



Organic food = caring for the planet.

FRESHNESS FACT

You've heard a lot about it, but just what is organic food? What makes it different from any other food you can buy or grow? Is it better for you?

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. While no claim is made that it's superior in safety or taste to conventionally grown food, it has been proved to be better for the environment, helping to maintain productivity for the future.

- Organic meat, poultry, eggs, and dairy products come from animals that are given no growth hormones.
- Organic food is produced without using conventional pesticides, fertilizers made with synthetic ingredients, bioengineering, or ionizing radiation.

The "USDA Organic" label certifies that the farm where the food is grown has been inspected by the U.S. Department of Agriculture, and that companies that handle or process the food on its way to you are certified, too.

AVI, your food service provider, supports the concept of organic food and seeks out local farmers who grow organically. This month, we'll use the organic ingredients that are in season to create recipes for you to sample!

Please join us on our journey to a positive impact on our environment as we nourish and strengthen our bodies! More next month ...

Our commitment ... to the best for your nutrition.

