

8 Food Labels You Should Know



Fair Trade Certified

Fair Trade Certified ensures fair wages, safe working conditions, and environmental sustainability for workers and farmers. It empowers consumers to support ethical production practices while promoting social and environmental sustainability in global supply chains.



Rainforest Alliance Certified

Rainforest Alliance Certified focuses on biodiversity conservation, sustainable land use, and improved livelihoods for farmers. Consumers purchasing these products support efforts to reduce deforestation and promote environmental sustainability, while the label also encourages better working conditions and wages.



Demeter Certified Biodynamic

Demeter goes beyond organic standards, emphasizing holistic and regenerative farming practices that enhance soil health and biodiversity. This certification ensures that consumers are supporting the highest standards of environmental stewardship and social responsibility while promoting fair labor practices and sustainable farming communities.



Certified Regenerative by A Greener World

A Greener World emphasizes soil health, biodiversity, and animal welfare, ensuring that farming practices are regenerative rather than merely sustainable. Consumers choosing this label contribute to improving ecosystem health and resilience while also ensuring fair treatment of workers and animals involved in production.



Fair Trade Certified

This represents the highest standards in regenerative organic agriculture, covering soil health, animal welfare, and social fairness. Consumers are assured that products meet stringent criteria for environmental impact and ethical labor practices, driving meaningful improvements in farming communities and ecosystem restoration.



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MSC Sustainable ensures that seafood is sourced from sustainable fisheries, protecting ocean ecosystems and species. Consumers can trust that their purchase supports sustainable fishing practices that prevent overfishing and maintain marine biodiversity, while also encouraging better working conditions within the fishing industry.



Fair Trade Certified

Non-GMO Project Verified confirms that a product contains no genetically modified organisms (GMOs), catering to consumers concerned about the health and environmental impacts of GMOs. While primarily focused on the absence of GMOs, it indirectly supports non-GMO farming practices that may be more sustainable and environmentally friendly.



Fair Trade Certified

Certified Naturally Grown is designed for small-scale, direct-market farmers, ensuring that products are grown without synthetic chemicals using natural methods. It provides a grassroots alternative to the USDA Organic label, promoting environmentally friendly farming practices and supporting small farmers, ensuring that consumers can trust the integrity and