



WHAT DOES IT MEAN TO “EAT ORGANIC”?

Eating organic means choosing foods grown using production methods that are better for the environment and human health than conventional methods of farming. For instance, the use of pesticides, fertilizers and genetically modified seeds is not allowed in organic farming. It's best to opt for organic, locally grown food whenever possible.

Concrete steps you can take to eat organic include:

- Growing your own vegetables without the use of chemical pesticides or fertilizers
- Signing up to receive baskets of organic produce delivered by a family farmer year round
- Buying organic fruits and vegetables straight from the producer at a farmers' market
- Choosing organic produce available at your grocer's

1. FOR THE TASTE AND THE THRILL OF DISCOVERY

Local organic fruits and vegetables offer a quality and freshness that are a treat for our taste buds, as they're grown without chemical fertilizers or pesticides and picked when ripe. It's also fun to explore the huge variety of organic products available. For example, by signing up for organic baskets, you'll have the chance to discover forgotten heirloom vegetables or new varieties while connecting directly with the farmers who work hard to feed you!

2. BECAUSE IT'S A HEALTHY CHOICE

Consuming organic products reduces our exposure to pesticide residues that pose a significant risk to health, particularly in children. In 2012, the American Academy of Pediatrics established a link between pre natal exposure to pesticides and certain attention disorders. Organic farming also helps protect the health of farm workers and families (Sanborn, 2012, p. 4).

3. TO SUPPORT THE LOCAL ECONOMY

Every dollar spent on organic produce in Quebec is a dollar invested in our economy and our rural communities, supporting the livelihood of local producers who are committed to sustainable farming methods. Organic food production in Quebec generates roughly 10,000 jobs in the province and there were 1,592 certified organic businesses (farms, processors, distributors, retailers, etc.) in Quebec in 2016, a clear sign that consumers are changing the world, one meal at a time!

4. BECAUSE IT'S GOOD FOR THE ENVIRONMENT

Organic agriculture is based on protecting the health and vitality of the soil by limiting erosion and chemical degradation. While chemical fertilizers contribute to the pollution of groundwater and the destruction of certain insect pollinators (bees, butterflies, etc.) that are essential to biodiversity, choosing organic food contributes to a healthier environment for everyone. Organic farming is committed to improving the well-being of people and the planet by adopting practices that contribute to sustainable development for the benefit of future generations. Organic farming also reduces fossil energy use on the farm by 45% compared to conventional farming. In other words, organic agriculture plays an important role in the fight against climate change (Rodale Institute, 2012).