



Organic Food

U.S. Department of Agriculture's definition of "organic"

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. **Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.** Before a product can be labeled "organic," a Government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to your local supermarket or restaurant must be certified, too.

Labels



100% Organic: all ingredients must be organic, except water and salt. May display USDA organic seal. Must provide name of certifying agent.



Organic: at least 95% of ingredients must be organic, except water and salt. May display USDA organic seal. Must provide name of certifying agent.

Made with organic ingredients: at least 70% of ingredients must be organic, except water and salt. Product may *not* carry USDA organic seal. Must provide name of certifying agent. Processed products may not be produced with excluded methods, sewage sludge, or ionizing radiation. Up to 3 specific ingredients may be listed on front of package. Ex: Made with organic peas, carrots, and corn.

__% Organic: Label may indicate percentage of organic ingredients when organically produced ingredients are identified in the ingredient statement. Product may *not* carry USDA organic seal or certifying agent seal.

Information compiled by:
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