

Understanding Organic Labeling and Transitioning to Organic Eating

Books

Carson, Rachel. **Silent Spring**. Boston, MA: Riverside Press, 1962.

Pollan, Michael. **The Omnivore's Dilemma**. New York, NY: Penguin Press, 2006.

Steingraber, Sandra. **Living Downstream**. Cambridge, MA: Da Capo Press, 2010.

Understanding Labeling

Understanding Food Quality Labels

Produced by the USDA

<https://www.ams.usda.gov/sites/default/files/media/AMS%20Product%20Label%20Factsheet.pdf>

About the National Organic Program

Produced by the USDA

<https://www.ams.usda.gov/publications/content/about-national-organic-program>

Organic Production and Handling Standards

Produced by the USDA

<https://www.ams.usda.gov/publications/content/organic-production-handling-standards>

Organic Livestock Requirements

Produced by the USDA

<https://www.ams.usda.gov/sites/default/files/media/Organic%20Livestock%20Requirements.pdf>

Decoding Meat + Dairy Product Labels

Produced by the Environmental Working Group

<http://www.ewg.org/meateatersguide/decoding-meat-dairy-product-labels/>

Healthy Eating on a Budget

Good Food on a Tight Budget

Produced by the Environmental Working Group
Lists of budget-friendly foods, shopping tips, and recipes

<http://www.ewg.org/goodfood/index.php>

Healthy Eating on a Budget

Produced by MyPlate, an initiative of the USDA
Shopping tips, sample meal plans, time-saving suggestions

<https://www.choosemyplate.gov/budget>

SNAP Gardens

Tips for growing gardens with seeds purchased from SNAP

<http://www.snapgardens.org/snap-participant/>

Dirty Dozen

Produced by the Environmental Working Group
Foods worth buying organic and conventional ones considered safe

<https://www.ewg.org/foodnews/index.php>

Walla Walla Valley Farm Map

Produced by the Daily Market Cooperative
Guide to seasonal produce with descriptions of local farms

http://www.wallawalla.org/wp-content/uploads/2015/06/FarmMap2015_TWWOnline.pdf