

This list is based on claims made to Rural Vermont by the dairies or processors listed.

RURAL VERMONT'S **RBGH – FREE** DAIRY PRODUCTS LIST

For Dairy Products Sold Retail in Vermont

FLUID MILK – Alta Dena, Booth Brothers Dairy, Farmland Dairies, Hatchland Dairy, Horizon Organic Dairy, McNamara Dairy, Monument Farms, Organic Cow of Vermont, Organic Valley, Thomas Dairy, Vermont Family Farms, **rBGH-free milk sold in private-brands:** *Plant 50-13: Champlain Farms*, College View Dairy, Crescent Creamery*, Hannaford Brothers*, Howard's Friendly Market, Mansfield Dairy, Morris Dairy, Sprague's Dairy, Plant 50-97: Greg's Market; Plant 33-666: Hanover Co-op. Plant code is printed on carton.*

** The milk sold in Vermont, but not necessarily other states, is claimed from cows not treated with rBGH.*

SPECIALTY MILK BEVERAGES

Buttermilk: Alta Dena, Monument Farms.

Chocolate Milk: Alta Dena, Booth Brothers Dairy, Hatchland Dairy, Horizon Organic Dairy, McNamara Dairy, Monument Farms, Thomas Dairy.

Other Flavored Milk: Hatchland Dairy.

Egg Nog (in season): Alta Dena, Booth Brothers Dairy, Hatchland Dairy, McNamara Dairy, Organic Cow of Vermont, Thomas Dairy.

Kefir/Yogurt Beverage: Alta Dena, Lifeway.

Nonfat Dry Milk Powder: Organic Valley.

HALF & HALF – Alta Dena, Booth Brothers Dairy, Hatchland Dairy, Horizon Organic Dairy, McNamara Dairy, Monument Farms, Organic Cow of Vermont, Organic Valley, Thomas Dairy.

CREAM – **HEAVY:** Alta Dena, Booth Brothers Dairy, Butterworks Farm, Hatchland Dairy, Horizon Organic Dairy, H.P. Hood (Plant 50-13), McNamara Dairy, Monument Farms, Organic Valley, Thomas Dairy.

LIGHT: Booth Brothers Dairy, Thomas Dairy.

SOUR CREAM – Alta Dena, Horizon Organic Dairy, Organic Valley.

YOGURT – Alta Dena, Brown Cow Farm West (Plant 06-731), Butterworks Farm, Erivan Dairy, Hawthorne Valley Farm, Horizon Organic Dairy, Seven Stars, Stonyfield Farm Yogurt.

BUTTER – Horizon Organic Dairy, Kate's Homemade Butter, Organic Cow of Vermont, Organic Valley. Butter from European Union, Canada, New Zealand and Australia are rBGH free, because rBGH is banned there.

ICE CREAM or FROZEN YOGURT – Alta Dena, Ben & Jerry's, Brigham's, Cascadian Farm, Dorchester Ice Cream, Elan Frozen Yogurt, Newman's Own (manufactured by Ben & Jerry's), Stonyfield Farm Yogurt.

SOFT SERVE MIX: Alta Dena, Stonyfield Farm Yogurt.

Rural Vermont, 15 Barre Street, Montpelier, VT 05602 – Ph: 802-223-7222 – Fax: 802-223-0269 12/99 4K

*Made on: December 7, 1999. Expires: March 1, 2000.
Please call us for a current list. Product information changes regularly.*

CHEESES – All cheeses from the European Union, Canada, New Zealand, and Australia are rBGH free because rBGH is banned in those countries. All cheeses made from sheep or goat's milks are rBGH-free because rBGH cannot be used on sheep or goats.

BLUE: Blythedale Farm Cheese, Egg Farm Dairy, Maytag Dairy, Great Hill, Salemville Cheese (distributed by North Farm)

BRIE & CAMEMBERT: Blythedale Farm Cheese, Egg Farm Dairy

CHEDDAR: Alta Dena, Butterworks Farm, Cabot Creamery Organic, Crowley Cheese (Vermont), Egg Farm Dairy, Grafton Village Cheese Co., Hawthorne Valley, Horizon Organic Dairy, Kingsey Cheese of Vermont, Lifetime, Maple Leaf Cheese Co-op, Morningland Dairy, North Farm, Organic Valley, Shelburne Farms, Sonoma Cheese Factory, Vermont Family Farms

COLBY: Alta Dena, Crowley Cheese (Vermont), Maple leaf Cheese Co-op, Morningland Dairy, North Farm, Orb-Weaver Farm, Organic Valley

