

WHAT DOES **ORGANIC** MEAN?



ORGANIC FRUITS, NUTS, VEGETABLES, & GRAINS



ORGANIC MEAT & POULTRY



ORGANIC EGGS



ORGANIC MILK



ORGANIC SEAFOOD



PACKAGED FOODS



WHAT DO **LABELS** MEAN?

"Organic" claims are always independently verified. Other label claims only are if they're part of a certification program. So a "natural" breast of chicken may have been injected with (salty) broth and may have come from an animal raised on a factory farm.

NO ANTIBIOTICS ADDED

If beef, pork, lamb, or poultry, documentation required. No procedure for verifying claim on eggs, milk, or fish.

NO HORMONES ADMINISTERED

If on beef, documentation required. Meaningless on pork and chicken since hormone use is never permitted. No procedure for verifying claim on milk, fish, or eggs.

FREE-RANGE

Poultry has access to the outdoors, but for no minimum time. No official definition for beef.

FREE-ROAMING

GRASS-FED

Animals get most of their nutrients from grass throughout their lives. Unless also labeled organic, may be given antibiotics, hormones, and insecticides.

CAGE-FREE

Poultry not confined to cages. May or may not have access to outdoors.

CERTIFIED HUMANE RAISED AND HANDLED

Animals have ample space and shelter and are able to perform natural behaviors like dust bathing (chickens) or rooting (pigs). No cages or crates used. Feed contains no added antibiotics or hormones. Humanely slaughtered. Other certifications with high standards: Animal Welfare Approved and American Humane Certified.

HORMONE-FREE

Illegal claim. All animals produce hormones.

VEGETARIAN-FED

Feed does not contain animal byproducts like feather meal, chicken litter, dried blood, or ground up meat, poultry, or fish.

NATURAL

Contains no artificial ingredients or added colors, and is no more than "minimally processed." Does not mean organic or raised in any particular way. Official definition applies only to meat, chicken, and eggs, not other fresh or packaged foods.

PASTURE-RAISED

No official meaning.