

ORGANIC:

MORE THAN JUST "LOCAL"

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ORGANIC: MORE THAN JUST A WORD

When you buy Ontario organic you are helping to grow a thriving and resilient local food system. Local and organic – the best of both worlds.

Buying local supports people and businesses in your community, grows regional economies, and can promote sustainable agricultural practices. However, it is not just where we grow food, but how we grow it that makes a difference: in fact, production methods are the primary contributor to agricultural products' carbon footprints.

The David Suzuki Foundation argues that food miles account for only 11 per cent of agricultural products' carbon footprint, while production methods account for 83 per cent. By avoiding synthetic substances, organic production uses less energy.

By buying local and organic products, consumers can ensure that they are putting money into farmers' pockets, creating jobs, and investing in Ontario's long-term ecological health.

Organic means:

- **The use of GE seeds or substances is not permitted**
- **Soil health is improved through crop rotation and organic matter inputs**
- **Dairy cows must receive 60% of their diet from pasture and forage**
- **Humane treatment practices encourage animal health**
- **A lower energy footprint than just local, because synthetic fertilizers aren't used**

For more information about this campaign and our membership: organiccouncil.ca



OCO

Organic Council of Ontario

The Voice for Organics in Ontario