

# Learn more about...



Photo: Penni Rand Photography

## Certified organic products

With a large selection of organic options throughout our stores, you have access to more food choices everyday.

### What does “organic” mean?



“Organic” describes a set of farming practices that prohibit toxic chemicals and GMOs.

Organic practices also help promote biodiversity, encourage land stewardship, and require that animals are raised using humane methods.

### What are organic standards?

**USDA Certified Organic practices require:**

- Crop rotation and cover cropping
- 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

**USDA Organic standards prohibit:**

- Genetically modified organisms (GMOs)
- Toxic pesticides and herbicides
- Sewage sludge (biosolids) and synthetic fertilizers
- Antibiotics or added growth hormones
- Animal by-products in animal feed
- Irradiation

Together, these practices can support the mitigation of climate change. For products to be labeled as “Organic”, they must meet the standards set by the National Organic Program. Each farm or processor is inspected annually to ensure that they meet these rigorous standards.

Choosing organic is a great option for those looking to avoid GMOs and reduce exposure to pesticides. You can learn more about organic standards at the links below:

**USDA:** [www.usda.gov/topics/organic](http://www.usda.gov/topics/organic)

**Vermont Organic Farmers:** [www.nofavt.org/vof](http://www.nofavt.org/vof)

**Real Organic Project:** [www.realorganicproject.org/](http://www.realorganicproject.org/)

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## Finding Organic Products

### City Market's Key to Signs

Follow our Key to Signs to find organic products throughout the store. Look for the green bar that denotes organic products.



On packaged products look for these logos:

### Vermont organic



Vermont Organic Farmers (VOF) is a USDA-accredited organic certification agency owned by NOFA Vermont. VOF is responsible for certifying over 91% of organic products grown and made in Vermont to the USDA standards.

VOF verifies the practices of over 700 organic producers in the state to ensure their products are produced with integrity and transparency, helping farmers to improve soil health and prevent erosion.

### Real organic



The Real Organic Project is a farmer-led movement created to distinguish soil-grown and pasture-raised products under USDA Organic.

### other organic certifiers:



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

[www.citymarket.coop](http://www.citymarket.coop)