

Why Buy Organic?

We all want to put good food into our bodies. But what exactly is organic food and do we really need to buy organic for every item on our shopping list?

Organic Food is produce that is grown without the use of pesticides, synthetic fertilizers, genetically modified organisms, or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that have not been given antibiotics or growth hormones.

So, how do we know which foods we should and shouldn't buy organic? Check out the list below for some guidelines.

Organic

Strawberries

The delicious summery fruit consistently tops the Environmental Working Group's list* for the most traces of pesticide.

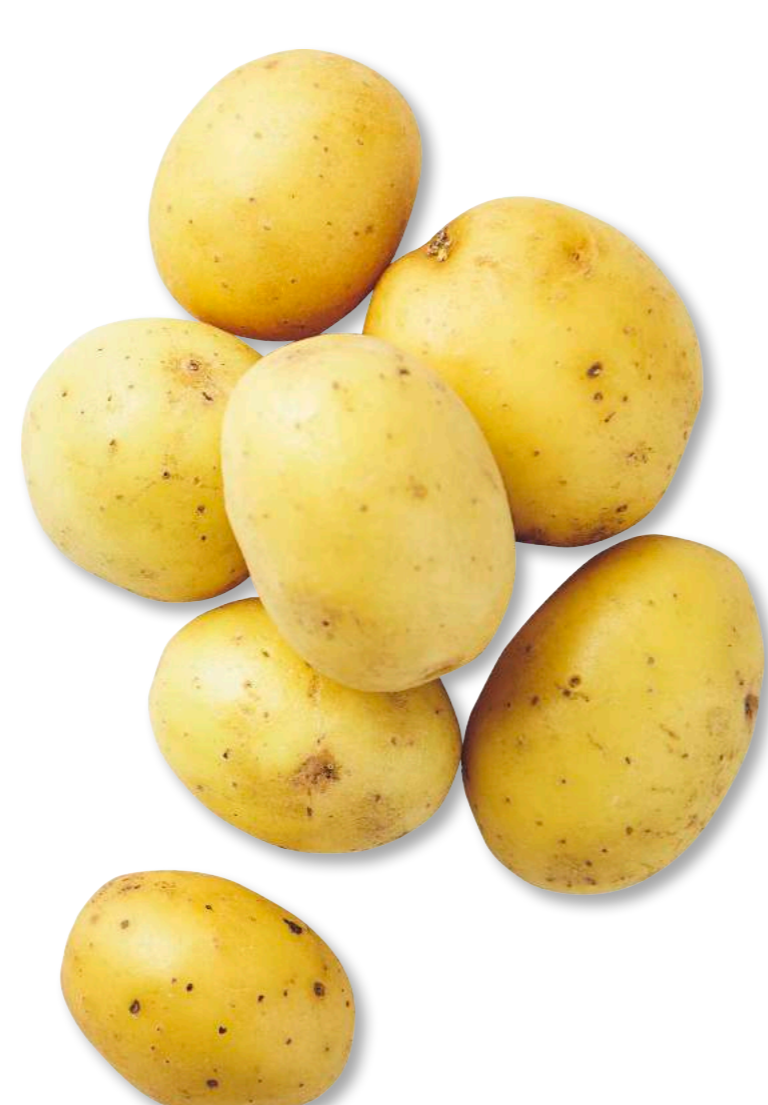


Spinach

With (on average) twice as much pesticide residue by weight than any other crop, it's a good idea to purchase organic spinach.

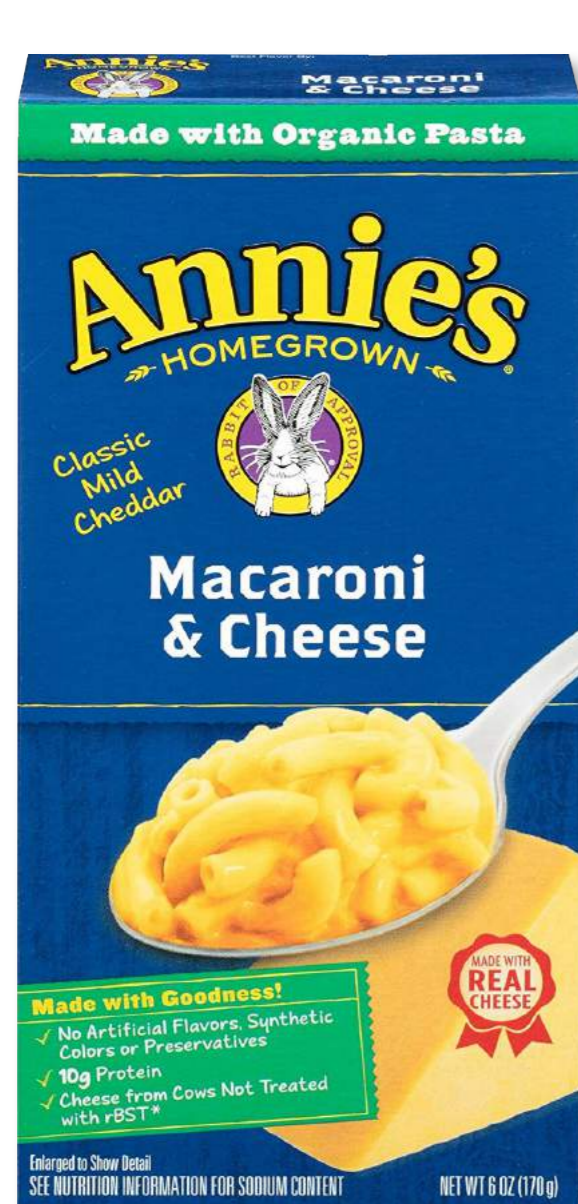
Potatoes

It probably won't surprise you to learn that the versatile spud is one of the dirtiest produce out there. Reach for the organic option when buying potatoes (however, sweet potatoes can be bought non-organic).



