

# ORGANIC FOODS

## GETTING THE FACTS STRAIGHT

### WHAT ARE ORGANIC FOODS?

Organic food is the product of a farm that avoids using man-made fertilisers, pesticides, or any other synthetic chemicals. And animals that produce meat, poultry, eggs or dairy do not take antibiotics or growth hormones. We have many organic foods in Australia from fruit and vegetables, to meat, honey and dairy. Organic foods come in many different shapes and sizes. For example your apples could all look different or 'imperfect', where as non-organic foods tend to look very similar if not the same.



## HEALTHY ORGANIC SNACK IDEAS

### FRUIT AND NUTS

These are the best snacks and luckily enough they are also the easiest to prepare. Simply grab yourself and organic apple or banana or a handful of organic almonds.



### PERFECT POPCORN—THE ORGANIC WAY!

We all love popcorn right, but did you know that some of the popcorn you might buy from the supermarket could have all sorts of additives including sugar, salt & food colouring. For the best homemade popcorn simply grab yourself a bag of organic unpopped kernels and a brown paper lunch bag. Put a half a cup of corn in your paper bag, fold the end over a few times then put in your microwave on high until the popping stops.

### AWESOME ORGANIC DRINK

So now you have your snacks you need a nutritious drink to wash them down with. Try making your own homemade organic almond milk, it's easier than it sounds. You will need two cups of raw, organic almonds, four cups of filtered water and two tablespoons of organic honey. Soak the almonds in the water overnight, make sure they are all covered and allow at least 12 hours. Now drain the almonds but keep the water, add the nuts and four cups of the filtered water to a blender and blend until the almonds are tiny. Use a piece of cheesecloth to strain the mixture into a large pan, squeeze and twist the contents to get as much of the liquid out as possible. You can now add the honey if you want to use it. Now pour yourself a glass and enjoy! Lasts up to two days in the fridge.

