

Quick Tips: Organic is THE CHOICE to avoid GMOs

The USDA National Organic Standards prohibit the use of GMOs in all label categories (“100% organic,” “organic,” and “made with organic ingredients”)

- Organic certification verifies that ALL organic and non-organic ingredients and processing aids (including minor ingredients such as flavors, yeast, and cornstarch) were produced without the use of genetic engineering
- Organic certification prohibits farmers from using genetically modified seed and requires practices that prevent contact of organic crops with GMOs
- Annual onsite inspections verify these practices and include periodic residue testing for pesticides, GMOs, and other prohibited substances
- Willful violations of the USDA organic regulations can result in suspension of certification and civil penalties



Organic: Non-GMO and so much more since 2002

- Purchasing an organic product allows your family to avoid GMOs with confidence, AND it supports a food system that values environmental stewardship, public health, animal welfare standards, transparent labels, and complete traceability of products without the use of toxic fertilizers or pesticides.
- No other label offers more in terms of benefits and assurance that foods are grown and produced with such care!

To learn more about the benefits of buying organic products, checkout the following resources:

- OTA Fact Sheet and Q & As on non-GMO verification: <http://www.ota.com/organic/gmos.html>
- Organic. It's Worth It: <http://images.magnetmail.net/images/clients/OTA/attach/OrganicItsWorthIt.pdf>
- What it means to be organic: <http://www.onlyorganic.org/get-facts/means-organic/>