Dairy

When you're buying milk, yoghurt or cheese, try to pick organic. Certified organic dairy ensures that the cows consumed 100 per cent organic feed.



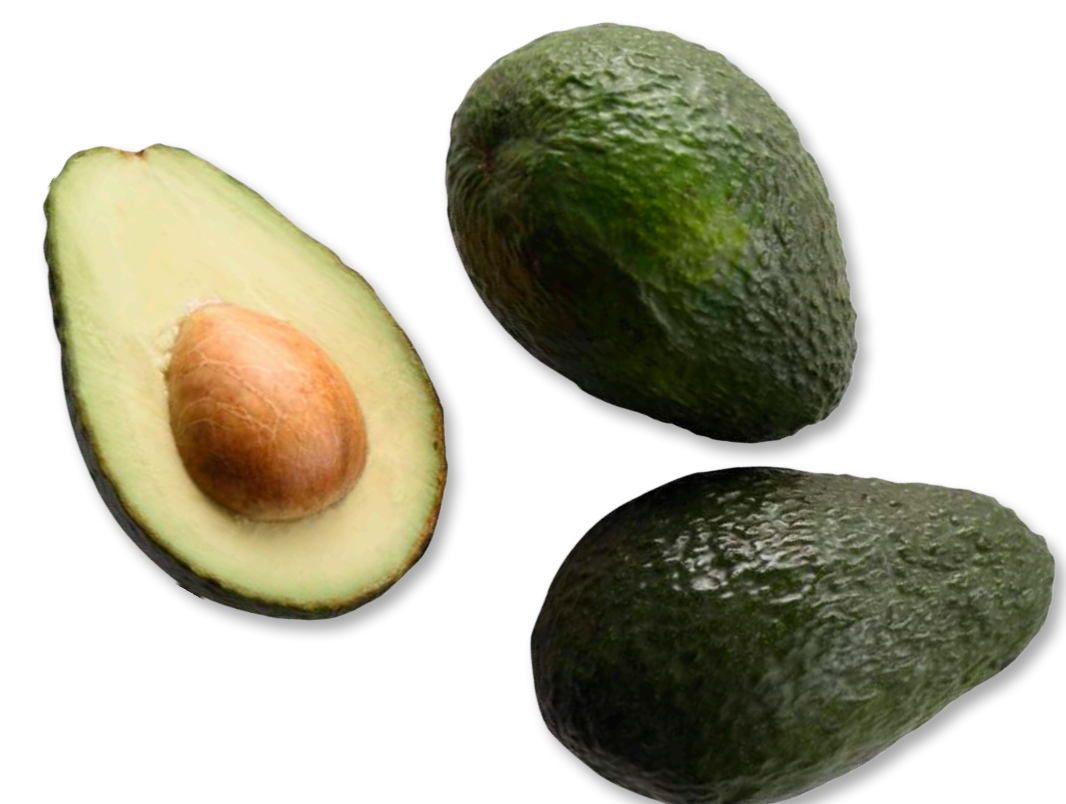
Annie's Mac & Cheese

Annie's Mac & Cheese has 80 per cent organic ingredients, no artificial flavours, synthetic colours or preservatives. Plus, it contains real cheese and milk ingredients – so your kids can enjoy delicious food that the whole family feels good about.

Non-Organic

Avocados

You love guac and as Instagram has proven, you're not the only one! Lucky for us then, that avocados are one of the cleanest foods when tested for pesticides.



Onions

Onions are a mainstay in most pantries. Because they aren't affected by insects', farmers can lay off the spray, meaning they can be bought non-organic.

Eggs

Since chickens are not fed or injected with growth hormones, there is little benefit in buying organic eggs. But if animal welfare is a concern for you, consider buying free-range or cage-free eggs.



Pineapple

With a heavy-duty shell and skin like the mighty pineapple, you don't have to worry about pesticides getting into this fruit.



Mushrooms

Full of nutrition and flavour, mushrooms are some of the least pesticide-filled vegetables going.

Top Tips

- Try to buy your fruits and veggies when they're in season to avoid higher costs.
- When buying organic is not an option, use the Shopper's Guide to choose foods lower in pesticide residues*
- Organic doesn't necessarily mean healthier. Be sure to check the label for sugar and salt content too.

*EWG's Dirty Dozen and Clean Fifteen 2017
** EWG's 2017 Shopper's Guide to Pesticides in Produce™



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