

Tip8 FOR ORGANIC PRODUCE

Picking Smart, Healthy & Sustainability Choices



HEALTH BENEFITS OF ORGANIC PRODUCE

Higher Antioxidant Levels: Organic fruits and vegetables have been shown to contain more antioxidants, which help protect against diseases and aging.



Organic apples have more health promoting antioxidants than conventional apples, including 66% more flavonols and 31% more phenolic acids.



Compared to conventional, organic onions also contain higher levels of a broad spectrum of antioxidants including total phenol, total flavonoid, ascorbic acid and quercetin-3-glucoside.



Antioxidants extend shelf life by slowing the rate at which fruit ages after harvest, keeping produce fresher for longer.

Tip

Snack on organically grown fruits and veggies for a natural antioxidant boost!

Why Choose Organic Produce?

- ✓ Boost antioxidant intake
- ✓ Reduce pesticide exposure
- ✓ Protect pollinators
- ✓ Improve biodiversity
- ✓ Fight climate change
- ✓ Support cleaner water



Reduced Pesticide Exposure



Systemic pesticides cannot be washed off because they are absorbed into plant tissues. These toxins are not allowed in organic farming, minimizing pesticide exposure for both consumers and farmers.

- Research shows that people are exposed to pesticides when they eat contaminated food. One study found 17 different pesticides in people's systems, several of which are correlated with negative health outcomes. After only a few days of switching to an organic diet, those pesticides levels dropped.
- Pregnant individuals who consume organic produce reduce pesticide-related developmental risks for their babies.
- Children exposed to pesticides have higher incidence of respiratory issues and learning deficits compared to non-agricultural children.
- Pesticide exposure is linked to faster progression of Parkinson's disease in people living near treated fields.



Tip

Check out our **Produce Wash Guide** for tips on how to clean your fruits and vegetables effectively!



ORGANIC FARMING SUPPORTS THE ENVIRONMENT & LOCAL ECOSYSTEMS



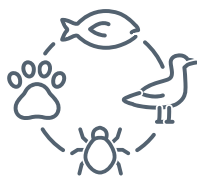
Cleaner Water

Organic practices protect our drinking water by preventing contamination from toxic pesticides and fertilizers.



Resilience Against Extreme Weather

Organic farming improves important soil properties that mitigate the effects of droughts and floods.



Promotes Natural Resources

Organic farms support beneficial biodiversity like birds, natural enemies to pests, and healthy soil microbiomes.



Protects Pollinators

It is estimated that 1 in 3 bites of food relies on pollinators. Organic farming protects pollinators by preventing harmful chemical sprays.

Tip

Choose organic products to support healthy ecosystems!

Choosing organic produce is a simple way to invest in your health, protect the environment, and support sustainable farming practices.

Look for the USDA Organic label to ensure your fruits and vegetables meet the highest standards!

