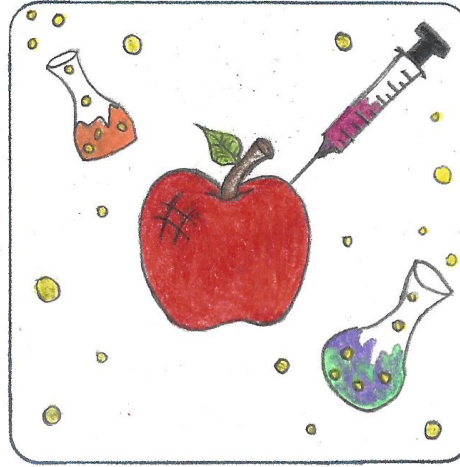


What is a "GMO?"



Hey, I heard something called "GMO's" today, it is in a lot of food that we eat.



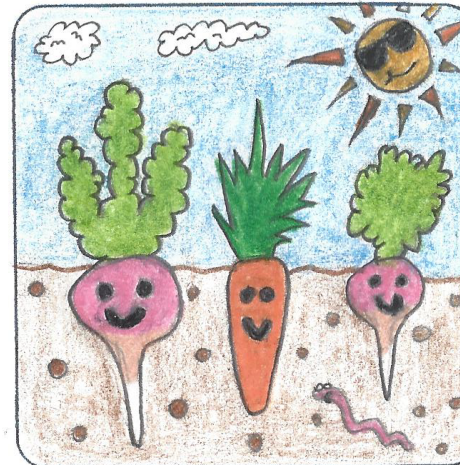
It's when food like apples are genetically modified in a laboratory to make them bigger and to look "perfect."



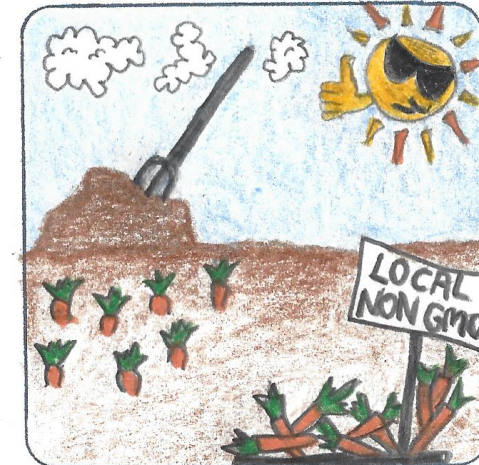
But it also puts things into the food we should not be eating...it harms us and the environment.



As we get older, if we eat too many of these "GMO" foods, we may become very sick.



When food is grown naturally, it does not actually need these harmful chemicals, it is much healthier for us all!



Look for local non-GMO foods when shopping, even better, buy from a local sustainable farmer or grow your own!