

Organic food is produced using sustainable agricultural production practices. It is produced without using: most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. To qualify as organic, meat, poultry eggs, and dairy products must come from animals that have been given no antibiotics or growth hormones. The United States Department of Agriculture's National Organic Program website has more information including inspection and certification information.



