



# USDA Certification for Organic Food Labels

- **"100% Organic"**
  - All its ingredients must be certified organic, including any processing aids. Products that meet this standard may use the USDA Organic seal as well as a 100% organic claim on the label. However, each ingredient in the ingredient list must be identified as organic, either directly (e.g., "organic spinach"), or by an asterisk or some other mark. Also, the product labels must state the name of the certifying agent on the information panel
- **"Organic"**
  - The product must be at least 95% certified organic. This means that all agricultural ingredients must be organic, except for certain ingredients on the [National List](#). Non-organic ingredients can constitute up to 5% of the product (excluding salt and water). Each ingredient in the ingredient list must be identified as organic, either directly or by an asterisk, and the information panel must name the certifying agent. Has the USDA Organic seal and/or an "organic" claim on the label.
- **"Made with Organic Ingredients"**
  - The product must be made with at least 70% certified organic ingredients or more, excluding salt and water. No GMOs and non-agricultural products used must be specifically allowed on the National List. Up to three ingredients or ingredient categories must be included (e.g. *Made with organic wheat, barley, and oats*). The label **must** state the name of the certifying agent and identify each organic ingredient in the ingredient list as organic. May use the term "Made with Organic Ingredients".
- **"Less than 70% Organic Ingredients"**
  - Products with less than 70% certified organic content, does not require certification. The product label may list certified organic ingredients as "organic" in the ingredient list, as well as the percentage of organic ingredients in the product. Must not include the USDA organic seal anywhere, nor can it feature the word "organic" on principal display panel.

# When to buy organic/ conventional

The Dirty Dozen is a list of 12 fruits and vegetables that contain the highest concentrations of pesticides after being washed. Since organic produce is more expensive than conventional produce, the EWG recommends reserving your organic grocery budget for when you buy items that are part of the Dirty Dozen.

## **EWG'S DIRTY DOZEN FOR 2020**

Strawberries  
Spinach  
Kale  
Nectarines  
Apples  
Grapes  
Peaches  
Cherries  
Pears  
Tomatoes  
Celery  
Potatoes

Clean Fifteen is a list of 15 fruits and vegetables that contain the lowest concentrations of pesticides after being washed. Since they have such low concentrations of pesticides by the time they are washed and reach our mouths, the EWG recommends buying these items conventionally to save money.

## **EWG'S CLEAN FIFTEEN FOR 2020**

Avocados  
Sweet corn  
Pineapple  
Onions  
Papaya  
Sweet peas (frozen)  
Eggplants  
Asparagus  
Cauliflower  
Cantaloupes  
Broccoli  
Mushrooms  
Cabbage  
Honeydew melon  
Kiwi

\*The Environmental Working Group (EWG) is an American activist group that specializes in research and advocacy in the areas of agricultural subsidies, toxic chemicals, drinking water pollutants, and corporate accountability. EWG is a nonprofit organization