

Organic Food:

Eating with a conscience *for health and the environment*



Our food choices have a direct effect on the health of our environment and those who grow and harvest what we eat. That’s why food labeled organic is the right choice. In addition to serious health questions linked to actual residues of toxic pesticides on the food we eat, our food buying decisions support or reject hazardous agricultural practices, protection of farmworkers, and stewardship of the earth.

The Organic Choice is Clear

It is important to eat organic food –nurtured in a system of food production, handling and certification that rejects hazardous synthetic chemicals. USDA organic certification is the only system of food labeling that is subject to independent public review and oversight, assuring consumers that toxic, synthetic pesticides used in conventional agriculture are replaced by management practices focused on soil biology, biodiversity, and plant health. This eliminates commonly used toxic chemicals in the production and processing of food that is not labeled organic--pesticides that contaminate our water and air, hurt biodiversity, harm farmworkers, and kill bees, birds, fish and other wildlife.

Food Choices Based Only on Pesticide Residues Fall Short

To help explain the urgent need for a major shift to organic food consumption, Beyond Pesticides has begun the *Eating with a Conscience* database, www.EatingWithAConscience.org, which evaluates the impacts on the environment and farmworkers of the toxic chemicals allowed for use on major food crops, grown domestically and internationally. We started with those

foods that have been identified by the media as “clean,” then expanded the list to over 40 fruits and vegetables. While the Environmental Working Group’s Clean 15/Dirty Dozen list is helpful in alerting con-



sumers to hazardous residues on food, food residues are only part of the story. It turns out that those very same “clean” food commodities may be grown with hazardous pesticides that get into waterways and groundwater, contaminate nearby communities, poison farmworkers, and kill wildlife, while not all showing up at detectable levels on our food.



Choosing Organic: For you, the environment and workers

Eating with a Conscience looks at the toxic chemicals that are allowed in the production of the food we eat and the environmental and public health effects resulting from their use. Choose from a list of fruits and vegetables at www.EatingWithAConscience.org and see the health and environmental effects of the pesticides allowed for use on over 40 commonly eaten crops.

“Clean” fruits & vegetables	Worker acute poison	Worker chronic poison	Stream contam.	Ground water contam.	Wildlife poison	Long-range transport
Onion	X	X	X	X	X	X
Avocado	X	X	X	X	X	no
Corn	X	X	X	X	X	X
Pineapple	X	X	X	X	X	X
Mango	X	X	no	no	X	X
Peas	X	X	X	X	X	X
Asparagus	X	X	X	X	X	X
Kiwi	X	X	X	X	X	X
Cabbage	X	X	X	X	X	X
Eggplant	X	X	X	X	X	X
Cantaloupe	X	X	X	X	X	X
Watermelon	X	X	X	X	X	X
Grapefruit	X	X	X	X	X	X
Sweet Potato	X	X	X	X	X	X
Honeydew	X	X	X	X	X	X



Organic Food: Eating with a Conscience



For you, workers and the environment



www.EatingWithAConscience.org

Organic Food Eating with a Conscience



BEYOND PESTICIDES

701 E Street SE, Washington DC, 20003

202-543-5450/info@beyondpesticides.org

www.beyondpesticides.org