Organic Foods – The Facts

Organic foods are grown by farmers that:
• use renewable resources such as natural fertilizers
• use farming methods that emphasize soil and water conservation and improving the environment such as crop rotation, tillage, cover crops, etc.

Organic meat, poultry, eggs, and dairy products come from animals that are given…
• no antibiotics
• no growth hormones

Organic produce is produced without using…
• most conventional pesticides
• fertilizers made with synthetic ingredients or sewage sludge
• bioengineering
• ionizing radiation

How can I tell organically produced food from conventionally produced food?
• Look at package labels
• Look for signs in store
Are organic products better for me?

- Synthetic pesticides are not allowed, but there is some evidence that plants produce more natural toxins as protection.
- Some say organic products are more nutritious, but several scientific studies have determined that there is not much difference.
- Animals produced organically have the potential to possess higher rates of bacterial contamination than those produced conventionally since organic production generally prohibits antibiotic use.

It is up to each consumer to decide if using organic products is right for them.