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 its 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.

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**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.

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**People**

**How we feel**

- Flu-like symptoms, spacey, drunk, hungover, nauseous, low energy,
- Asthma, allergies, diarrhea, headaches, itchy eyes, irregular periods, nosebleeds, irregular heartbeat, forgetfulness, scratchy throat, skin rash, leaky gut syndrome

**What’s happening to us now**

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

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**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

**Books** - Fast Food Nation

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**Pesticides are Poisons**

**Pesticide Anonymous Hotline**

808 651-3630

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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 michael.dibartolomeis@hotmail.com
- Maluhia Group maluiawcms.blogspot.com

(A westside coalition of concerned people)

Pesticide Action Network http://www.panna.org
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, Neonictinoid 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.


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