

## Organic produce

**It is important that children understand where their food comes from and the difference between organic and non-organic produce.**

Organic food has many benefits compared to non-organic foods. They are derived from a farming system that avoids the containment of pesticides, fertilisers and genetically modified organisms (GMOs), leading to more sustainable production and benefits to our environment and wildlife.

According to the Soil Association, if everyone swapped just one product they buy during their weekly shop, this would reduce the amount of pesticides used in crops which would have a positive effect on our wildlife.

Here are some tips to help children explore the benefits of organic produce:

- Start your own nursery vegetable plot and involve the children in growing and planting their own foods - talk about how these foods have been grown without the use of chemicals
- Take children on a visit to the local shops to buy an organically produced vegetable and include it in your menu - can they spot any differences between organic and non-organic produce?
- Organise a trip to a farm to see where vegetables are grown - discuss the different types of vegetables and the different ways in which they are grown.

