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PRESS RELEASE

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New Book For Consumers on Genetically Engineered Foods

Consumers Learn of Risks and Where to Find Non-GE Foods

The second edition of *Genetically Engineered Food: A Self-Defense Guide for Consumers* has hit the bookstores. This easy to understand book helps consumers learn about the risks of genetically engineered (GE) foods and strategies to reduce their exposure.

The 237-page book is authored by Ronnie Cummins and Ben Lilliston. Cummins is the national director of the Organic Consumers Association (OrganicConsumers.org) and the editor of *BioDemocracy News*, a monthly on-line newsletter devoted to genetic engineering, factory farming, and organics. Ben Lilliston is the communications coordinator for the Minneapolis-based Institute for Agriculture and Trade Policy.

The new edition is completely revised and updated, with listings of companies, stores, and brands that produce GE-free food. The authors outline for consumers what GE foods are on the market now, and what GE foods might be on the market in the near future.

The new edition includes a section on bio-pharmed crops, genetically engineered crops designed to contain pharmaceuticals, and the risks these crops pose to the food supply. In addition, the book:

- Clearly explains the risks of GE foods to you and the environment.
- Lists foods you should buy and where you can find them.
- Shows how you can shop, cook, garden and advocate to move the U.S. food system towards a more sustainable model.

Frances Moore Lappe, renowned author of numerous books including *Diet for a Small Planet* and co-author of *Hope's Edge*, wrote the forward. "Here Ronnie Cummins and Ben Lilliston, two dogged researchers and courageous truth-tellers, inform us that we Americans have been enlisted in the biggest nutritional experiment ever conducted on humans matter," writes Lappe. "Ethicists hold that experiments on humans require our informed consent. However, those carrying out this particular experiment, the introduction of genetically engineered food (and especially seeds, where it all starts), not only failed to ask for our consent; they even failed to tell us the experiment was underway."

Genetically Engineered Food: A Self-Defense Guide for Consumers is published by Marlowe and Company. It is available in bookstores and at internet bookstores.

The Organic Consumers Association (OCA) promotes food safety, organic farming and sustainable agriculture practices in the U.S. and internationally.

The Institute for Agriculture and Trade Policy promotes resilient family farms, rural communities and ecosystems around the world through research and education, science and technology, and advocacy.