

# TOP 10 reasons to eat organic...

## 1 Treat your tastebuds

Follow the lead of professional chefs and choose foods that taste best: fresh, locally grown and organic.



## 2 Higher levels of nutrients

Various studies have shown that organic foods contain higher levels of vitamins, minerals and antioxidants.

## 3 Contribute to a more sustainable economy

The extra money spent on organic food reflects the true cost of food. Support fair farm wages, care for the environment and more.

## 4 Choose foods that won't bring unwanted company to dinner

ORGANIC

- applied synthetic pesticides and fertilizers
- hormones
- preventative antibiotics
- genetically modified organisms



## 5 Lend a hand to farm animals

Organic standards require that all animals have space to move around and enjoy the outdoors.



## 6 Reduce global warming

Local organic food gets from farm to plate faster, so it uses fewer fossil fuels and emits less CO2.

## 7 Support local farmers

Organic food, often grown on small family farms, can decrease some farm-related illnesses and also increase profits.



## 8 Increase biodiversity

Many organic farmers encourage biodiversity through use of heritage species and on-farm wildlife and ecosystem management.



## 9 Give back to the Earth

Protect our soil, water and air: organic food and farming is an easy way to pass on a beautiful, healthy legacy to future generations.

## 10 Go back to your roots

Reconnect with nature and our agricultural heritage. Eat foods that nourish humans, while respecting animals and the earth.