

CCOF Why Buy Organic

Buying organic has a positive impact on your health, the health of others and the health of our planet.

Three key reasons to buy organic:

1. For Your Health

- Many studies now show that organically produced food is more nutritious than conventionally grown produce.
- Organic fruits and vegetables are on average 25% higher in 11 key nutrients than their chemically produced counterparts.
- Organically grown food provides higher amounts of vitamin C, magnesium, phosphorous and iron – all nutrients vital for the healthy functioning of our bodies.
- Organic fruits and vegetables are 30% higher in antioxidants when compared to conventionally grown fruits and vegetables. (The higher levels of antioxidants are also believed to be responsible for the better taste!)
- Organic dairy and meat products provide higher levels of essential fatty acids that can help lower the incidence of eczema and allergies, especially among children.

Healthy organic soil produces healthy crops that provide tasty, nutrient-rich foods for healthy diets and healthy people.

2. For the Health of Your Family and Others

- Eating organic produce can significantly minimize the risk of exposure to dietary pesticides, especially among children, who can be much more affected by the impacts of pesticides on their health.
- Exposure to toxic chemicals has been linked to the development of allergies, asthma and autism. Pesticides likewise have been implicated in birth defects, nerve damage and genetic mutations.
- When children and pregnant and nursing women eat organic food, they can avoid the pesticides more likely to cause neuro-developmental problems and other long-term health problems.
- A 2007 study found that children born to mothers who lived near fields treated with pesticides were more likely to be inflicted with autism spectrum disorder.
- 71% of all the researched cases of acute pesticide poisoning occurred among farm workers.

3. For the Health of the Planet

- Pest management practices in organic farming protect wildlife, promote biodiversity and work to improve and maintain native ecosystems.
- Organic farming centers on soil conservation and soil fertility. Preserving the soil now and for future generations ensures a sustainable, healthy food supply.
- Organic farming relies on composted manure and other natural materials to improve soil fertility, and avoids the use of costly petroleum-based, synthetic fertilizers. It is estimated that if organic consumption grew to 10%, the need for 2.9 billion barrels of imported oil annually would be eliminated.
- Soil treated organically absorbs more carbon, thus removing it from the air and environment and slowing the process of climate change.
- Rodale Institute research has shown that organic practices can remove about 7,000 lbs of carbon dioxide from the air and sequester it in an acre of farmland per year.
- If U.S. organic food sales grew to 10% in 2010, an additional 6.5 billion pounds of carbon would be captured in the soil – that's equivalent to taking 2 million cars, averaging 12,000 miles per year, off the road.
- If all 434 million acres of U.S. cropland were converted to organic practices, it would be the equivalent of eliminating 217 million cars (nearly 88% of all the cars in the U.S.).
- Organic growing methods increase water retention in the soil and help prevent flooding and runoff.
- The absence of synthetic petroleum-based fertilizers and toxic pesticides in organic farming protects our rivers from these harmful substances and prevents chemical runoff from causing ocean dead zones.

Eating healthy organic food, grown in soil that absorbs more carbon and retains more water, helps mitigate climate change.