



SUPPORT THE ENVIRONMENT

Organic is the buzzword that is sprouting up all over the place... it usually means a food that is more expensive, but is it better for your health?

What is Organic?

According to the USDA's definition, organic meat, poultry, eggs and dairy come from animals given no antibiotics or growth hormones. Produce must be grown without conventional pesticides, herbicides or synthetic fertilizers. Don't confuse "Organic" with "Natural", "Hormone-Free" or "Free-Range".

On Packaged Goods

Products certified and labeled "USDA Organic" must contain at least 95% organic ingredients. Products that are at least 70% organic are not allowed to use the phrase "made with organic ingredients" but those that are less than 70% can only identify their organic components on the ingredient list.

Better for You?

Advocates believe organic food is safer, more nutritious and better for the environment and animal welfare than conventionally produced food (people often think it tastes better too). The USDA makes no such claims and some experts want more evidence to support the superiority of organic foods. Stay informed and read labels to make the best choices.