

## A QUICK GUIDE ON HOW TO SHOP FOR HEALTHY OPTIONS

We live in the information age where you are only a click away from anything you may want to know. Yet, **sifting through the noise has never been more challenging.** You don't have to spend hundreds of hours to learn the basics of how to make healthy shopping choices. Simply watch our **“How to...”** **videos** on [how to shop for produce](#), [how to shop for eggs](#) and [how to shop for meat](#). Or simply visit the [OrganicWorld.Club](#) to stay on top of all health and wellness insights.

### PRODUCE

The United States Department of Agriculture (USDA) certifies food as organic. There are other institutions that also provide certification. The Non-GMO Project is a non-profit organization that regulates for genetically modified organisms (GMO's).

If an item is marked as USDA Organic, it means that someone from the USDA performed inspections to assure that **the item is free of:**

- › GMOs
- › Synthetic additives like pesticides, chemical fertilizers, herbicides, and synthetic dyes

**USDA Organic also means non-GMO.** Learn more about the USDA at [USDA.gov](#).

Farms choose to go through the certification process. Due to the cost, a farm can conform to USDA Organic standards and choose to not apply for certification.

#### BEST TO BUY

**USDA Organic or produce from a farm you know to practice organic farming.**

### EGGS

There is generally not enough regulation which is why **purchasing eggs that have been certified by an authority for health food is best.**

If a box at the store is labeled as **USDA Organic**, that means that the chicken that laid the egg was fed organic feed, had access to the outdoors and was not in a cage. Somebody from the United States Department of Agriculture actually went to the farm and did inspections for three years before granting the certification.

**Cage-free** chicken were not in individual cages and **Free-range** chicken were permitted outdoors. There's no guarantee that the chickens weren't crowded in a barn where diseases spread easily which required the use of antibiotics. It does not guarantee humane conditions and healthy animals who hatched healthy eggs. It's not clear what the conditions were and how long the chickens were permitted to stay outdoors. **Warning: no authority governs the use of these labels.**

**Non-GMO** means the eggs were not genetically modified and neither were the chickens that hatched them.

**Pasture-raised** means that chickens spent a great deal of the day on a green pasture. There they picked weeds, fresh worms and other goodies. Thus resulting in eggs rich in omega-3s, vitamin E and other nutrients. **Warning: no authority governs the use of this label.**

**Farm Eggs.** Sometimes good farms choose not to go through the certification process. If you know the farm to practice organic and sustainable methods, then get their eggs.

#### BEST TO BUY

**USDA Organic AND Pasture-Raised or eggs from a known farm.**

### MEAT

What it comes down to is **how the animal was raised and what it was fed.** If the feed is different than that natural food, it affects the health. Healthy animal equals healthy meat.

**Cows, sheep and goats need:**

- › Untreated or certified organic pasture
- › Time spent outdoors pasturing
- › Plenty of space per animal

**Pigs need:**

- › Sunlight and clean environment
- › Plenty of space per animal and access to outdoors
- › Healthy and full of nutrients grains and protein

Because pigs aren't picky and would eat almost anything, it's especially important to assure your meat comes from a trusted source. The USDA Organic standard regulates to assure the animals are not fed slaughter byproducts.

**Chickens need:**

- › Clean pasture and access to the outdoors
- › Healthy grains and worms
- › Plenty of space per animal

If you are not shopping from **a farm you know to follow organic practices**, the USDA label guarantees:

- › What our food ate was organic feed appropriate for the animal's natural diet, no slaughter by-products
- › Where it lived was a clean environment, plenty of space per animal, access to outdoors and sunlight
- › No genetic modification – your meat was not from a cloned animal
- › No artificial anything – no growth hormones, antibiotics, or anything unhealthy

#### BEST TO BUY

**USDA Organic or meat from a farm you know to follow organic practices.**