

PACK LUNCH WITH A PURPOSE



Back-to-school season is a great time to restock the fridge and think about what goes into every lunchbox, snack bag, and after-school meal.

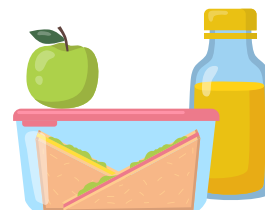
WHY CHOOSE ORGANIC FOR BACK TO SCHOOL?



✓ Reduce exposure to harmful pesticides

✓ Avoid antibiotics and synthetic growth hormones in organic dairy and meat

✓ Protect ecosystems and farm communities



FOOD FOR GROWING MINDS: ORGANIC PRODUCE AND SNACKS



Fruits and vegetables are lunchbox essentials.

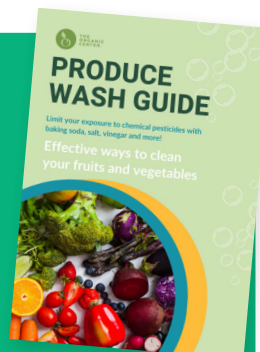
Choosing organic provides key nutrients while helping reduce exposure to toxic chemicals.

Research shows that switching to an organic diet can reduce glyphosate levels by more than 70% in just one week. Organic oranges may also contain more vitamin C and essential oils than conventionally grown fruit.



TIP

If organic fruits and veggies aren't available, reduce your pesticide exposure by thoroughly washing produce with household remedies like baking soda, salt, and vinegar. Check out [The Organic Center's Produce Wash Guide](#) to learn more!



TIP

Swap conventional crackers, fruit snacks, or snack bars for organic versions made with simpler ingredient lists and no artificial dyes.



Organic **packaged snacks**, like crackers, granola bars, and fruit snacks, are made without artificial preservatives, colors, or flavors.

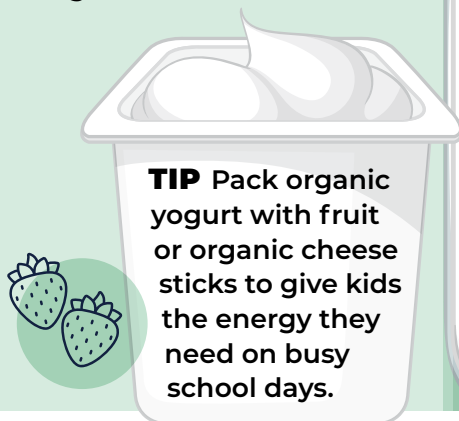


Research suggests that some artificial food dyes may worsen ADHD symptoms in certain children.



CLASSIC NUTRITION: ORGANIC DAIRY AND MEAT

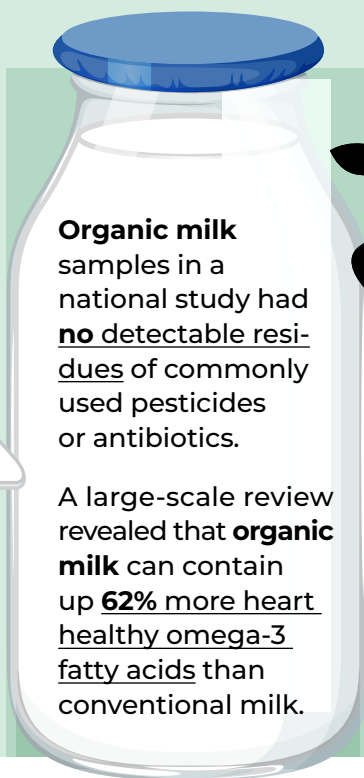
Dairy and meat provide protein and fats that help keep kids full and fueled throughout the school day. Organic products come with strict standards that reduce exposure to pesticides, antibiotics, and synthetic growth hormones.



TIP Pack organic yogurt with fruit or organic cheese sticks to give kids the energy they need on busy school days.

Organic milk samples in a national study had no detectable residues of commonly used pesticides or antibiotics.

A large-scale review revealed that **organic milk** can contain up to **62% more heart healthy omega-3 fatty acids** than conventional milk.



One study found organic beef had less cholesterol and fat, along with higher levels of antioxidants, including beta-carotene and taurine, than conventional beef.



TIP

Use leftover organic beef or chicken in place of deli meat in sandwiches and wraps.



THE ORGANIC DIFFERENCE GOES BEYOND THE LUNCHBOX

Organic is not just about what is left out: it is about holistic practices that consider environmental and human health.



That means every organic lunch can support a bigger system: healthier soils, more biodiversity, and reduced chemical exposure for communities.



EASY ORGANIC LUNCHBOX SWAPS

Flavored yogurt cup



Organic yogurt with organic berries

Deli ham sandwich



Organic roast turkey sandwich

Conventional snack bar



Organic granola

LOOK FOR THE USDA ORGANIC LABEL



When you see the USDA Organic label, you know your food was produced under standards designed to protect people, animals, and the planet.



This school year, **choose organic** for easy lunches, snacks, and meals that nourish kids from the farm to the cafeteria table!

Looking for inspiration on how to incorporate more organic ingredients into your diet?

Explore The Organic Center's [recipe blog](#) and [YouTube videos](#) for ideas, practical tips, and science-backed information on the benefits of organic.

