



## GMO Answers Top Q&A About GMOs

GMOAnswers.com



### What is a GMO?

A GMO (genetically modified organism) is the product of a more precise plant breeding technique that enables us to take a trait found in nature and transfer it to another plant. There are nine GMO crops available: corn, soybeans, cotton, canola, sugar beets, alfalfa, papaya, potatoes and squash. Apples are on the way!

### Are GMOs safe to eat?

Yes, the health and safety of GMOs have been validated by many independent scientists and organizations around the world. In 2016 the National Academies of Science, Engineering and Medicine reviewed over 900 studies, 20 years of data, and reconfirmed GMOs are safe to eat.



### Do GMOs impact the environment?

GMOs are key assets in improving environmental sustainability by allowing farmers to produce more crops, using less inputs. GMOs can decrease agriculture's impact on habitats, while also conserving soil, water and energy.

# Listen *without* judgement.

"Most people do not listen with the intent to understand; they listen with the intent to reply. Seek first to understand; then to be understood."

— Stephen R. Covey



## Ask questions to invite dialogue.

**Acknowledging** their statement shows that you heard the question or statement.

**Understand:** Ask questions that show you're working to understand them.

## Share your perspective through values.

Enter the conversation with an open mind.

Listen for common ground.

Admit when you don't know.

Be yourself and tell your story.

Keep it simple!

Avoid getting defensive.

Know when to disengage.

Foster a relationship and offer resources.



THE CENTER FOR  
**FOOD INTEGRITY™**

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**Mission:** To help today's food system earn consumer trust.

**Vision:** CFI envisions a transparent, sustainable food system in which practices align with consumer expectations and the public discussion is well-informed and balanced.