Organic Foods: A Natural Alternative

What are organic foods?

Organic fruits and vegetables are grown without the use of pesticides or chemical fertilizers and are processed without radiation or additives. Animals that are classified as “organic” are raised without antibiotics and growth hormones. While conventionally grown foods use chemical fertilizers, organic foods use animal manure for fertilizer.

More and more people are learning about organic foods and are becoming aware of their options at the grocery store. Like the saying “you are what you eat,” organic foods are grown without chemicals or pesticides and are 100% natural. Being and eating organic is not a fad or a craze, but it is a healthy and natural alternative for everyone.

These foods can be found at your local grocery and health food stores, so try something organic today!

How much does eating organic cost?

Since organic foods are produced on a smaller scale, they are usually higher in price, compared to commercially grown produce. Organic foods aren’t expensive when one considers how important it is to eat healthy natural foods that don’t contain any pesticides or chemicals.

Where can I buy organic foods?

As the popularity of organic foods grows, more and more grocery stores are offering organic fruits and vegetables plus organic food brands. Figure 1.1 shows the organic food industry has been on a steady rise and will only continue to grow in the future.

Look for the United States Department of Agriculture seal on organic food products.
Source: www.usda.gov

Figure 1.1
Organic foods have been growing in popularity since the late ’90s.
Source: www.commondreams.org
**What products can I buy that are organic?**

Organic goes beyond just food! With the organic industry increasing, you can live organic in all aspects of life. You can find these products at your local grocery or health foods stores:

- Fruits and vegetables
- Frozen dinners
- Canned soups
- Lotions and beauty products
- Vitamins
- Candies
- Pet foods
- Baby products
- Meat
- Cotton
- Coffee

**Do organic foods taste differently?**

Organic foods don’t taste differently than commercially grown foods and don’t have to be cooked or prepared differently either. Organic fruits and vegetables, and other various organic food products, have the same great taste that you’re used to.

Kids will love the fresh taste of organic foods. Feeding your kids healthier alternatives will allow them to make better eating decisions in the future.

**What organic brands should I look for?**

Many brands offer great organic products for you and your family to enjoy at the dinner table and for everyday use. Look for these brands when shopping at your grocery or health food store:

- Kashi
- Amy’s Kitchen
- Annie’s Homegrown
- Boca Foods
- Earth’s Best
- Walnut Acres
- Celestial Seasonings (tea)
- Heather’s Naturals (cleaning products)
- Burt’s Bees (beauty products and soaps)

**References**


Being organic is more than just eating organic foods. It is a lifestyle that can be easily integrated and practiced by anyone. Try growing your own organic food today!

*Source: http://www.organicvalley.coop*