



ORGANIC VS NON-GMO PROJECT VERIFIED

**All certified organic food is, by definition, non-gmo.
But not all non-gmo labeled food is organic.**

“Non-gmo” is just the beginning of all that “organic” entails.

Here is a handy chart that details the distinctions between these two increasingly familiar labels:



What does these labels really mean?	organic	non-gmo
Non-gmo ingredients	✓	✓
No artificial colors, flavors or preservatives	✓	-
No synthetic fertilizers or sewage sludge	✓	-
No toxic, persistent pesticides	✓	-
No antibiotics or hormones for animals	✓	-
Animals eat 100 % organic feed and pasture	✓	-
Protects wildlife and promotes biodiversity	✓	-
Enhances soil fertility	✓	-
Regulated by federal law	✓	-





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So what if you pick up a product at the store and don't see the non-gmo label on it?

Should you, for example, be concerned that your yogurt or milk doesn't carry the non-gmo seal?

Well, if the product carries an organic label, you don't need to worry – **it's non-gmo already by definition!**

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USDA-organic is equivalent to EU-organic since 2012.