

# Organic Animal Products: What It Really Means for Your Kids



# Meat & Poultry



## No Antibiotics or Hormones

Animals are raised without antibiotics or added hormones.



## Organic Feed

Animals receive organic feed throughout their lives.



## Outdoor Access

Animals spend time outdoors, which can lead to healthier fat levels and more beneficial omega-3s in their meat.

# Dairy (Milk, Cheese & Yogurt)



## No Synthetic Growth Hormones

Organic dairy cows aren't treated with synthetic growth hormones like rBST.



## Organic Feed

Cows eat organic feed, supporting cleaner milk production.



## More Omega-3s

Organic dairy sometimes has a little more omega-3s than conventional dairy.



## Fewer Pesticide Residues

Choosing organic dairy means fewer pesticide residues for your family.



## Environmental Impact

Organic dairy practices have a lighter impact on the environment.

# Eggs: Organic vs. Pasture-Raised



## Organic Eggs

Hens eat an organic diet and are raised without antibiotics. They have access to the outdoors – though new regulations are still phasing in fuller outdoor access.



## Pasture-Raised Eggs

Focused on living conditions – hens have a lot more space to roam on grassy fields where they can forage and eat naturally.



## Both Labels Together

An egg can be organic without being pasture-raised, and vice versa. Look for "pasture-raised and organic" for the best of both worlds.



## Richer Nutrition

Pasture-raised and organic eggs often have richer yolks with more vitamins and omega-3s.



## Cost Consideration

Organic products can be more expensive – focus on the items that matter most to your family.

## Key Takeaways



### Reduce Exposure

Choosing organic can reduce your kids' exposure to pesticides, hormones, and chemicals.



### Better for Animals & Planet

Organic supports farming practices that are kinder to animals and better for the environment.



### Prioritize What Matters

Organic food costs more – focus your budget on the items most important to your family.



### Organic Produce

To learn more about organic fruits and vegetables specifically, watch the dedicated video on that topic.



### Talk to Your Ollie Team

Want to dive deeper? Let your Ollie team know and they'll connect you with Adrienne, RDN.

# References & Resources

References: U.S. Department of Agriculture (USDA), American Academy of Pediatrics (AAP), Environmental Working Group (EWG), Academy of Nutrition and Dietetics.