

What's Organic?

Single-Ingredient Foods On foods like fruits & vegetables, look for sticker version of the USDA Organic label or check the signage in the produce section for the seal. The word "organic" & the seal may also appear on meat packages, egg or milk cartons, cheese & other single-ingredient foods.

Multi-Ingredient Foods Beverages, snacks & other processed foods use the following classification system to indicate their use of organic ingredients.

100% Organic Foods bearing this label are made with 100% organic ingredients & may display the USDA Organic seal.

Organic These products contain at least 95-99% organic ingredients (by weight). The remaining ingredients are not available organically but have been approved by the National Organic Program. These products may display the USDA Organic seal.

Made With Organic Ingredients Food packages that read "Made With Organic Ingredients" contain 70-94% organic ingredients. These products may list up to 3 ingredients on the front of the package & can't bear the USDA Organic seal.

Other Products with less than 70% organic ingredients may only list organic ingredients on the information panel of the package. These products will not bear the USDA Organic seal. Even if a producer is certified organic, the use of the USDA Organic label is voluntary. Not everyone goes through the process of becoming certified, especially small farming operations. When shopping at a farmers' market, consumers should ask vendors how the food was grown.

USDA, 2007