

## Three scientist-mothers explain why they avoid non-GMO products

[The Non-GMO Project] NGP leads consumers to believe that choosing non-GMO is consistent with values that consumers (including ourselves) seek out, such as healthy diets and sustainability. However, choosing non-GMO is often inconsistent with these values.... The financial, environmental and health [impacts](#) of adopting non-GMO ingredients include changes in food formulations, reduced nutritional quality, higher prices, increased pesticide use, and [reduced food availability](#). Consequently, we would like companies to know why we and many others actively avoid the Non-GMO Project's labels.

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We avoid the NGP label because it demonizes a useful and promising technology. Genetic engineering ... can help us address challenges like pests and droughts, while addressing nutritional issues, such as allergens or nutrient deficiencies....

...the Non-GMO Project ensures that crops improved by biotechnology will not be commercialized, takes these crops away from farmers and consumers, and perpetuates the false idea that the breeding method tells us anything of importance....

Join us in telling companies that the absence of the label was a factor in your purchasing decision. Join us in advocating for science-based decisions in agriculture, ... and in advocating for facts, not fear, when purchasing food.

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [We're Scientists. We're Moms. And We Avoid Non-GMO Products](#)**