

ORGANIC:

MORE THAN JUST "NON-GMO"

Certified organic is **always** produced without GMOs. Unlike "non-GMO" alone, organic also signifies more sustainable production practices without using synthetic pesticides and fertilizers.



**Sustainable Canadian
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ORGANIC: MORE THAN JUST A WORD

Certified organic is always produced without genetic modification or engineering. Unlike "non-GMO" alone, organic also signifies no synthetic pesticides and fertilizers.

Like many non-GMO labels, Canadian Organic Standards prohibit the use of genetically engineered (GE) substances. While Canadian law does not require conventional producers to disclose if their products are GE, organic producers are never allowed to use GE seeds, inputs, or other processing agents. But organic farming is about more than just one restriction; it promotes environmental health, fairness, ecology, and care for generations to come.

Accompanying organic's GE prohibitions are many stringent regulations about animal welfare, pesticide use, and other factors that make a difference in animal, plant, and human health. While non-GMO labelling gives us useful information about the genetic origins of the food we're buying, it does not come with the same guarantees that organic does. When you choose organic, you are choosing GMO-free and more.

Organic means:

- The use of GE seeds or substances is not permitted
- Soil health is improved through crop rotation and organic matter inputs
- Humane treatment practices encourage animal health
- A lower energy footprint because synthetic fertilizers aren't used
- No synthetic pesticides



Organically Grown in Saskatchewan

For more information about organic: <https://saskorganics.org/>