

Keep this list handy when shopping

Burt's Bees, New Chapter,
Seventh Generation, Tom's of Maine, Garden
of Life, Ecover, Native Brand, This is L,
Schmidt's Naturals, Naturanext, RenewLife,
The Laundress, Cascadian Farms, Kashi, Light
Life Foods, Odwalla, Van's Natural Foods,
Naked Juice, Energy Brands,
Blake's All Natural Foods, Food Should Taste
Good, Honest Tea, Anna's All Natural Foods,
Braggs Apple Cider Vinegar, and Method

There are plenty more, unfortunately, so stay informed by visiting these sites:

- Environmental Working Group gives toxicity rating on brands (food, home, and personal care)
- <u>EWG Verified</u> a shopping guide for safe, non-toxic labels
- <u>Find Real Food App</u> another shopping guide to check on labels at the store.
 Recommendations fit the guidelines set by the Weston A. Price Foundation
- <u>Mamavation</u> investigates most products in the grocery store for toxic or hormone-disrupting chemicals.

Monsanto (now Bayer) owned companies

Aunt Jemima, Aurora Foods, Banquet, Best Foods, Betty Crocker, Bisquick, Cadbury, Campbells, Capri Sun, Carnation, Chef Boyardee, Coca Cola, ConAgra, Delicious Brand Cookies, Duncan Hines, Famous Amos, Frito lay, General Mills, Green Giant, Healthy Choice, Heinz, Hellmans, Hershey's Nestle, Holsum, Hungry Jack, Hunts, Interstate Bakeries, Jiffy, KC Masterpiece, Keebler/Flowers Industries, Kelloggs, Kid Cuisine, Knorr, Kool-Aid, Kraft/Phillip Morris, Lean Cuisine, Lipton, Loma Linda, Marie Callender's, Minute Maid, MorningStar, Miss Butterworth, Nabisco, Nature Valley, Ocean Spray, Ore Ida, Orville Redenbacher, Pasta-Roni, Pepperidge Farms, Pepsi, Pillsbury, Pop Secret, Post Cereals, Power Bar Brand, Pringles, Prego Pasta Sauce, Proctor and Gamble, Quaker, Ragu Sauce, Rice-a-Roni, Smart Ones, Tombstone Pizza, Totinos, Uncle Ben's, Unilever, V8

For the best quality food, befriend your farmer!

Get a list of local suppliers and farmers in your area that supply life-giving foods by contacting your local WAPF Chapter leader

www.shariseparviz.com
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