

5 reasons to eat and buy organic food

1. Toxin free!



Organic farming does not use agrochemicals like pesticides as these can be harmful for the environment and human health. Pesticides pose a risk to the health of farming families and people working on farms, who are directly exposed. But also to those living nearby who may be exposed to spray drift, polluted water, soil or waste from the farms. Research shows that eating organic food reduces exposure to hazardous pesticides.

2. More birds, plants and bees!



Biodiversity is essential to make nature work. Did you know that the threat to biodiversity is as acute as the climate threat? Organic farmers plant a wide variety of crops rather than just one big field of the same. This and other organic methods increase the range of species of natural plants, birds, animals and insects in the soil and around the farm.

3. Safe for farmers and environment!



We need to change the way we produce and consume food. Studies show that solutions for the future can be found in organic agriculture. Instead of using agrochemicals organic farmers use knowledge. They use a greater diversity of crops and varieties – often indigenous. This generally gives better protection against drought and diseases, thus reducing risks for the farmer. In many parts of the world, the production methods used also increase the yields.

4. More jobs and higher incomes!



Organic farming is often more diversified and creates more jobs. Often, the production costs for the farmers are lower and profits higher when they no longer have to buy chemical fertilisers, pesticides and seeds.

5. Help organic farming grow!



Over 70% of the world's poor live in rural areas and most of them are involved in farming. The majority of these small scale farmers already grow organic or close to. Buying organic products leads to increased production and incomes, improved local food security and a cleaner and greener environment.