

# NUTRITION NEWS

## Celebrate Earth Day By Eating Organic Foods

(NAPSA)—Earth Day is an annual event for people around the world to celebrate the earth and their responsibility toward it. On April 22, 1970, 20 million Americans took to the streets, parks and auditoriums to demonstrate for a healthy, sustainable environment. Since then, the event has gone global, with activities coordinated by more than 5,000 groups in 184 countries.

In addition to getting out and making a positive impact on Earth Day, many people celebrate the earth every day by eating organic foods. Organic foods are produced without the use of antibiotics, added growth hormones, and dangerous pesticides. Following an organic diet holds a two-fold benefit:

- Organic consumers get great-tasting organic foods that provide a wholesome way to reduce their exposure to added chemicals in food. And organic foods provide peace of mind for the growing number of people who are more closely examining the role their food choices play in their overall health and well-being.

- The growing demand for organic food favorably impacts the well-being of the planet as well. Organic farming respects the earth by emphasizing the use of renewable resources, conservation and the humane treatment of animals. And organic farmers do not use harmful chemicals that can pollute our air, water and food.

Fortunately, as more people seek out organic foods, they are becoming easier to find in grocery stores. One reason is that more stores are carrying brands like Horizon Organic, which offers a variety of products from milk, cheese and yogurt to butter and juice. Horizon Organic also offers



**For environmentally minded people, Earth Day and organic foods go hand-in-hand.**

many grab-and-go products, like single-serve milk and yogurt tubes, that make eating well convenient and fun.

In addition, organic foods are now easier to recognize because consumers can look for the USDA organic seal. The seal signifies that the products come from organic farms and production facilities that meet the strict national organic standards. The federal organic regulations address methods, practices and substances used in handling crops, livestock and agricultural products.

“More consumers are taking a closer look at how their food choices contribute to their overall health and well-being. Organic foods are an excellent solution for these people because eating organic food is a great way to help reduce your exposure to added chemicals in food,” says Gwen Scherer, marketing director for Horizon Organic. “And because they are produced without harmful chemicals, organic foods are good for the earth, too.”

For more information on organic food and its benefits, visit [www.horizonorganic.com](http://www.horizonorganic.com).