

# Consumer Guides

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[Why Your Food Choices Matter: A Guide to Local and Ecologically Grown Food \(Ontario\)](/Resources/Tools/Pamphlets-and-Factsheets/Why-Your-Food-Choices-Matter-A-guide-to-local-and-ecologically-grown-food) January 2009. [Click here to view this great brochure!](http://www.cban.ca/Resources/Tools/Factsheets/Why-Your-Food-Choices-Matter-A-guide-to-local-and-ecologically-grown-food) Order copies of this colourful brochure for Ontario, include the basics about local, organic, ecological as well as information about what genetically engineered crops and foods are on the market. [Click here for more information and references.](http://www.cban.ca/Projects/Why-Your-Food-Choices-Matter) **If you live outside Ontario, order your copies now of the Fall National edition!**

[GM Foods-Fridge-Chart](/Resources/Tools/Consumer-Guides/GM-Foods-Fridge-Chart) [GE crops grown in Canada and GE foods imported to Canada.](/Resources/Tools/Consumer-Guides/GM-Foods-Fridge-Chart) **CBAN, January 2010**

No  
10  
Yes  
No