## WHAT DOES

ORGANIC

## MEAN?



ORGANIC FRUITS, NUTS, **VEGETABLES, & GRAINS** 







fertilizers



engineered





**ORGANIC MEAT** & POULTRY



pesticides













**ORGANIC EGGS** 







not necessarily cage-free or free-range



ORGANIC MILK













**ORGANIC SEAFOOD** 









PACKAGED FOODS

"100% ORGANIC" all ingredients are organic

"ORGANIC" at least 95% of ingredients are organic "MADE WITH ORGANIC **INGREDIENTS**' at least 70% of ingredients are organic