

“Are you Organically Challenged?”

Dear Adam and Eve:

Help! I try to make healthy, sustainable choices at the grocery but I am so confused about the various “organic” labels I see there. There are different ones. Do they all mean the same thing?

Thanks, Organically Challenged

Dear Organically Challenged:

Nope, “organic” is one of the new buzzwords and it has nothing to do with bees! Well, actually it could have something to do with bees, more specifically their honey!

Let’s just talk about one of them: USDA’s Organic. Here are their terms and brief explanation for each:

“100 Percent Organic” – All ingredients in the product are organic.

“Organic” – At least 95 percent of the ingredients are organic.

“Made with Organic Ingredients” – At least 75 percent are organic.

“Organic Ingredients noted on the Ingredients Statement” – Less than 70 percent of the ingredients are organic so the producer can only identify the actual organic ingredients within the ingredients list on the product label.

Also, another little “kernel” of info: when you are in the produce area, check out the tiny label that’s stuck on it. You should see a four or five digit code. A four-digit code means that the produce was produced conventionally. A five-digit code that starts with “9” means that it is organically grown, and a five-digit code that starts with “8” means that it is genetically engineered!!

RETHINK! REDUCE! REUSE! RECYCLE!

Please email questions/comments to DearAdamandEve@tmemphis.org or write “Dear Adam and Eve”, c/o Temple Israel, 1376 E. Massey Rd., Memphis, TN 38120.

