



## Background

Organic foods are grown and prepared for sale without using any chemicals, such as fertilizers, pesticides, or preservatives.

- Organic milk and tomatoes provide more nutrients than regular milk and tomatoes
- Organic food production is better for animals and the environment
- Organic foods can help reduce certain disease risks that come with the chemicals used to produce regular foods



## What You Can Do

### Buy Organic

**Ease into it** by choosing “cage free” eggs, available right next to the eggs you normally buy at the store. Then locate the “green” section of your usual grocery store, like the Green Wise section at Publix.

**Check it out!** Try out green items you would normally buy elsewhere, like chips and salsa. You may find that organic products are tastier than others!

### Find Organic

One can find organic foods at retail chains (e.g. Publix, Wal-Mart), organic farms, local farmers’ markets, and natural food stores like Whole Foods.

### Bring Organic Home

Begin growing your own garden at home. You can have fresher vegetables, save money, and get some healthy time outside! Also, know your seasons: in blueberry season, take your family blueberry picking!

## Learn More

The Organic Pages Online  
[www.theorganicpages.com](http://www.theorganicpages.com)

Organic -- It's Worth It  
[www.organicitsworthit.org](http://www.organicitsworthit.org)

Locate Local Restaurants, Farms, and Sources of Organic Products  
[www.localharvest.org](http://www.localharvest.org) &  
[www.eatwellguide.com](http://www.eatwellguide.com)

My Green Doctor  
[www.mygreendoctor.org](http://www.mygreendoctor.org)

Florida Medical Association  
[www.flmedical.org](http://www.flmedical.org)



### Benefits of Choosing Organic Foods

- More Nutrients
- Better Taste For You
- Better Lives for Animals

## About

My Green Doctor, at [www.mygreendoctor.org](http://www.mygreendoctor.org), provides free information to the public on a variety of environmental topics, such as energy and water efficiency, recycling, proper drug disposal, and eating healthy. My Green Doctor caters to a busy office environment, providing quick and easy steps toward improving office energy use and basic environmental practices. The program is designed to be used by any office -- log on today and make your office as environmentally conscious as ours.

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## Eating Healthy Organic Foods

Becoming an Informed Shopper

