

# CCOF Top 10 Reasons To Buy Organic

## 1. Protect Future Generations

Children can be up to up to 164 times more sensitive than adults to at least eight widely used cancer-causing pesticides in food. Food choices you make now are critical to our children's and planet's health.

## 2. Protect Water Quality

The Environmental Protection Agency (EPA) estimates pesticides—some cancer causing—contaminate the groundwater in 38 states, polluting the primary source of drinking water for more than half the country's population.

## 3. Higher Nutritional Content

There's a good reason why many chefs use organic foods in their recipes—they taste better. Studies indicate that organically grown food has higher amounts of vitamin C, magnesium, phosphorus and iron—all nutrients vital for healthy functioning of our bodies. Eating organic produce and organic processed fruits and vegetables will also increase antioxidant intakes by about 30 percent. It makes sense that organic farming systems lead to the nourishment of the plants and, ultimately our palates.

## 4. Promote Biodiversity

A properly managed organic operation benefits wildlife and native ecosystems by promoting biological diversity. All forms of life from bacteria to mammals are promoted as well as the full range of natural processes upon which life depends.

## 5. Save Energy

American farms have changed drastically in the last 35 years, from family-based small businesses dependent on human energy to large-scale factory farms. Modern farming consumes 19% of the country's totally energy supply, mostly consumed by the application of pesticides and nitrogen fertilizer. The production of organic corn requires 1/3 less fossil fuel energy than its conventional counterpart.

## 6. Prevent Soil Erosion

According to a study by the US Soil Conservation Service, agriculture produced using large-scale, non-organic techniques results in the loss of 12,000 pounds of soil per acre a year in the United States. It takes about 500 years to produce one inch of the top soil required for agriculture production. Studies indicate carefully managed organic systems can actually create top soil faster than nature.

## 7. Help Small Farmers

Although more and more large-scale farms are making the conversion to organic practices, most organic farms are small, independently owned family farms of fewer than 100 acres. Of the remaining two million farms in the USA, only about 560,000 are family operations. Organic farming is one of the few survival tactics left for family farms.

## 8. Protect Farmers and Farm Workers

Approximately 300,000 cases of acute pesticide poisoning among farm workers were reported in 2005 alone. The National Cancer Institute found that farmers exposed to herbicides had six times more risk than non-farmers of contracting cancer.

## 9. Keep Chemicals off your Plate

Many pesticides approved for use by the 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. In addition to cancer, pesticides are implicated in birth defects, nerve damage and genetic mutations.

## 10. Stop the Spread of GMOs

Genetically Modified Organisms, GMOs, are not allowed in organic production. The DNA from genetically engineered plants does escape and cause harm, according to a 2004 Academy of Sciences report. Stop the uncontrolled biological experiment now taking place by bringing organic home.



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