

## Organic Food is GMO-Free

A genetically modified (GMO) food is a plant or meat product that has had its DNA artificially altered by the inclusion of genes from other plants, animals, viruses, or bacteria, in order to produce foreign compounds in that food. There are currently 9 GMO crops on the market:

- Corn
- Soybeans
- Canola
- Cotton
- Sugar Beets
- Alfalfa
- Hawaiian Papaya
- Zucchini
- Yellow Crookneck Squash

Ingredients made from these crops are found in countless packaged foods such as cereals, baby foods, breads, chips, and many other products. While more research needs to be done, a growing number of studies indicate that genetically modified foods may contain toxins, allergens, and other substances that can present risks to human health.

Choosing organic foods is one of the best ways to avoid eating GMOs - genetically modified seeds, crops, and animals are not allowed in organic agriculture.

## How can I tell if it's organic?

In City Market, look for the green band on our produce, bulk, meat, and egg labels.

On packaged products, look for one of the following logos:



## Is "Natural" food also organic?

"Natural" does not mean "Organic". The food industry uses the term "natural" to indicate that a food has been minimally processed and is preservative-free. Natural foods can include organic foods, but not all natural foods are organic. Only foods labeled "organic" have been certified as meeting USDA organic standards.

## About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 9,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at [www.CityMarket.coop](http://www.CityMarket.coop) or call 802-861-9700.

# Organic Food



"Organic" describes a set of farming practices that use a holistic approach to soil fertility, pest control and plant and animal health. These farming practices help prevent soil erosion, promote bio diversity, and raise animals using humane methods.

For products to be labeled as Organic, they must meet the standards set by the National Organic Program under the United States Department of Agriculture. Each farm or processor is inspected annually to prove that they are meeting the standards.



**Your Community-Owned Grocery Store**  
**82 South Winooski Avenue**  
**Downtown Burlington, VT 05401**  
**(802) 861-9700 • [www.CityMarket.coop](http://www.CityMarket.coop)**

## Fundamental Organic Principle

*Healthy Soil → Healthy Plants →  
Healthy Animals → Healthy People →  
Healthy Earth*

### organic standards prohibit:

- Genetic engineering and genetically modified organisms (GMOs), seeds or ingredients
- Sewage sludge (biosolids) and synthetic fertilizers
- Synthetic pesticides
- Antibiotics or added growth hormones
- Animal by-products in animal feed
- Irradiation

### organic practices require:

- Farmers to improve soil health and prevent erosion
- Outdoor access for all animals
- Pasture for all cows, sheep and goats
- 100% certified organic feed for livestock
- Annual inspection of all farm fields and processing facilities

There are currently no certification standards for supplements, beauty products, household cleaners, pet foods, or seafood.

## organic Fruits & Veggies

### *Grown without synthetic chemical pesticides*

Most conventional farmers use pesticides to kill weeds, insects, fungi and other pests that can damage crops. Unfortunately, pesticides can also be harmful to wildlife and human health.

Organic farmers control pests and weeds through preventive practices such as rotating crops, row covers, creating habitats for beneficial insects, and building healthy soils which in-turn grow healthy, pest-resistant plants. If preventive measures fail, organic farmers may use certain non-synthetic pesticides approved for use on organic farms by the National Organic Standards Board.

### *Grown without synthetic chemical fertilizers*

Most conventional farmers use chemical fertilizers to boost plant growth. Unfortunately, most of those nutrients are never actually absorbed by the plants. Instead, they pollute streams, lakes, and oceans where they create “dead zones” – areas where fish and other aquatic life are unable to survive.

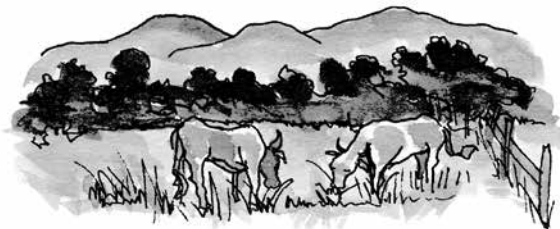
Organic farmers bolster plant growth by building healthy soils. By growing cover crops, adding compost, and rotating crops each year, organic farmers are able to build soil organic matter and foster diverse micro-organism populations which, in turn, bolster plant growth. As these healthy soils absorb more water, organic farms are less likely to pollute our waterways.

## organic Dairy, Eggs & Meat

### *Raised without antibiotics*

Most conventional meat and poultry farms feed their chickens, hogs and cattle antibiotics on a daily basis to help them gain weight as quickly as possible and stay healthy. The Union of Concerned Scientists now estimates that 70% of all antibiotics used in the United States are fed to these animals. These antibiotics are the same ones we humans rely on when we get sick, leading to concerns that antibiotics are losing effectiveness due to their overuse.

Organic farmers keep their animals healthy without the use of antibiotics. By preventing illnesses from occurring – by providing healthy living conditions, proper nutrition, and holistic treatments – organic farmers are able to avoid most of the need to use antibiotics. If an animal becomes ill and needs antibiotics, farmers will use antibiotics to relieve suffering. However, that animal will no longer be considered organic.



### *Raised without synthetic hormones*

Most conventional dairy and beef farms use artificial growth hormones to boost production. Recombinant Bovine Growth Hormone (rBGH) is used on dairy farms to boost milk production. Synthetic hormones are also used in beef production to make the cows gain weight more quickly. These artificial hormones build up in the environment and measurable residues are found in the milk and on the meat. Many scientists are raising concerns that these artificial hormones may have consequences for human health. Luckily, the FDA prohibits the use of hormones in raising poultry (both for meat and eggs) and hogs.

Organic standards prohibit the use of added hormones when raising animals.

### *Humane Treatment*

Organic farmers are required to provide humane living conditions for their animals including:

- Access to outdoors
- Living conditions that allow the animal to exhibit their natural behaviors (such as dust bathing for chickens or rooting for pigs)
- Appropriate clean and dry bedding

In addition, organic cows, goats, and sheep live outside on grassy pastures during the summer months, getting much of their food from eating grass. During the winter months, animals are provided with shelter but are still able to go outside. Many organic chicken and pig farmers pasture their animals as well.

## organic packaged foods

Organic packaged foods, whether crackers, coffee or juice, are made with ingredients that have been held to the same standards as other organic products. They have been produced without the use of synthetic pesticides, genetic engineering (GMOs), artificial colors, flavors, preservatives and irradiation.

What to look for on the package:

- The USDA seal: This indicates that the product is made of at least 95% organic ingredients.
- The phrase “Made with Organic Ingredients.” This indicates that the product contains at least 70% organic ingredients.