

# Food

Avoid top 12 non organic contaminated produce:

## **Dirty Dozen = High Pesticide Use**

Apples, Celery, Bell Peppers, Peaches, Strawberries, Nectarines (imported), Grapes, Spinach, Lettuce, Cucumbers, Blueberries, Potatoes, Green Beans, Kale and most leafy greens.

**Non-Organic Food**= Pesticides, GMO, Additives, Irradiation, Sewage sludge, 400+ pesticides routinely used, residues remain even after washing.

**GMO** = Taking DNA from unrelated species and inserting into another, like fish genes in tomatoes  
Kaua`i imports 90% of it's food - we pay high prices for 8-10 day old, pesticide ridden food.

The real cost of food= Junk food isn't cheap  
High healthcare costs =most diseases in the US are diet related.

25% of US Petroleum is used in food production and transport.

## **Making Better Choices**

**Eat Organic** = Eating food grown without chemicals, or Genetic Modification keeps us healthy!

**Buy Local** = grown on island, affordable, fresh, decreases global warming, keeps dollars and healthy sustainable jobs in our community

# People

## **How we feel**

Flu-like symptoms, spacey, drunk, hungover, nauseous, low energy,

## **What's happening to us now**

Asthma, allergies, diarrhea, headaches, itchy eyes, irregular periods, nosebleeds, irregular heartbeat, forgetfulness, scratchy throat, skin rash, leaky gut syndrome

## **What happens over time**

Cancer, early puberty, miscarriages, birth defects, ADD/ADHD, OD, gout, obesity

## **What we can do**

**Report incidents**- It is important to network, talk and email your neighbors and authorities, keep a calendar, document observations, take photos, video, lab test, demonstrate, take legal action. Vote for GMO labeling

## **Be informed watch these Movies-**

Genetic Roulette, Big River, Living Downstream, Dirt, Vanishing of the Bees, Nicotine Bees, King Corn

**Websites**- Label it Hawaii, [commondreams.org](http://commondreams.org)

**Books**- Fast Food Nation

# Pesticides are Poisons

Pesticide Anonymous Hotline  
808 651-3630



## **Report Incidents that you See Smell or Feel**

Waimea Fire Station	338 1931
Pesticide Drift Dept of Ag-Ann Kam	274 3074
Margaret Maupin NP	245 1500
GMO Free Kaua`i	651 9603
Surfrider Foundation Dr. Carl Berg	639 2968
Lawyer Gerald Jervis	808 262 2828
Earth Justice	808 599 2436
Toxicologist <a href="mailto:michael.dibartolomeis@hotmail.com">michael.dibartolomeis@hotmail.com</a>	
Maluhia Group <a href="http://maluiawcms.blogspot.com">maluiawcms.blogspot.com</a>	
(A westside coalition of concerned people)	
Pesticide Action Network <a href="http://www.panna.org">http://www.panna.org</a>	

# Air

Pioneer/DuPont, Syngenta, Monsanto, Dow, BASF, and Bayer. These Big 6 Chemical Corporations are spraying pesticides in the air and on our island nearly everyday. They soak the seeds, spray plants, they even spray the dirt. They use at least 60 kinds and may mix 7 to 11 types at any given spraying.

The pesticide drift and laden dust from tilling barren lands, comes into our homes yards gardens and lives making us sick.

## Most common Pesticides sprayed

Glyphosate, Atrazine, Dicamba, Chlorpyrifos, 2-4,D  
BT pollen, Neonicotinoid Seedcoating

Through Genetic Modification seeds and plants are engineered to tolerate larger amounts of pesticide spray. This increases the amounts of these chemicals in our air and environment and bodies. Some seeds are modified to have pesticide qualities



Do you see Dust? Do you smell Chemicals? Report, Document, Get tested for exposure, Join a lawsuit. Network, Demonstrate and vote.

# Water

**Chemigation**=putting pesticides in irrigation, Soil erosion from monocropping= dying reef, loss of sea life, destroying the web of our life, Pesticides break down to heavy metal poisons such as arsenic, mercury and atrazine. 96% of all water samples taken from 748 towns across the U.S. contained the pesticide atrazine, and at least 20 different chemical pesticides are routinely present in tap water across the U.S. Many of these pesticide residues found in tap water started out in the form of crop sprays to help control infestation of food crops.



Support water testing. Stay out of River mouths Volunteer with the Surfrider Foundation Kauai Speak to your legislators and council members urge them to write bills supporting signage of our polluted waterways. Help create and vote for Rights of Nature laws to restrict or abolish use of pesticides. Filter your water and eat organic.

# Aina

Our soil, the earth, which is the cradle of our survival is being exterminated with pesticides. Unbalanced nutrient-sick soil makes sick people, animals, pollinators and plants. Killing of the soil microbes and insects creates low nutrient tainted foods and super bugs. This soil smothers our reef, slowly sickening and killing sea life, wild a



Grow your food in backyard gardens and community gardens. Learn, Use and teach organic gardening methods. Buy local organic foods, support local organic farms. Join a community garden or start one. Boycott Round Up and pesticides. Save and share organic seed. Participate in Seed exchanges. 6524118