COTTAGE CHEESE: Alta Dena, Butterworks Farm, Horizon Organic Dairy, Monument Farms, Organic Cow of Vermont, Organic Valley

CREAM CHEESE: Horizon Organic Dairy, Organic Valley, Brands made by Franklin County Cheese Corp. at plant 50-29: All Season's Kitchen, Hahn's, Price Chopper "Bagel Factory" brand, Shaw's brand

CRÈME FRAICHE: Alta Dena, Egg Farm Dairy, Vermont Butter & Cheese

EDAM: Maple Leaf Cheese Co-op

FARMER'S CHEESE: North Farm, Organic Valley

FETA: Aegean brand (distributed by North Farm), Organic Valley

FROMAGE BLANC: Vermont Butter & Cheese

GOUDA: Maple Leaf Cheese Co-op

GRUYERE: Blythedale Farm Cheese

HAVARTI: Organic Valley

JACK: Alta Dena, Horizon Organic Dairy, Kingsey Cheese of Vermont, Lifetime, Maple Leaf Cheese Co-op, North Farm, Organic Valley, Sonoma Cheese Factory, Vella Cheese Company

KEFIR CHEESE: Alta Dena

MOZZAELLLA: Alta Dena, Biazzo Dairy Products, Calabro Cheese, Egg Farm Dairy, Horizon Organic Dairy, Lifetime, North Farm, Organic Valley

MUENSTER: North Farm, Organic Valley

NEUFCHATEL: Horizon Organic Dairy, Organic Valley

PARMESAN: Blythedale Farm Cheese, Horizon Organic Dairy, North Farm, Organic Valley

PROVOLONE: North Farm, Organic Valley

QUARK CHEESE (ricotta-like): Hawthorne Valley, Egg Farm Dairy, Vermont Butter & Cheese

RICOTTA: Biazzo Dairy Products, Calabro Cheese

ROMANO: North Farm, Organic Valley

STRING CHEESE: Biazzo Dairy Products, Horizon Organic Dairy, North Farm, Organic Valley

SWISS: Boggy Meadows Farm, Butterworks Farm, Hawthorne Valley, Kingsey Cheese of Vermont, Lifetime, North Farm, Organic Valley

TORTA: Vermont Butter & Cheese (but not basil torta cheese)

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Effective until March 1, 2000. Please call us for a new list to be current.**

Recombinant Bovine Growth Hormone (rBGH or rBST) is a synthetic hormone that increases milk production when injected into cows. rBGH use causes significant animal health problems and is a potential threat to human health.

For more information about rBGH or this list contact Rural Vermont, the family farm and rural citizen advocacy group.

Rural Vermont, 15 Barre Street, Montpelier, Vermont 05602 – Ph: 802-223-7222 - Fax: 802-223-0269

