

Food Safety and Security

Information from MCE's 2014 St. Louis Regional Food Study



Today, approximately 85% of American corn and 91% of American soybeans are genetically modified, and estimations conclude that roughly 70% of all processed foods are made from genetically modified (GM) products.

- Since genetically modified foods have only recently been integrated into the food supply, health risks are not completely understood and can arise without warning.
- Genetically modified food may be harmful to immune systems and vital organs, says Johns Hopkins food systems scholar Leo Horrigan.
- The Union of Concerned Scientists reports that GM practices lead to decreased nutrient content in food items and the elevation of toxins to hazardous levels in foods.
- GM crop production contaminates wild/non-GM varieties and creates pesticide-resistant insects, fueling a cycle of pesticide use and abuse.
- The use of chemical pesticides has skyrocketed in conjunction with the adoption of industrial agriculture methods.
- Long-term health effects of pesticide exposures can range from higher risk of cancer to disruption of the body's reproductive, immune, endocrine, and nervous systems.
- Environmentally, pesticides and over-fertilization endanger the quality of our water supply, the diversity of our ecosystem, and the health of our soil.
- By shifting to an agricultural system that does not heavily rely on harmful chemical additives, we can reduce costs for farmers while making food safer and healthier for all.

Consult moenviron.org for citations and the complete STL Regional Food Study

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How Do We Improve?

Reduce the Use

By cutting back on the amount of organic and chemical fertilizers, pesticides, and genetically modified crops in our farms, we can create safe, healthy food products in the St. Louis Regional Foodshed.

Shopping for Seeds

Often, farmers and other growers have difficulty finding non-GM seed to purchase. Opening up more retail opportunities to buy natural seeds can immediately impact the quality of our food.

Labels, Labels, Labels

Due to the health risks associated with GM food, it's necessary to label genetically modified food products for consumers.

Necessary Regulation

Currently, seed companies are left to regulate their own genetic modification. Government standards could provide necessary protection.