

Organic Food Consumers: *do ask the following questions*

- Q. What is organic food?**
- Q. What are the benefits of organic food?**
- Q. Why eat organic?**
- Q. Is organic food healthier?**
- Q. Is organic food better for the environment?**
- Q. What are the standards that define "organic"?**
- Q. How do I know if food is organic?**
- Q. How to shop for organic food?**
- Q. Where is organic food available?**
- Q. Where can I find more information about organic food?**

Get the answers from

An Organic Food Guide for Consumers

(<http://cercenvi.nic.in/PDF/ORGANIC%20FOOD%20GUIDE.pdf>)



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ACTION
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