rBGH-Free – DARIES & PROCESSORS Who Sell Their Products in Vermont

Ben & Jerry's Homemade 30 Community Drive S. Burlington, VT 05403 802-651-9600 A	Calabro Cheese Corp 580 Coe Ave. East Haven, CT 06512 203-469-1311 A	Grafton Village Cheese PO Box 87 Grafton, VT 05146 802-843-2221 A	Monument Farms, Inc. 2107 James Road Weybridge, VT 05753 802-545-2119 F	Dairies and Processors Which Represent Some But Not All of Their Products as rBGH-FREE
Biazzo Dairy Products 1145 Edgewood Ave. Ridgefield, NJ 07657-2180 201-941-6800 A	Cascadian Farm 719 Metcalf St. Sedro-Wooley, WA 98284 360-855-0100 AO	Great Hill Dairy 160 Delalno Road Marion, MA 02738 508-748-2208 A	Morningland Dairy 6248 County Road Mt. View, MO 65548 417-469-3817 FO	Alta Dena Certified Dairy. PO Box 388 City of Industry, CA 91747 800-535-1369 A OS
Blythedale Farm Cheese PO Box 462 Corinth, VT 05039 802-439-6575 F	Crowley Cheese (Vermont) Healdville Road Healdville, VT 05758 802-259-2340 A	Hatchland Dairy RR1, Box 211 N. Haverhill, NH 03774 603-787-2388 F	North Farm Cooperative 204 Regas Road Madison, WI 53714 800-236-5880 A	Crescent Creamery PO Box 638 Pittsfield, MA 01202 800-221-6455 A
Boggy Meadows Farm RR1, Box 354 Walpole, NH 03603 603-756-3300 F	Dorchester Ice Cream 12 Ericsson St. Boston, MA 02122 617-282-9600 A	Hawthorne Valley Farm 327 Rt. 21C Ghent, NY 12075 518-672-4465 FO	Orb Weaver Farm Box 75 Lime Kiln Road New Haven, VT 05472 802-877-3755 F	H.P. Hood, Inc. 500 Rutherford Ave. Boston, MA 02129 800-782-4169 A
Booth Brothers Dairy/ H.P. Hood PO Box 301 Barre, VT 05641 802-476-6605 A	The Erivan Dairy 105 Allison Road Oreland, PA 19075 215-887-2009 F	Horizon Organic Dairy 6311 Horizon Lane Longmont, CO 80503 800-494-3020 AO	Organic Cow of Vermont PO Box 55 Tunbridge, VT 05077 802-685-3123 AO	Vermont Butter & Cheese Pitman Road PO Box 95 Websterville, VT 05678 802-479-9371 A
Brigham's Ice Cream 30 Mill Street Arlington, MA 02174 781-648-9000 A	Egg Farm Dairy 2 John Walsh Blvd. Peekskill, NY 10566 1-800-CREAMERY A	Kate's Homemade Butter PO Box 79 Old Orchard Beach, ME 04064 207-934-5134 A	Organic Valley C.R.O.P.P. Cooperative PO Box 159 La Farge, WI 54639 608-625-2602 AO	
Brown Cow Farm West 3810 Delta Fair Blvd. Antioch, CA 94509 510-757-9209 A	Farmland Dairies 520 Main St. Wallington, NJ 07057 201-777-2500 A	Kingsey Cheese of Vermont and Green Mountain Organic PO Box 415 Hardwick, VT 05843 802-472-5763 A OS	Seven Stars Farm 501 W. Seven Stars Road Phoenixville, PA 19460 610-935-1949 FO	
Butterworks Farm RR1, Box 15A Westfield, VT 05874 802-744-6855 FO	Franklin County Cheese PO Box 486 1 East St. Enosburg Falls, VT 05450 802-933-4338 A	Lifetime Cheese Lifeline Food Co. 426 Orange Ave. Sand City, CA 93955 408-899-5040 B	Shelburne Farms 102 Harbor Road Shelburne, VT 05482 802-985-8686 F	
Verification of rBGH-Free Claims				
Companies use various ways to verify that their milk is from cows not treated with rBGH. These methods are listed in order of confidence by Rural Vermont	A Affidavits Farmers give their milk handler an affidavit pledging that they do not use rBGH, or processor buys milk from handlers with affidavits	Lifeway Foods, Inc. 7625 N. Austin Skokie, IL 60077 847-967-1010 W	Sonoma Cheese Factory 2 Spain Street Sonoma, CA 95476 800-367-1947 W	
B Banned Milk is from a country that bans rBGH.	W Written statement Company gets written statements from their farmers or milk handler that milk is from cows not treated with rBGH.	Maple Leaf Cheese Co-op N890 Twin Grove Road Monroe, WI 53566 608-934-1234 A	Stonyfield Farm Yogurt 10 Burton Drive Londonderry, NH 03053 603-437-4040 A OS	
F Farmstead Milk is from own cows.		McNamara Dairy 313 River Road Plainfield, NH 03781 603-298-6666 F	Orin Thomas & Sons, Inc. RR1, Box 3777 Rutland, VT 05701 802-773-6788 A	
O OS Organic O Milk is certified organic by third party. None allow rBGH use.	P Policy Milk handler policy or co-op policy for membership that their farmers not use rBGH.	Maytag Dairy PO Box 806 Newton, IA 50280 800-247-2458 P	Vela Cheese Co PO Box 191 Sonoma, CA 95475 800-848-0505 W	
OS Sells some organic products, certified organic by third party.			Vermont Family Farms Vermont Milk Producers RR1, Box 33 Shoreham, VT 05770 802-897-2769 A	

rBGH and Genetically-Engineered Foods NO THANKS!

