



### ***What is the real Eco-food's meaning?***

It is the best food for human health and for the environment because chemical products are not used in its elaboration and resources are employed rationally.



## Where can we buy eco-food?

There are all over the Europe eco-supermarket and shops with products with non-genetically modified organisms (GMO). In Germany there also is the "Chiemgau-Kiste". This is a box of fruit and vegetables you can subscribe to. Subscribers receive their box once a week.

In Italy the favourite way of buying eco-food is called "Km zero". This means that families of the valley buy local food to avoid pollution for means of transport.

65% of the French buy their organic products in supermarkets and hypermarkets.

If you have a small garden, you can grow your own vegetables. This is the best way of getting eco-food.



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## **The main types of food**

**Cheese**

**Milk**

**Eggs**



**Fruits**

**Vegetables**

**Juice**

## Advantages

Eco-food is...

- Healthy 
- Not genetically modified 
- Organic-free of chemicals, Hormones and artificial additives

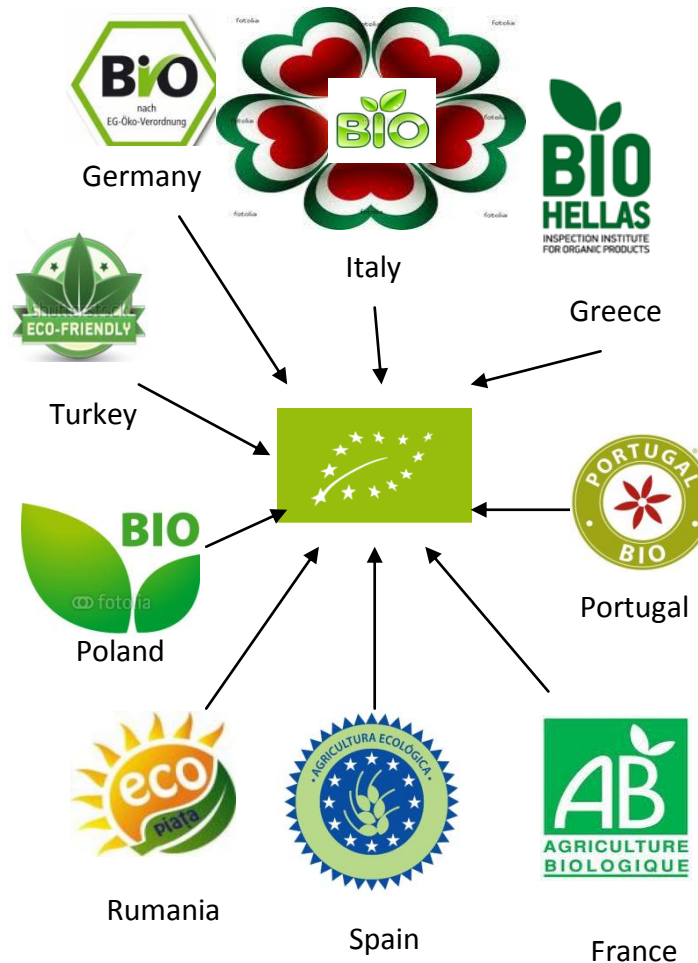


## Disadvantages

- Organic food : Is up to 80% more expensive than conventional food.
- Convincing scientific evidence that it is healthier and safer is still missing.
- Free range poultry is more often affected by diseases.
- Lower production output more arable land is needed.
- It is dubious that organic products are cased in clingwrap.

## How can we recognize eco-food?

In every European country there are logos which certify organic products. Their aim is to assert quality and prevent fraud. Here is a selection of different European logos:



“Food should be medicine and medicine be food”

Hippocrates.

