

What's behind the label?

Organic farmers cannot use:

- synthetic pesticides
- synthetic fertilizers
- sewage sludge fertilizers
- genetically engineered seeds
- growth hormones
- antibiotics or drugs in absence of illness

Organic animals must:

- be fed organic feed
- have access to the outdoors
- be raised in nonstressful settings

Organic food processors cannot use:

- nonorganic ingredients
- irradiation
- genetically engineered ingredients
- solvents like hexane for extracting oil from seeds

Organic farmers have to demonstrate organic practices for three years prior to using the label.

See www.ams.usda.gov/nop for more information.

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Organic Labels

The National Organic Program rules for labeling organic foods now ensure that:

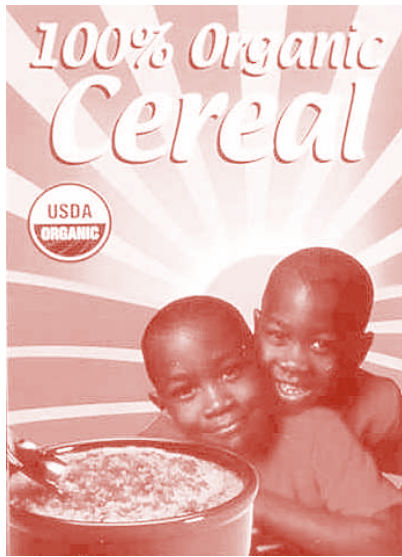
- organic foods are raised in ways consistent with national organic standards
- organic labeling is the same coast to coast

Four types of labeling are allowed (see next page).

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100% Organic

- Must contain 100% organic ingredients except water and salt
- Can say 100% organic
- Can display the seal of the certifying agent
- Must list name and address of certifying agent
- Must name organic ingredients in ingredient list
- Can use the organic seal



Organic

- Must contain 95–100% organic ingredients except water and salt
- Can list percent organic
- Can display the seal of the certifying agent
- Must list name and address of certifying agent
- Must name organic ingredients in ingredient list
- Can use the organic seal



Made with organic ingredients

- Must contain at least 70% organic ingredients
- Up to three of the organic ingredients can be listed on the front of the package
- May list the percent organic
- Can display the seal of the certifying agent
- Must list name and address of certifying agent
- Must name organic ingredients in ingredient list
- Cannot use the organic seal



Food products that contain less than 70% organic ingredients

- May identify organic ingredients in the ingredient list
- Cannot use the term organic on the front of the package
- Cannot use the organic seal