



Look for food you can trust has been produced in a nature-friendly way

Support farmers, growers and food businesses that grow and produce food to the highest environmental standards.

Organic farmers all over the world base their food production on four ethical principles of health, ecology, fairness and care for current and future generations. Read more about these principles: https://www.ifoam.bio/sites/default/files/poa_english_web.pdf

To ensure that organic food is produced in line with these principles, from traceable supply chains and trusted sources, certified organic farming and food production is guided by strict regulations. If a farm, or an unpackaged product made, stored or sold by a food business is labelled and sold as 'organic', then the farm or food business must have an organic licence. This licence can only be obtained from an accredited third party certifier, whose own standards must comply with EU organic regulations (or higher).

When you buy a certified organic product, it means not only that the place where that product has been produced has been inspected annually, but that the place where every ingredient was grown or produced has been inspected to the same high standards. Organic standards are very detailed, but broadly speaking they ensure the use of fewer pesticides, higher animal welfare standards, no artificial fertilisers, no routine use of antibiotics and no GM crops or inputs. In food production, organic standards ban the use of controversial additives.

Here in the UK, the Soil Association (based in Bristol) is one of the largest certifiers and offers a huge range of organic and sustainable certification schemes across food, farming, catering, health and beauty, textiles and forestry. A list of other UK organic certifiers can be found on the DEFRA website: <https://www.gov.uk/government/publications/organic-certification-list-of-uk-approved-organic-control-bodies/approved-uk-organic-control-bodies>

You may also see other non-UK organic certification logos on imported organic food products.

The best way for food businesses to prove they are operating to the highest standards of sustainability and integrity is to be part of an organic certification scheme. Some smaller scale farms and food businesses may choose not to seek organic certification, even though they are strongly committed to agro-ecological principles. The most important thing we can do is to take an interest in and ask more about where the food we buy comes from and how it is produced.

Next time you're shopping, you could try switching one or two products to organic, or choosing products from small scale farmers and producers who can tell you the story of their product.