



What's Behind the USDA ORGANIC SEAL?



Organic production emphasizes natural processes and ingredients.

YOU CAN TRUST:

YOUR FOOD

USDA-certified organic food means your food was:

- ✓ Produced using allowed ingredients:
 - Natural substances are generally allowed
 - Synthetic substances are generally prohibited
- ✓ Produced without excluded methods (e.g., genetic engineering is not allowed)

THE FARM

USDA-certified organic farms use:

- ✓ Physical, mechanical, and biological farming methods
- ✓ Farming methods that support biodiversity and soil health
- ✓ Only limited amounts of USDA-approved pesticides rigorously vetted by the NOSB, USDA, and the public that do not harm human or environmental health

THE STANDARD

The USDA National Organic Program ensures:

- ✓ Rigorous certification of every organic farm and business
- ✓ Annual inspection of every organic farm and business
- ✓ Public and expert engagement to keep the standard strong

Visit: www.ams.usda.gov/organic

USDA Organic is the **only** federally regulated organic label on the shelf. It indicates that farmers and businesses have met strict standards for the growing, processing, and handling of their products.