



ORGANIC No question about it

Organic claims are the only ones regulated by the Canadian government to meet all the requirements below



How is your food grown?

	Organic Products	"Natural"	Local
Grown without toxic and persistent synthetic pesticides, herbicides, fungicides or fertilizers	✓	✗	✗
Grown without synthetic growth hormones or antibiotics ¹	✓	✗	✗
Grown under humane animal standards, including outdoor access	✓	✗	✗
Grown without fossil fuel fertilizers (nitrogen) or sewage sludge	✓	✗	✗
Grown without GMOs (genetically modified organisms) or nanotechnology	✓	✗	✗

1- Antibiotics are only allowed as a last resort when an animal's life is in danger; milk is discarded for a minimum of 30 days; meat can *never* be sold as organic



How is your food prepared?

	Organic Products	"Natural"	Local
Made without irradiated products or ingredients	✓	?	✗
Made without artificial preservatives, colours, flavours or chemical additives	✓	?	✗
Made without monosodium glutamate (MSG), aspartame, sodium nitrates or nitrites, etc.	✓	?	✗
Made without genetically modified organisms	✓	?	✗