



10 GOOD REASONS TO GO ORGANIC!

1. DO ORGANIC FOOD TASTE GOOD?

YES! Well-balanced soils produce strong, healthy plants that become nourishing food for people and animals.



3. HOW DO ORGANIC PRODUCTS MEET THEIR STRINGENT STANDARDS?

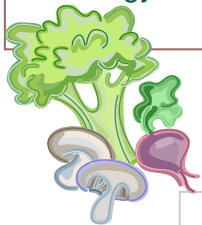
Organic certification is the public's assurance that products have been grown and handled according to strict procedures without persistent toxic chemical inputs

2. HOW DO ORGANIC PRODUCTION REDUCES HEALTH RISKS?

There are significantly more of several nutrients in organic crops. These include: 27% more vitamin C, 21.1% more iron, 29.3% more magnesium, and 13.6% more phosphorus. In addition, organic products had 15.1% less nitrates than their conventional counterparts (according to nutr. spec. Virginia Worthington)

4. DOES ORGANIC IMPACT ENVIRONMENTAL HARMONY?

SURE! Organic farming reduces ground and surface water contamination, and can safeguard drinking water supplies. Organically grown crops use less fossil energy than conventional crops.



5. HOW MUCH DOES IT REALLY COST?

Prices for organic foods reflect many of the same costs as conventional items in terms of growing, harvesting, transportation and storage.

If all the indirect costs of conventional food production were factored into the price of food, organic foods would cost the same or, more likely, be cheaper.

WHERE AND HOW TO BUY ORGANIC?

1. Supermarket and department store chains, such as Meijer Inc., Super Target, Kroger, Price Chopper, Giant Food Inc., Stop & Shop Supermarket Companies, and King Soopers, offer organic products.

2. LOOK FOR A LABEL!

100% Organic - may carry USDA Organic Seal

Organic - at least 95% of content is organic by weight (excluding water and salt) and may carry the USDA Organic Seal

