

## **Peninsula Co-op is proud to be a Non-GMO Verified retailer!**

For consumers, it is becoming increasingly difficult to stay up-to-date on the constantly changing list of foods that have been genetically modified. That's why we've become a non-GMO Verified retailer. We would like to make it easier for our customers to stay informed, so we have started labelling products for you!



Look for the **non-GMO project** shelf tags in our Food Centre on Keating X Road, Wale Road location in Langford and Mill Bay location. These tags indicate the product has gone through extensive consensus-based best practice testing for GMO avoidance.

### **What is GMO?**

According to [www.nongmoproject.org](http://www.nongmoproject.org), GMOs (or “genetically modified organisms”) are organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This relatively new science creates a combination of plant, animal, bacteria and viral genes that do not occur in nature or through traditional crossbreeding methods.

Health Canada defines ‘genetically modified’ as “an organism (plant, animal or bacterium) that has had its genetic material altered through any method, including cross breeding, chemicals, radiation, or genetic engineering techniques (introducing a gene from one species to another).” That is why we are making it a priority to share this information with our customers.

### **The Non-GMO Project and Peninsula Co-op**

At the moment, only our Food Centre, Wale Road and Mill Bay locations are non-GMO Verified and will have the visible shelf tags. However, many of our locations carry non-GMO products. Look for the non-GMO label on the front of these products!

For a list of products we carry that are non-GMO Verified, please see the below lists. Or, visit [www.nongmoproject.org](http://www.nongmoproject.org) for more detailed information.



### **Co-op Gas Centres:**

- Taste of Nature bars – all flavours
- Kind bars – only the Madagascar Vanilla Almond and the Dark Chocolate Cinnamon Pecan
- Pro bars – all flavours
- Bounce Balls – only the Cacao Mint and Co-co Berry Vitality Burst
- Rumble Shakes – both flavours
- Hardbite Parsnip Chips
- Thirsty Buddha Coconut Water – both kinds

- Beanfields Rice Chips – all flavours
- Glee Gum – all flavours
- Pur Gum – all flavours
- Alo Drinks – only Pulp Free Exposed, Awaken, and Crisp
- Fig bars – all flavours
- Endangered chocolate bars – all flavours
- Luke’s Organic Chips – Kale, Protein, and Superfood
- The Obroma Himalayan Salt chocolate bar
- Deep River Chips – Zesty Jalapeno, Salt and pepper, and Peach habanero
- Beanfields – All flavours
- Angies Boom Chicka pop, lightly sweetened
- Angies Boom Chicka puff sweet BBQ
- Natures path Qia Bars – all flavours
- Break away bars - all flavours
- Sambazon energy – Acai berry
- Guru Energy

**Co-op Food Centre:**

<b>Isle</b>	<b>Product</b>
8	Coco Libre Organic Coconut Water
8	Bob's 13 Bean Soup Mix
8	Amy's Organic Soups
8	Pacific Organic Soups
7	Wasa Crisps
7	Annies Crackers
7	Carrs Crackers
7	Taste of Nature Bars
7	Vega Bars
7	True Bars
7	Simply Bars
7	Zing Bars
7	NuGo Bars
7	Simply Protein Kids Bars
7	Pro Bars
7	Natures Path bars
7	EnviroKidz Bars
7	Wow Cookies
7	Snackimals Cookies
6	Sol Cuisine Frozen Products
6	Gardein Frozen Products
6	Big Mountain Burgers
6	Amy's Frozen Products
6	Natures Path Waffles
6	Vans Waffles

6	Dee Bees Tea Pops
<b>Isle</b>	<b>Product</b>
6	Coconut Bliss Frozen Treats
6	Edward and Sons Ice Cream Cones
4	Barbaras Snacks
4	Lundberg Rice Chips
4	Beanfields Bean and Rice Chips
4	Deep River Tortilla Chips
4	Deep River selected Chips
4	Luke's Organic Multigrain and Seed Chips
4	Gimme Seaweed Chips
4	Kettle Brand Chips
4	Kettle Brand Bakes
4	Kettle Brand Popcorn
4	Hardbite Chips
4	Indiana Kettle Corn
4	Zevia Drinks
4	Santa Cruz Lemon Juice
4	Knudsen Organic Juices
4	Santa Cruz Organic Lemonades
4	Santa Cruz Organic Juices
4	Kiju Organic Juices
3	Amy's Organic Tinned Beans
3	Catelli Selected Pasta
3	Annies Select Pasta
3	Kaslo Sourdoughs Pasta
3	GoGo Quinoa Pasta
3	Lundberg Risotto
3	Seeds of Change Rice products
3	Tru Roots Sproated Quinoa
3	Level Ground Rice
3	Lundberg Rices
3	Gia Sproated Brown and Wild Rice
3	Gia Sproated Brown Rice
3	Everland Organic Tamari Sauce
3	Everland Organic Coconut Milk
3	Native Harvest Organic Coconut milk
3	Qua Pasa Salsa
3	Three Farmers Camelina Oils
3	Rockwells Liquid Coconut Oil
3	Everland Organic Coconut Oil
3	Rockwells Organic Coconut Oil
3	Rockwells Coconut Oil Spray

