

Short introduction **Cook 'n' Eat ITT – The “Bio Challenge”** (07.04.2021)

The term "organic" has become a shooting star in recent years and is visible almost everywhere where food is available. However, due to the countless seals and different regulations, many consumers are not clear what organic exactly means and which seals are trustworthy.

Organic production is equated with organic production. Here, clear EU regulations apply, which, if applied appropriately, permit the use of the EU organic seal. These directives prescribe, for example, which fertilizers, feedstuffs, pesticides are permitted in organic farming, how many animals may be kept in a certain space or how many additives are permitted. However, there are also several organic farming associations (Demeter, Bioland, Naturland...) whose guidelines are in part much stricter than those prescribed by the EU organic regulation.

It can be said that the production of organic food proceeds without pesticides that are harmful to humans and the environment and thus makes an additional positive contribution to biodiversity. In addition, by avoiding artificially produced fertilizers based on fossil minerals and atmospheric nitrogen, the climate is relieved, soil fertility is preserved and rare earths are conserved.

By limiting the number of animals per unit area, organic livestock farming is more animal welfare-friendly and environmentally friendly (less greenhouse gases and water pollution) than conventional livestock farming. Overall, the climate-damaging effects due to organic farming are significantly lower than those of conventional farming.

The following confirms this: **Organic rice.**

In case of organic rice, the producer does not use mineral fertilizers and pesticides, which protects the soil from pollution and contamination. This leads to the preservation of biodiversity in the soil and prevents impairment of the soil's filtering function for our drinking water. Ultimately, lower levels of harmful greenhouse gases are emitted as well.

The advantages of organic fruit and vegetables and meat products are obvious.

Trustworthy organic seals serve as a decision-making aid when shopping:

In 2001, Germany introduced the government-controlled organic seal, which can only be used to label products produced in accordance with the EU's organic regulation. These enable consumers to distinguish between conventionally and organically produced foods. Other "stricter" seals are those of Demeter, Bioland and Naturland, whose products are nowadays available in every major supermarket.

All information about organic food in the Studierendenwerk canteens can also be found here on our website:

<https://studierendenwerkdarmstadt.de/nachhaltigkeit/nachhaltigkeit-in-der-mensa/>

Translated with [www.DeepL.com/Translator](https://www.DeepL.com/Translator) (free version)