

30 PRACTICAL WAYS

to Join the Organic Movement

Choosing organic is about more than what you eat — it's a lifestyle that benefits your health, supports the planet, and builds a more sustainable future. Here are 30 ways to take action, with ideas on how to put them into practice.

IN THE KITCHEN

1. **Choose organic versions of everyday staples** – Start with milk, bread, and eggs. These are widely available and switching them reduces your daily exposure to pesticides.
2. **Cook with seasonal organic produce** – Seasonal food is fresher, tastier, and often cheaper. Farmers' markets are a great place to discover what's in season.
3. **Grow your own herbs or veggies** – Even a windowsill can grow basil, parsley, or cherry tomatoes. It's a simple way to know your food is chemical-free.
4. **Reduce food waste** – Plan meals, store leftovers, and freeze extra portions. Try "root-to-stem" cooking: use carrot tops in pesto or broccoli stems in stir-fries.
5. **Buy in bulk** – Stock up on organic rice, oats, or beans in large bags. It's cost-effective and reduces packaging waste.



6. **Try organic pantry staples** – Swap staples like pasta, flour, and oils for organic versions. These are now widely available in supermarkets.
7. **Switch to organic tea and coffee** – Coffee and tea are among the most pesticide-sprayed crops. Organic versions also support fairer trade practices.
8. **Pack organic school lunches** – Include organic fruit, wholegrain snacks, and yogurts for kids to encourage healthy habits early.
9. **Replace one meal a week with all-organic ingredients** – Choose one dinner a week to cook fully organic. It's a manageable, affordable way to ease in.
10. **Cook a new organic recipe** – Challenge yourself to try something new, like an organic lentil curry or a seasonal fruit crumble.

FOR YOUR HEALTH & HOME

- 11. Swap to organic skincare and haircare** – Your skin absorbs much of what you put on it. Choose products certified organic and free from synthetic chemicals.
- 12. Choose organic cotton clothing and bedding** – Organic cotton avoids harmful pesticides and uses less water. It's softer on your skin and better for farmers.
- 13. Use natural cleaning products** – Opt for eco-friendly, certified organic brands or DIY versions to keep your home toxin-free.
- 14. Make your own cleaners** – Vinegar, lemon, and baking soda make powerful, safe alternatives for scrubbing surfaces or deodorising.
- 15. Light your home with beeswax or soy candles** – They burn cleaner, without the toxins found in paraffin candles.



- 16. Cut down on plastic** – Carry reusable bags, containers, and water bottles. Look for shops that offer organic items in refill stations.
- 17. Choose organic baby food/snacks** – Babies are more vulnerable to pesticide residues, so organic options can give peace of mind.
- 18. Switch your pet food to organic where possible** – Pets deserve natural, wholesome food too, and many brands now offer organic kibble or treats.
- 19. Support zero-waste stores** – Many bulk food shops carry organic grains, nuts, and cleaning products, helping reduce packaging waste.
- 20. Compost kitchen scraps** – Turn leftovers into nutrient-rich compost for your garden, reducing landfill and improving soil health.

FOR THE PLANET & COMMUNITY

- 21. Support local organic farmers and markets** – Buying direct reduces food miles and supports farmers who care for the land.
- 22. Join a community garden** – Learn how food grows, meet like-minded people, and share in seasonal organic harvests.
- 23. Advocate for organic at work or school** – Suggest organic tea and coffee in the office kitchen, or organic snacks for school canteens.
- 24. Seek out organic cafés and restaurants** – Supporting businesses that cook with organic produce grows demand for sustainable food.
- 25. Learn about soil health and biodiversity** – Healthy soil is the foundation of organic farming. Watch documentaries, read blogs, or join local talks.



- 26. Volunteer with environmental groups** – From planting trees to helping at farmers' markets, small actions add up.
- 27. Share organic recipes and tips** – Post your favourite organic meals or shopping hacks to inspire friends.
- 28. Gift organic** – Choose organic food hampers, skincare, or wellness products for birthdays and holidays.
- 29. Follow organic farmers and brands online** – Help spread awareness and celebrate their work.
- 30. Celebrate Organic Awareness Month** – Try a weekly challenge: go plastic-free, choose a new organic swap, or share your journey with others.

START WHERE YOU ARE

You don't have to do everything at once. Taking your first organic step is about starting small and building from there. Each action contributes to a healthier you and a healthier planet.

Want to know where to begin? Start with the Dirty Dozen — the 12 fruits and vegetables with the highest pesticide residues. Making these items organic is a powerful first step toward balance and wellbeing.

Discover the Dirty Dozen →