

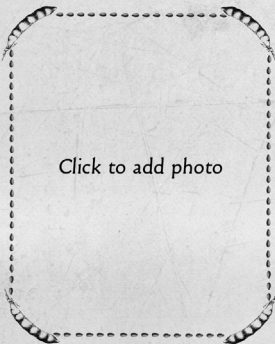
Share your real food heroes at this website
before October 16: www.seedfreedom.in/real-food-heroes/
Please tell OKT, too. OKTable1@GMAIL.COM



Celebrating and Honouring Real Food Heroes

More than 70% of the world's food comes from small farms and gardens. In honouring Real Food Heroes with The Real World Food Prize, we are recognising the real foundation of food security and making a commitment to strengthen this foundation towards a food system without corporate control, GMOs, toxic chemicals and patented seeds.





Click to add photo

.....
(Name)

of
(Town & Country)

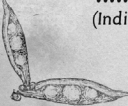
For outstanding work towards

.....
(Description)

Nominated and honoured by

.....
(Individual/Community/Organisation)

Date:.....





VANDANA SHIVA
INVITES YOU TO



ACT FOR SEED&FOOD FREEDOM

2-16 OCTOBER 2013 - EVERYWHERE



Vandana Shiva says,
“We have a dream, and
our dream is that every
seed, every bee,
every butterfly,
every earthworm, every
person, every child be
free of ... hunger and
disease; that they
evolve ... in freedom,
well-being and health.”

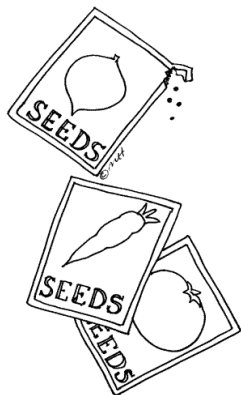


She's A Real Food Hero!



OKTjustice.org
OKTable@gmail.com
616-206-3641

You know that you need to eat fruits and vegetables to be healthy. You also need to eat healthy grains, like whole wheat bread, brown rice and whole grain pasta. Some healthy snacks are nuts and seeds.



All of these healthy foods grow from plants. All plants grow from seeds. But not all seeds are healthy seeds.

Some seeds are GMO seeds. That's short for genetically modified organism. It means that scientists have done weird things to the seeds in laboratories.

They make them grow faster, grow bigger fruits or taste bad to bugs that want to eat them before you do.



These might sound like good ideas. Real Food Heroes around the world learned that foods from GMO seeds can cause sickness and bad problems for the Earth.

Many countries don't let people eat foods grown from GMO seeds.

Here in the United States, a lot of food comes from GMO seeds. We do not even know it. Our food labels do not have to tell us.

If you do not want to eat GMO food, you can buy food that is labeled ORGANIC, GMO-FREE or buy it from a local farmer who uses heirloom seeds. (Heirloom is one name we give seeds that are not GMO.)



Ask your mom, dad, grandparents or teachers. Do they know a farmer, gardener or organization using heirloom seeds to grow healthy food?

Or, maybe you know a person or group that is working to keep GMO seeds and foods out of our bodies.

Find a picture of this person or group and paste it on the Real Food Heroes award on the back of this zine.



Fill in their name, where they live and why you chose them. Don't forget to fill in your name, too!