

HOW CAN I MAKE A DIFFERENCE?

You have the ability to make healthy choices and help others to make healthy choices. Your choices can help in immeasurable ways!

Every time you choose organic, you vote for clean air and water, nutritious food, and resilient soil. You vote for a better, brighter future — one in which human health goes beyond measures of blood pressure and calories to encompass true well-being.



Start at home

- The single best thing you can do to support organic is to purchase organic.
- When purchasing meat and dairy, look for pasture-raised and grass-fed varieties.
- In the kitchen, learn to compost instead of tossing scraps in the garbage where they'll contribute to a landfill. Turn them into a valuable soil amendment you can use in your own garden or share with a neighbor.

Buy organic whenever possible



If in doubt, look for the USDA Certified Organic Seal — it's your best bet for ensuring the product was grown and produced without harmful chemicals.

Teach your children to choose healthy foods

Teach your children about making healthy food choices and about the value of protecting the environment. Invite them to help you prepare meals.

