How can consumers decide?

Make a conscious choice. When you choose on the basis of health, environment, food security, or supporting local communities, your choices ripple through retailers to distributors to farmers and shape and mold our food system.

Ask for local and organic. It can take as little as three people requesting particular products to get a change in purchasing habits by major supermarkets.

Eat seasonally. To find out when local produce is in season, check www.foodland.gov.on.ca

Consider substituting organic foods for conventional foods with the highest levels of pesticide residues. Check www.foodnews.org for a listing of pesticides in produce.

Canadian Organic Growers (COG) is a federally incorporated registered charity that has been promoting organic growing for over 30 years. COG's membership includes consumers, gardeners, retailers, processors and farmers from all regions of Canada.

Sharing a vision –

for a sustainable, bioregionally-based organic food system that protects and enhances the health of people and the environment.

COG's activities are accomplished by committed volunteers. For more information and to join us:

www.cogtoronto.org
torontochapter@cog.ca
Tanmayo 416-466-9584

Canadian Organic Growers
Cultivons Biologique Canada

Making the Choice





Local means

- **minimal food transport miles so less fossil fuels burned**
- **fresher, tastier and more nutritious food because of less transport time and distance**
- **more markets for local farmers which helps them and their rural communities survive**
- **less reliance on imports so greater food security**

There are no regulations or standards defining the boundaries and other aspects of local.



Local *and* Organic



Where can consumers get local and organic?

1. farmers markets
2. retailers, usually small scale
3. food boxes
4. CSA's (Community Supported Agriculture)
5. farmgate

For help, check our directory at www.cogtoronto.org

Organic means

- food produced without the use of chemical fertilizers and pesticides
- no toxic runoff into rural waterways and ground water
- soils enhanced through composting and manure
- animals treated humanely
- animals not given antibiotics or hormones
- animals allowed access to outdoors and to engage in natural behaviours
- biodiversity fostered
- no genetically modified organisms
- farmers adhering to published organic standards
- farms inspected by independent, third party certifiers every year

Since June 2009, Canada has regulations governing the organic sector, which includes penalties for marketing products as organic without adhering to the Canadian Organic Standards.