3	Spectrums Organic Vinegar
<b>Isle</b>	<b>Product</b>
3	Bragg Organic Apple Cider Vinegar
3	Omega Nutrition Vinegar
3	Farmers Market Organic Pumpkin
3	Lundberg Organic Brown Rice Syrup
3	Rockwell Organic Coconut Syrup
3	Select Bob's Red Mill Products
3	Cuisine Soleil Flours
3	Anita's Flours
3	Pamela's Cake Mixes
3	Cuisine Camino Chocolate Chips
3	Wholesome Sweetners Agave Syrups
3	Wholesome Sweetners Molasses
3	Wholesome Sweetners Organic Sugars
3	Wholesome Sweetners Organic Stevia
3	Pur Via Stevia
3	Fruit d'or Dried Cranberries
3	Evergreen Pitted Prunes
2	GoGo Squeez
2	Edan Organic Beans
2	Pacific Organic Baked Beans
2	Three Farmers Chick Peas
2	Jolly Time Yellow Popping Corn
2	Kashi Cereals
2	Post Shredded Wheat 3 Varieties
2	Post Shreddies
2	Post Grape Nuts
2	Weetabix Cereal
2	Natures Path Cereals
2	EnviroKidz Cereals
2	GoGo Quinoa Puffed Cocoa Cereal
2	Cascadian Farms Cereals
2	Natures Path Granolas
2	Natures Path Oaty Bites
2	Kind Healthy Grains
2	Holy Crap Cereal
2	Natures Path Hot Oatmeals
2	Manitoba Harvest Hemp Hearts
2	Natures Path Qi'a Superfood
2	TaFood Flaxseed
2	Highland Crossing Rolled Oats
2	Highland Crossing Flax Seed

1	New World Organic Sesame Tahini
<b>Isle</b>	<b>Product</b>
1	New World Roasted Almond Butter
1	New World Peanut Butter
1	New World Coconut Peanut Spread
1	Bonne Maman Jams
1	Crofters Organic Spreads
1	Chill West Organic Jams
1	Real Foods Corn Thins
1	Lundberg Rice Cakes
1	Seaweed Love Seaweed Snacks
1	Smart Bite Fit Figure Snacks
1	Gimme Organic Seaweed Snacks
1	Silver Hills Bakery Products
1	Stash Organic Teas
1	Traditional Medicinal Teas
1	Numi Tea
1	Tazo Organic teas
Deli/Bake	Sambazon Drinks
Deli/Bake	Guayaki Yerba Mate
Deli/Bake	Kevita Beverages
Deli/Bake	Qua Pasa Tortilla Chips
Deli/Bake	Lesley Stowe's RainCoast Crisps
Deli/Bake	Rumble Super Shakes
Deli/Bake	One Degree Breads
Deli/Bake	Indian Life Products
Front	Pur Mints
Front	Pur Gum
Front	
End	Theo Chocolate Bars
Front	
End	Go Organics Hard Candies
Produce	Select Lighthouse Products
Produce	Windset Farms Seasonal
Produce	Houweling's Seasonal
Produce	Pom Wonderful Juice
Produce	Tofurky Meatless Sausages
Produce	Soyganic Smoked Tofu
Produce	Good Health Natural Foods Snacks
Dairy	Rice Dream Non-Dairy Beverages
Dairy	Earth Balance Spreads
Dairy	Omega Nutrition Flax Oil
Dairy	Silk Non-Dairy Beverages

	<b>Product</b>
Dairy	Almond Breeze Non-Dairy Beverages
<b>Isle</b>	
Dairy	Earth's Own Non-Dairy Beverages
Dairy	So Delicious Non-Dairy Beverages
Dairy	Earth Island Vegenaïse
Dairy	Daiya Dairy Free Products