



# Did You Know?

## **Not all foods that are labeled “Organic” are truly organic! And, there is more...**

As if food labels aren't tough enough to decode. Now we have to be aware that all of the other information that is seen on our food items may have to be interpreted as well. Not all organic is created equal, and other things such as “cage free” chicken and “All Natural” labels can also be misleading. To make it a bit less confusing, Tufts University has put together an in depth food label analysis chart that can help consumers understand what they are really buying.

<http://sustainability.tufts.edu/decoding-food-labels/>

So, the next time you are shopping, remember to really be a great consumer, you are going to have to do some homework!