

Organic food is grown and raised by farmers who never use pesticides, GMOs, growth hormones or antibiotics. Choosing organics over all other food guarantees that your shopping cart includes:



- X** No artificial colors or flavors
- X** No artificial preservatives
- X** No irradiated ingredients
- X** No GMO ingredients



Choosing organic also guarantees that meat, poultry, eggs, and dairy products come from animals that are given:

- ✓** Clean, cage-free living conditions
- ✓** Access to roam outdoors
- ✓** Organic feed

# Organic

*It's worth it*

**Did you know** that organic delivers more than any other food and farming system in the world



The average adult who does not eat organic is **exposed to between 6 & 12 pesticides** each day from food and beverages



Organic farms have **30% less greenhouse gas emission** than conventional farms



## Only organic guarantees...

Organic is the most heavily regulated food system in the United States. Only organic guarantees that no toxic persistent pesticides, synthetic fertilizers or GMOs are used in production, and no antibiotics or growth hormones are given to livestock.

## More nutritious

Recent studies have found that organic fruits, vegetables and grains have more antioxidants, fewer nitrates, cadmium and fewer pesticide residues than non-organic crops, making them more nutritious.

## Helps combat climate change

Organic farming practices help maintain our soil. Healthy soil naturally retains photosynthesized carbon dioxide instead of releasing it back into the atmosphere.

## Fewer pesticides

Organic food must be grown without the use of persistent pesticides. Eating organic food is one of the best ways to reduce your exposure to these toxic chemicals.

## GMO-free

The best way to ensure your food is GMO-free is to buy organic. GMOs are prohibited from the production and processing of organic foods

## Fewer synthetic fertilizers

Organic farmers are prohibited from using most synthetic fertilizers. They maintain the health of their soil by using manure, compost and other organic material.

## No sewage sludge

Many conventional farmers spread sewage sludge as fertilizer on their fields. Sewage sludge includes anything that is flushed, poured or dumped into the waste water system.

## Antibiotic-free meat

Organic farmers can only treat livestock with antibiotics as a last resort for sick animals and the animals that receive antibiotic treatment lose their organic certification.

## Hormone-free meat

Conventional farmers give cows growth hormones briefly to boost milk output. These hormones can impair fertility in cows and lead to visibly abnormal milk and hoof disorders.

## Humane animal treatment

Organic farmers and ranchers must accommodate the natural behavior of their livestock and meet health and wellness requirements. This includes year-round access to the outdoors, space for exercise, clean and dry bedding, clean water, shelter, and direct sunlight.

# The Nutritional Benefits of Organic Fruits and Vegetables

*Do you think eating organic is better for you?*

**Recent studies are backing up what many thought:**

*Organic foods do indeed have a healthier nutritional profile than their conventional counterparts.*



## ANTIOXIDANT GAINS



Organic  
Fruits & Veggies



Increase your  
antioxidant intake  
by **20-40%**.

Organic  
Strawberries



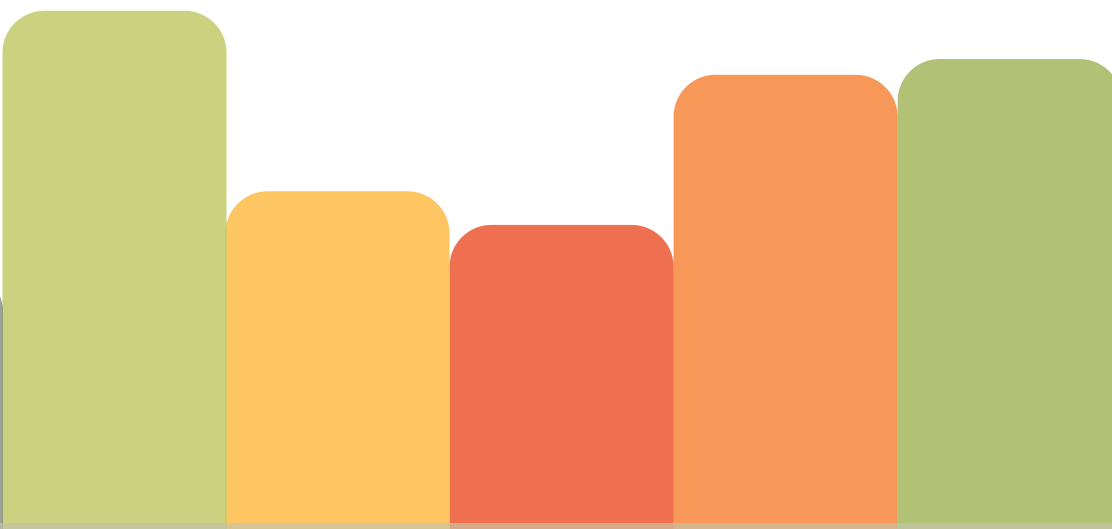
More **nutrients** and  
**antioxidants** than  
conventional

Organic  
Tomatoes



**50%** higher in  
**vitamin C** content  
than conventional

19 % 69 % 28 % 26 % 50 % 51 %



# Simple Steps to Purchase Organic

## Why It's Worth It:

**Extensive pesticide residue** testing by the U.S. Department of Agriculture has found that, on average, conventionally produced fruits and vegetables are **three to four times** more likely to contain residues, **eight to eleven times** more likely to contain multiple pesticide residues, as well as containing residues at levels **three to ten times** higher than corresponding residues found in organic samples.



**Research demonstrates that substituting organic** fresh fruits and vegetables for conventional ones can **reduce children's exposure to organophosphate pesticides**; the consumption of which has been associated with various physiological disorders.

## WHAT TO LOOK FOR



1.



Look for the USDA organic seal.

2.

CONVENTIONALLY  
GROWN



4 DIGIT CODE  
STARTING WITH  
**3 OR 4**

ORGANIC



5 DIGIT CODE  
STARTING WITH  
**9**

GENETICALLY  
MODIFIED



5 DIGIT CODE  
STARTING WITH  
**8**

# Full of Flavor!

