



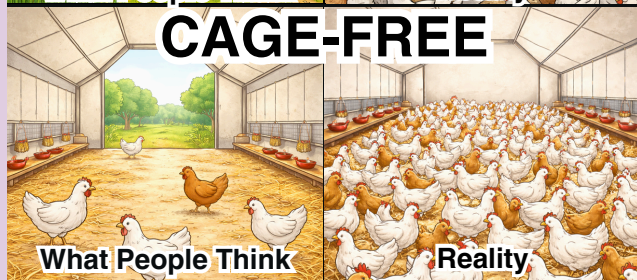
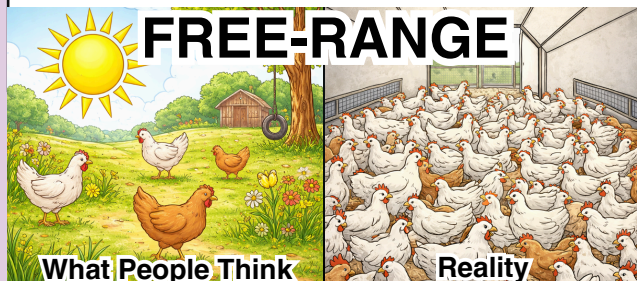
Are terms like organic, grass-fed, wild caught, or pasture raised just a marketing gimmick to charge more?

What about free-range, cage free, vegetarian-fed, or all natural?






Some labels mean a lot while others don't mean much. Let's break down food labels and meanings.

Disregard:

- ❖ **All Natural:**
 - This label means almost nothing. There is no specific definition of the "Natural" label.
- ❖ **Vegetarian-Fed**
 - Birds are omnivores. This is not how we want our poultry.
- ❖ **Farmed or Farm Fresh:**
 - This label doesn't mean anything, yet it is often used to make eggs sound more appealing.
- ❖ **Cage-Free or Free-Range:**
 - Cage-Free and Free-Range can still utilize indoor confinement for birds.
- ❖ **Farmed Fish:**
 - Fish farms are tanks or netted areas in the ocean or rivers where fish are not able to interact with their natural environment.



Preferred: What do they mean?

 <p>Organic</p>	<p>The "Organic" label means that the food is Non-GMO and that is also not grown with the use of synthetic fertilizers and pesticides. Organic produce is free of glyphosate and other toxic herbicides. Organic is preferred over Non-GMO.*</p> <p><small>*Many small local farms use organic farming practices without being certified. This is often better than organics shipped in from far away. Ask about the farm's practices.</small></p>
 <p>Non-GMO</p>	<p>Organic food is always Non-GMO, but Non-GMO food is not necessarily organic. GMO crops provide fewer nutrients. Something that is Non-GMO may still be sprayed with herbicides and/or pesticides. Herbicides and pesticides are toxic to life.</p>
 <p>Grass-Fed</p>	<p>The "Grass Fed" Label typically means that for most of the animal's life, it was free to graze for its own fresh food rather than being fed by a feedbag or trough. This is to allow animals to eat as close to their natural diet as possible.</p> <p>Often grass fed meat is fed commercial grain feed towards the end of its life (not preferable). Look for packages labeled, "100% Grass-Fed."</p>
 <p>Pasture Raised</p>	<p>Pasture-raised poultry is a sustainable technique in which birds or other animals are able to roam on a large pasture, as opposed to indoor confinement. Both cage-free and free-range are still indoor confinement for birds. Pastured, or pasture raised, is the kind of pork, eggs, chicken, turkey and other poultry that want.</p>
 <p>Wild Caught</p>	<p>Wild-caught fish are in their natural environment where they are free to swim and to eat their natural diets. Wild caught fish are preferable to farmed fish.</p>

Try to get:

- ❖ **Organic** or **Non-GMO** produce
- ❖ **Grass Fed** beef, lamb, buffalo, and dairy products
- ❖ **Pasture-Raised** pork, chickens, turkeys, and eggs
- ❖ **Wild Caught** fish and seafood