

Same Food, Same Nutrition, Same Safety

GROWN DIFFERENTLY

No Matter What You Eat, The Choice is Yours

Making the right decisions for your diet, budget and values can be challenging. All the marketing, labels and conflicting information make even a simple choice like choosing organic or conventional food, a tough call. This illustration will help you stay informed in the produce aisle.

1. Who keeps my food safe?

All food and most farm inputs (including pesticides) in both conventional and organic production are regulated by the FDA, USDA or EPA. The FDA regulates food to ensure it's safe to eat. This includes ingredients, additives, preventing foodborne illness and requiring that food labels are truthful and accurate. Beyond its responsibilities to assure efficient marketing of agricultural products, the USDA supervises the safety of commercial meat, poultry and egg products and certain plant products.

2. Are pesticides tested?

Pesticides in the U.S. are approved by the EPA. Before a pesticide is approved for use on organic or conventional farms, the EPA must determine that it will not pose unreasonable risks to people, or the environment.

3. Why use fertilizer?

Farmers use fertilizer to boost levels of nitrogen, phosphorus and other minerals in the soil. Organic farming can only use fertilizers "derived from nature," like manure and rotations with alfalfa, lentils and other legumes. Conventional farms may use man-made fertilizers in addition to manure and other fertilizers.

4. What seeds can they choose?

Conventional farmers can use GMO, Non-GMO, Hybrid, Greenhouse, Open Pollinated, Organic and Heirloom seeds. Organic farmers may grow with any type of seed with the exception of GMOs. Before they're sold, scientists from the FDA and EPA review the safety and environmental impact of GMO seeds.

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