



Organic Way to Grow

*Why organic agriculture
is important to me and
my family*

Essay Contest Winners, see page 1.

Photo: Grand Prize Winner Madeline Olsen

Organic for Kids

Seven Tips for Buying Organic Foods



1. When starting out, focus on organic alternatives to the foods your family eats most.
2. Try to add one new organic item to your cart each week.
3. Learn to read the new USDA organic labels appearing on store shelves starting Oct. 21, 2002:
 - **100 Percent Organic** — may carry the new USDA Organic seal.
 - **Organic** — at least 95 percent of the content is organic by weight (excluding added water and salt) and may carry the new USDA Organic seal.
 - **Made with organic** — at least 70 percent of the content is organic. The front product panel may display this phrase followed by up to three ingredients.
 - **When less than 70 percent** is organic, a product may list those ingredients as organic only on the ingredient panel, with no mention on the main panel.
4. Minimize your family's exposure to persistent

organic pollutants (POPs). Do this by purchasing organic alternatives to the top ten foods (listed alphabetically) found most likely to be contaminated with



POPs: butter, cantaloupe, cucumbers/pickles, meatloaf, peanuts, popcorn, radishes, spinach, summer squash, and winter squash (Source: Pesticide Action Network North America).

5. Know which fruits and vegetables are the best choice for your family. Government tests show that red raspberries, strawberries, apples and peaches grown in the United States and cantaloupe from Mexico are the foods most contaminated with pesticides (Source: Environmental Working Group).
6. Look for organic foods wherever you shop.
7. If you don't find the organic foods you're looking for, ASK. Many store managers are happy to make special orders for their customers or can help you find an alternative to meet your needs.