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 then 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)
- Organic Farming | US EPA