

CONVENTIONAL FOODS

FACTS



Often grown using synthetic pesticides, like Roundup. May use GMOs and be produced on large-scale farms.



Conventionally raised livestock are kept in confined, controlled spaces. Fed corn or wheat, and sometimes antibiotics and medications for optimal health.

PROS



Produces an abundance of food and crops every season. Keeps prices low and makes more food available.

CONS



Producing food this way could deplete the soil's nutrients. Pesticide and GMO use might be bad for human health. May raise animals in less healthy and humane ways.

HOW IT GROWS

CONVENTIONAL OR ORGANIC?

You compare two bushels of apples at the store. Both appear exactly the same, except one is labeled "organic" and is more expensive. "Organic" and "conventional" represent two ways to produce food. Which is a good choice for your family?

ORGANIC FOODS

FACTS



Must be grown in safe soil. Can't have synthetic pesticides, bioengineered genes (GMOs), or harmful fertilizers.



Organically raised livestock are usually free range and fed on grass or organic, non-GMO food. Cannot be fed antibiotics, growth hormones, or animal-by-products.

PROS



Often use more sustainable growing practices and more humane to animals.

CONS



Depending on where it's sold, organic food is often more expensive. Produce might be smaller with more blemishes. Less availability.