Recombinant synthetic bovine growth hormone (rBGH or rBST) is a genetically-engineered drug – a close copy of a cow’s natural growth hormone – injected into cows by farmers to force cows to make more milk. Genetic engineering is a process that genetically modifies organisms by splicing genes into the DNA of another species to give it new traits.

rBGH is bad for cows and bad for family farmers. It may be bad for humans. We simply don’t know yet because there have been no long-term health studies. rBGH’s package itself cites many potential health problems for cows. Wide rBGH use could lead to an over supply of milk thus forcing down prices for farmers, and pushing more farms out of business. Many are jeopardized now by low milk prices because they can’t meet their costs of production.

rBGH is banned in Europe, Canada, Australia, New Zealand, and other countries because of these potential threats to people, family farmers, and cows. Despite these concerns, the U.S. Food & Drug Administration (FDA) approved its use in 1993. The FDA did not require labeling for rBGH milk and dairy products. At present, only the Monsanto chemical company makes and distributes the drug commercially.

In 1999 scientists for the European Union and Canada concluded that rBGH poses health risks to animals and humans. Scientists found rBGH use could increase the risk of breast and prostate cancer, allergic reactions, and antibiotic resistance. Rural Vermont has documented problems with rBGH, in two reports: *Down on the Farm: The Real BGH Story*, and *Recombinant Bovine Growth Hormone: Alarming Tests, Unfounded Approval*, available from Rural Vermont.

Vermont is one of ten states with rBGH labeling laws or regulations for dairy products from cows not treated with rBGH. Rural Vermont led the campaign for Vermont’s precedent-setting mandatory labeling 1994 law and its reauthorization of voluntary labeling standards in 1998. Currently Rural Vermont is leading a campaign to get rBGH off the market and change federal review of genetically engineered crops and foods to require long term testing for health and safety.

No genetically-engineered foods are labeled in the U.S., including rBGH milk, making consumers powerless to exercise choice at the supermarket. This is true despite widespread support for labeling genetically-engineered foods and concern for their potential impacts on human health and the environment. Surveys show 94% of consumers want rBGH labeling and 74% are concerned about rBGH’s long-term human health effects. Similar surveys show strong resistance to other genetically-engineered foods and support for labeling. (Genetically engineered food and crops are also known as genetically modified organisms (GMO) or GM foods.)

Milk from rBGH treated cows was the first genetically-engineered food widely available to consumers. Since then, several other genetically-engineered (ge) foods have entered the marketplace, such as corn, soybeans, canola, and potatoes. These are pervasive as ingredients in processed foods. Some estimate that at least 60% of

food products in grocery stores contain some ge ingredients. It’s believed that 35% of soybeans and 25% of corn grown in the U.S are now genetically engineered.

The long-term safety of ge foods and crops to humans and the environment has not been proven. The studies that have been done are very disturbing. One study found that genetic transfer of allergen traits of foods such as Brazil nuts, in another, rats were harmed when fed ge potato. A 1999 Cornell study showed that pollen from ge corn can kill monarch butterflies. After the study, the European Union and Japan suspended approvals of ge crops until further safety studies are done.

In Europe, responding to consumer pressure, several major supermarket chains, including all in the United Kingdom, have said they will eliminate ge ingredients from their own-brand products. Nearly all Britain’s top 30 food manufacturers have said they will phase out ge ingredients for their products. In Japan 2,300 of 3,300 local governments have called for national mandatory labeling of ge foods. U.S. consumers must organize and speak out to achieve similar victories.

The following genetically engineered crops have been approved from commercial use in the U.S.: Canola (Oilseed Rape); Chicory, red hearted (Radicchio); Corn (field, sweet, and pop corn); Cotton; Papaya; Potato; Soybean; Squash (zucchini, yellow, watermelon); Tomato; Cherry Tomato, rBGH is a genetically engineered growth hormone approved for cows.

WHAT YOU CAN DO!

Educate yourself about genetically-engineered foods and assert your rights! Here’s how:

- Choose rBGH-free dairy products. Boycott all genetically-engineered foods. Call food processors: Demand ge-free foods. Give this list to stores and consumers in your area.
- Ask your grocer to carry only rBGH-free dairy products, or to order more rBGH-free dairy products. Ask them to identify dairy products that may contain rBGH. Shop at stores that label or will not stock genetically-engineered foods.
- Urge your local school board to make a policy to buy only rBGH-free milk and dairy products for local schools.
- Ask your state and federal legislators for a ban on rBGH and a moratorium on all ge foods and crops. We need to change federal government review of genetically modified organisms to require long term review of all impacts on public health, the environment, and farmers before approval.
- Join Rural Vermont. Call or write for membership information. Support our work to promote rBGH-free milk, a ge-free food supply and a sustainable rural economy.

**For more information please contact: Rural Vermont, 15 Barre Street, Montpelier, VT 05602
Ph 802-223-7222 – Fax 802-223-0269 – E-mail info@ruralvermont.org**