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*

Fresh Produce

All fresh fruit and vegetables grown in Australia are non-GM.

About the List

Many Australians are seeking to make food choices excluding genetically manipulated (GM) ingredients.

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

All companies have supplied us their GM-free policies and fulfil our assessment criteria. Please contact us if you need more information.

By voting with our wallets, we support our GM-free farmers and food producers.

Are your favourite products not on the list?
Please send us details
info@gmfreeaustralia.org.au

For more info on avoiding GM foods visit
www.madge.org.au/living-gm-free

www.gmfreeaustralia.org.au

This list of GM-free products is based on information supplied by food and beverage companies. The GMFAA is not a certification body. We have not independently verified the accuracy of the claims made and therefore do not take responsibility for any actions taken in response to them.

2017 Edition

GM-Free Shopping List

2017

Brands free of genetically manipulated organisms (GMOs)

Meat, Eggs, Dairy

- ☐ **GOLD COAST ORGANIC MEATS (QLD)** - Beef, lamb, pork and poultry
  www.goldcoastmeats.com
- ☐ **JONAI FARMS & MEATSMITHS (VIC)** - Ethical Beef & Pork products
  www.jonaifarms.com.au
- ☐ **CAPE GRIM BEEF (TAS)** - Tasmanian beef raised only on local GMO free pasture
  www.capegrimbeef.com.au
- ☐ **MADELAINE'S EGGS (VIC)** - NASAA certified organic ethically produced eggs
  www.hollyburton.com.au/collections/madelaines-eggs
- ☐ **BANNISTER DAIRY (WA)** - Sustainable dairy, with GM-free stock feed.
  www.bannisterdowns.com.au

Spreads

- ☐ **AUSSIEMITE** - Vegan GM-free savoury spread with no artificial flavours, colours or preservatives
  www.aussiemite.com.au
- ☐ **NUTTELEX** - Margarine spread, all varieties
  www.nuttelex.com.au
- ☐ **MELROSE** - Melrose Nut Spreads
  www.melrosehealth.com.au

Pantry Basics

- ☐ **CELEBRATE HEALTH**- Quinoa, lentils, rice, baked beans, cereals and meal bases
  www.celebratehealth.com.au
- ☐ **L'ABRUZZESE** - Pasta made with top quality all-Australian GM-free ingredients
  www.labruzzese.com.au
- ☐ **POWLETT HILL FLOUR & GRAIN** - Quality stone ground flours and pasta
  www.powletthill.com.au
- ☐ **VEGETA** - Stock, seasoning and concentrates
  www.vegeta.com.au
- ☐ **ORGANIC TIMES** - Certified organic sugar, butter, milk powder, cocoa, cookies & chocolate
  www.organictimes.com.au
- ☐ **ORGRAN & BUONTEMPO** - Gluten, wheat, egg, dairy, yeast, nut, GMO-free vegan snacks, breakfast foods, biscuits and pantry basics
  www.orgran.com
- ☐ **BROOK FARM** - Muesli, oils, bars and nuts
  www.brookfarm.com.au
- ☐ **KADAC -** Look for the wide range of GM-free brands: Lotus, Nature First, Global Organics, Real Good Food and Ambrosia
  www.kadac.com.au
- ☐ **TABLE OF PLENTY** - Muesli, bars, biscuits, fruit yoghurt, drinks and spice blends
  www.tableofplenty.com.au
- ☐ **SYNDIAN NATURAL FOOD PRODUCTS** - Vegan burger mixes, falafel and pumpkin bites
  www.syndian.com.au

Drinks

- ☐ **PUREHARVEST** - Organic soy, oat, rice and almond milk and Living Planet goat's milk
  www.pureharvest.com.au

Snacks & Treats

- ☐ **ALTER ECO** - Chocolate bars and truffles
  www.altereco.com.au
- ☐ **SWEET WILLIAM CHOCOLATE** - Sugar and dairy free chocolate
  www.sweetwilliam.com.au
- ☐ **SWEET FREEDOM CHOCOLATE** - Naturally sweetened syrups, spreads and sauces
  www.sweetfreedom.co.uk
- ☐ **PUR GUM** - Swiss-made aspartame-free gums and mints
  www.thepurcompany.com
- ☐ **THE VEGE CHIP COMPANY** - 9 Flavours of vege chip savoury snacks
  www.vegechips.com