Act," standing for Deny Americans the Right to Know, in the U.S. Congress that would have stripped away all rights of the individual states to mandate GMO labeling, as well as possibly negate over 130 other state protection laws for seed and food across the nation. Vermont's valiant effort would not only have been overridden by this DARK bill, but it would have resulted in *only* the U.S. Congress having the right to change the laws regarding any such labeling of GMOs in the future. The DARK Act was defeated, albeit narrowly with a 48-49 vote, in the U.S. Senate on March 16<sup>th</sup>.

Now other food companies are also working to add GMO labeling to their products to comply fully with Vermont's deadline. While we are excited about this step in the right direction, it can have a downside: other states can make their own

laws specifying how products containing GMOs are to be labeled and that can make for ". . . a confusing patchwork of state-by-state rules," wrote Paul Norman, president of Kellogg North America. In fact, in January of this year, the Campbell Soup Company reversed its stance, coming out in support of mandatory GMO labels, not only to provide transparency that the majority of consumers are demanding, but in hopes of specific guidelines for labeling to be created that will be acceptable across state lines.

At this juncture, it may now be beneficial to parties on both sides of the issue to have federal mandates regarding GMO labeling. However, my concerns with passing federal laws to regulate the labeling has not changed: food companies can again lobby against it or attempt to make such labeling insignificant, therefore largely ineffective in making the information easy to find and read. Having Vermont "speak" for the entire country as to how GMO products must be labeled might be enough . . . for now.

Vermont also prohibits claims like "natural" in labeling or advertising for foods produced from genetic engineering, which redefines the term. The "natural" label usually describes no added coloring, artificial flavors, or synthetic substances, but since the term "natural" has not been regulated, food producers could and did include GMO foods under the natural label, which might be why the majority of the population believe they have not eaten GMO foods. In other words, generally people believed that "natural" meant no GMOs.

Unfortunately, Vermont's GMO labeling law exempts pet foods and livestock feed, as well as meats from GMO fed livestock, things I would like to be included. It also does not address restaurant foods. *Maybe other states could pass laws addressing these issues that will benefit most of the nation.* However, if just one other state passes GMO labeling laws that conflict or are not completely harmonious with Vermont's current laws on groceries for human consumption, then the organizations representing food companies could have a stronger case in future debates against all GMO labeling.

Regardless of whether you view this as a huge victory or just another small step in the right direction, the fight for GMO labeling is not really over. We need to continue to tell our representatives that we want GMO labeling. When you think about how two-thirds of the population support GMO labeling and yet the DARK Act was passed by the House of Representatives with a 275-150 vote in July 2015 to only be defeated by one vote in the Senate in March 2016, you can see the importance of why we need to keep working at having our concerns about GMOs heard by our representatives.

*Linda Townsend is a freelance writer of health-related issues and can be contacted at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).*

## NEW PRODUCTS

### Grocery

- Grainful Shelf Stable Side Dishes
- Justin's Nut Butters – Mini Peanut Butter Cups
- Supereats Kale Crisps Sriracha
- Rhythm Kale Chips
- Living Intentions Organic Cereal: Acai Blueberry, Cacao Crunch; Hemp and Greens
- Living Intentions Organic Sprouted Pumpkin Seeds
- Living Intentions Trail Mixes: Sprouted Wild Berry; Sprouted Mango Goji
- Beanitos 12 pack, single serve, Baked Mac n'Cheese Crunch; Baked White & Black Bean Chips; Fresh Garden Salsa White Bean Chips; Sweet Chili & Sour Cream Chips
- Piping Gourmet Whoopie Pies
- Carla Lee's Thai Coconut Burgers
- Applegate Organic Chicken Strips
- Tofurky Veggie Burgers Hearty Hemp; Spicy Black Bean; White Quinoa
- Sambazon Spring Greens Pack
- Epic Salmon, Sea Salt & Pepper Bar; Venison, Sea Salt & Pepper Bar
- Woodstock Jalapeno Relish
- Native Organic Powdered Coconut Milk
- Now Organic Powdered Soy Milk
- Celtic Organic Pepper & Salt Blend Grinder
- Field Day Sparkling Water, Original, Lemon, Lime; Canned Vegetables, Green Beans, Corn, Peas; Coconut Milk

- Late July Tortilla Chips, Jalapeno Lime, Buffalo Queso, Sriracha Fresca
- Lily Mix n'Go Aloe Drink Strawberry Kiwi, Pomegranate
- True to Brain Toniq
- True to Fit Toniz
- Food Should Taste Good Hummus: Black Bean, Chickpea, White Bean

### HBC

- Earth Kiss - Facial Mud Masks
- Nourish - Organic Argan Butter and Shea Butter
- Sustain-Fair Trade Certified Condoms
- Aura Cacia - Essential Oil Diffusers
- Now - Fractionated Coconut Oil and 100% Cocoa Butter

### Supplements/Nutrition

- Tera's - MCT Coconut Splash
- Orgain - Cold Brew Coffee Protein Drink; Grass Fed Protein Drink
- Ovega-3 - Plant Based Omega 3
- Forces of Nature - Topical Remedies (Muscle Pain, Eczema, Nerve Pain, Gout, Scars)
- Organic India - Triphala, Tumeric, Ashwaganda 180's
- Manitoba - Hemp Oil Capsules
- Genesis Today - Magnolia Bark, Poppy Seed Veggie Caps
- Yerba Prima Organic Psyllium Husks