
Navigating Organic Labeling

“**Organic**” describes foods that are made using only natural, non-synthetic materials

- Highly regulated through the USDA
- Monitored by the USDA
- Only foods that follow specific guidelines can use the organic label



Labels identify different types of organic products

100% Organic:

- Raw or minimally processed, without synthetic materials
- Must follow certified organic regulations
- Have USDA Seal of Organic on the packaging

Organic:

- Contains at least 95% organic materials
- May have the USDA Seal of Organic on the packaging

Made with Organic _____:

- Must be at least 70% organically produced
- Will not have USDA Seal of Organic

Specific Organic Ingredient Listings:

- Ingredient list may report organic ingredients, but less than 70% of the product is made with certified organic means



Natural ≠ Organic

- The term “Natural” is not regulated.
- Since organic certification costs money, some farmers who use organic techniques will use the term “Natural,” but it can also refer to non-organic products.

For More Information, Visit:

- [Labeling Organic Products | Agricultural Marketing Service \(usda.gov\)](https://www.usda.gov/organic)
- [Organic Farming | US EPA](https://www.epa.gov/organic)