

# Top Reasons to Buy Organic CCOF

## 1 For Your Children's Health

Food choices you make now can have a major impact on your child's health. Children can be up to 164 times more sensitive than adults to at least eight widely used cancer-causing pesticides in food. Exposure to toxic chemicals has been linked to the development of ADHD, allergies, asthma, and autism in children. A recent study found that Mexican-American women living in the Salinas Valley, an area of intensive agriculture, were more likely to have children with ADHD. Pesticides likewise have been implicated in birth defects, nerve damage, and genetic mutations.

## 2 For Healthier, Tastier Food

Studies indicate that organically grown food has higher amounts of vitamin C, magnesium, phosphorous, and iron—all nutrients vital for healthy functioning of our bodies. Also, there's a good reason why many chefs use organic foods in their recipes—they taste better. It makes sense that organic farming systems lead to the nourishment of plants, our bodies, and ultimately our palates.

## 3 To Keep Chemicals Off Your Plate

In 2010, President Obama's Cancer Panel released their recommendations to the public on how to decrease the risk of exposure to cancer causing agents. Among the Panel's recommendations, consumers are urged to choose food grown without pesticides or chemical fertilizers, antibiotics, and growth hormones – that's a great description for organic food.

Many pesticides approved for use by the Environmental Protection Agency (EPA) were registered long before research linking these chemicals to cancer and other diseases had been established. Now the EPA considers 60% of all herbicides, 90% of all fungicides, and 30% of all insecticides carcinogenic. The bottom line is that pesticides are poisons designed to kill living organisms and can also harm humans.

## 4 To Mitigate the Effects of Climate Change

Soil treated organically absorbs more carbon, removing it from the air and environment and so slowing the process of global warming. Rodale Institute research has shown that organic practices can remove about 7,000 lbs of carbon dioxide from the air and sequester it in each acre of organic farmland per year. Imagine the impact that more acres of organic production could have on the health of the planet if consumers demanded more organic.

## 5 To Preserve the Environment

Integrated pest management practices in organic farming protect wildlife, promote biodiversity, and work to improve and maintain native ecosystems. Organic farming also centers on soil fertility: preserving the soil now and for future generations guarantees a sustainable food supply. Organic growing methods conserve water, while the absence of synthetic fertilizers and toxic pesticides protects our rivers from harmful chemical runoffs that can cause the decimation of fish populations and ocean dead zones.

## 6 To Lower Our Dependence on Costly Fossil Fuels

Organic farming relies on composted manure and other natural materials to improve soil fertility, and avoids the use of costly petroleum-based, synthetic fertilizers. Often, overseas oil is used in conventional fertilizers. It is estimated that if organic consumption grew to 10%, the need for 2.9 billion barrels of imported oil per year would be eliminated. The production of organic corn requires 1/3 less fossil fuel energy than its conventional counterpart. By buying organic you are contributing to the nation's food security.

## 7 To Remove Additional Antibiotics and Hormones from the Food Supply Chain

Organic meat, poultry, eggs, and dairy products come from animals that are not fed antibiotics or hormones. Resistance to antibiotics is on the rise, and there is strong evidence to support the fact that the presence of antibiotics in your diet is playing a role in this trend. Studies have shown that hormone additives in animal products have been linked to the early onset of puberty in young girls. Organic practices avoid the overuse of antibiotics that have consequences for fighting illnesses.

## 8 To Stop the Spread of GMOs

Genetically modified organisms (GMOs) are not allowed in organic production. A large and growing body of research shows that GMOs can be toxic, allergenic, or less nutritious than their natural counterparts and can disrupt the ecosystem, damage vulnerable wild plant and animal populations, and harm biodiversity. Stop the uncontrolled biological experiment now taking place by buying organic.

## 9 To Protect Farmers and Farm Workers

71% of all the researched cases of acute pesticide poisoning occurred among farm workers. Acute poisoning as the result of exposure to the neurotoxins present in pesticides can cause headaches, vomiting, the inability to concentrate, difficulty breathing, and other symptoms. 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.

## 10 To Support a More Fair Food System

Although organic foods might seem more expensive than conventional foods, conventional food prices don't reflect hidden costs such as the estimated \$74 billion given annually in federal subsidies to conventional, mono-commodity crop production, the costs of environmental cleanup, and costs linked to the regulation and testing of harmful pesticides. In the supermarket, a basket of conventionally grown produce may appear cheaper simply because it does not include all these hidden costs that are unknowingly borne by the taxpayer. On the other hand, the price of organic food reflects all the personal and wider public benefits of organic production methods. Organic is worth the difference.

