

Organic is GMO-free

Organic food is produced without the use of genetically modified organisms (GMOs) and harmful synthetic chemicals. In fact, organic food production places a total ban on the use of GMOs.

Why?

With organic agriculture's principles of Health, Ecology, Fairness and Care in mind, the technology and the system within which genetic engineering is implemented across the world do not align with the principles of organic farming and food production.



Genetic engineering is a particular kind of seed breeding that takes place in laboratories and involves the altering of the DNA of the seed. It is an expensive process and so the seeds are protected by intellectual property rights. This makes them expensive for farmers to buy, and they are forbidden by law to save them for replanting the following year. This disrupts local farming systems that are dependent on a model of saving, sharing, gifting and exchanging seed and it creates a well-documented reliance on large agrochemical companies to supply seed year after year.

In Namibia, GMO food is labelled as such. Check the label before you buy.

Food, grown from GM seed, that can end up on your plate, includes:

- Maize (most maize imported from South Africa is grown from GM seed) and maize products, including thickeners, binders, emulsifiers and texture enhancers.
- Soybean, which is also found in many products, including bread.
- Cotton, including cotton seed oil in vegetable cooking oil and margin-end animal feed.
- Dairy, as most imported dairy products are derived from the milk of cows that have been treated with the genetically engineered rBST hormone.

The cultivation and import of GM crops are regulated in Namibia through the Biosafety Act of 2006. The cultivation of GM crops is currently not permitted in Namibia unless there has been a rigorous application process with environmental and social impact assessments conducted with public participation.

Visit our website to read more about the risks of GMOs.

Frequently asked questions

Why is organic food more expensive?

Organic agriculture does not necessarily cost more to produce than conventional agriculture. The higher cost of organic produce is often due to the fact that conventional agriculture sells food for less than the true cost of production, due to externalization of costs and subsidies. This means that the true cost of production, including the costs of pesticide-related health issues and biodiversity loss, is not accurately reflected in the price.

What is the difference between 'bio' and 'organic'?

In the European Union, 'bio' refers to 'biologisch', which means organic. In southern Africa, it refers to "biological", which implies a sustainable method of agriculture by including more biological approaches, but still uses chemicals in the production and does not follow the systemic organic approach.

How do I support the work of NOA?

Farm organically, become a member, support us with a donation, buy organic produce and create awareness on organic agriculture within your networks.

Connect with us and our community via the following channels:

 www.noa.org.na

 Info@noa.org.na

 Namibian Organic Association

 [namibian_organic_association](https://www.instagram.com/namibian_organic_association)



Is 'natural' the same as 'organic'?

No. Organic agriculture is based upon a systems approach and is aligned with standards that can be verified and are recognized internationally. Natural foods have no legal definition or recognition, and so since there are no requirements to provide proof, there is the possibility for fraud and misuse of the term.

How do I know it is organic?

To ensure organic produce is genuine, look for trustworthy marks such as the Namibian Organic Mark or other international organic certification marks. These marks certify the produce according to organic standards. In case of doubt, contact the Namibian Organic Association (NOA) to avoid false claims.

Think Before You Eat! Think Namibian Organic!



Reasons to eat Namibian organic food

- ✓ Great tasting, healthy and nutritious
- ✓ Pesticide-free and not genetically modified
- ✓ Good for soils, plants and biodiversity
- ✓ Produced locally, with a reduced carbon footprint
- ✓ High animal welfare: Animals roam freely and are fed organic feed free of GMOs, growth hormones, or routine antibiotics



Implemented by:



In cooperation with:



What is organic agriculture?

"Organic agriculture is a production system that sustains the health of the soil, ecosystem, animals, and people. It relies on ecological processes, biodiversity, and cycles adapted to local conditions to sustain production, rather than on the use of costly external inputs with adverse effects. Organic agriculture combines tradition, innovation, and science to benefit the shared environment and promote fair relationships and good quality of life for all involved."

[International Federation on Organic Agriculture Movements, IFOAM 2008]

Organic agriculture is guided by four principles as defined by IFOAM:



The Principle of Health.



The Principle of Ecology.



The Principle of Fairness.



The Principle of Care.

Eat organic!

Making the planet and your plate a safer place

We want everyone to be able to access healthy, nutritious food that is also produced in a way that is good for our planet, safe for us to eat, and that enables our farmers and farmworkers to flourish. By choosing organic food, you are making the planet and your plate a safer place. Organic farmers use environmental- and animal-friendly farming methods.



Better nutrition

Research shows that organic crops have significantly higher concentrations of antioxidants compared with non-organic product counterparts.¹

Antioxidants are compounds that help protect our cells from damage caused by harmful molecules called free radicals.

¹ Vigar, V., Myers, S., Oliver, C., Arellano, J., Robinson, S., & Leifert, C. (2019). A systematic review of organic versus conventional food consumption: Is there a measurable benefit on human health? *Nutrients*, 12



Safe food

Harmful additives and preservatives like monosodium glutamate (MSG) are banned under organic standards. Organic food has no harmful pesticide or chemical residues that have been linked to illnesses such as cancer and other autoimmune diseases.

Well-cared for animals



Organic standards guarantee a truly free-range life for animals that are allowed to express their natural behaviours and, at the same time, sustain our vulnerable rangelands through endorsing sound grazing management methods for livestock.



Climate-friendly farming

Organic farming sequesters more carbon in the soil than conventional farming. It also makes farms more resilient to climate change by helping to retain more water in the system and by using adapted local seeds that are more able to withstand changing environmental conditions. Using fewer chemical inputs that have been processed, packaged and shipped from afar also reduces greenhouse gas emissions related to farm production.



Environmental benefit



Organic farming reduces pollution and greenhouse gas emissions released during food production by restricting the use of artificial chemical fertilisers and pesticides. This, in turn, stops the poisoning of wildlife, soils and water bodies.



The mark of food that you can trust

The Namibian Organic Association (NOA) is a membership-based association established by a group of dynamic farmers, consumers, and traders with the common interest of developing the organic sector in Namibia.

The only way to be sure that a product is truly organic is to look for the organic certification mark. Organic certification ensures that the production complies with organic standards. This provides you, the consumer, with the guarantee that the product is truly organic.

NOA oversees the country's Participatory Guarantee System (PGS), which is a second-party assurance guarantee of organic production. Farms that use the NOA organic labels belong to the NOA PGS and are inspected on an annual basis.

The PGS is based on complete transparency so NOA members are always welcome to join farm assessments.



Identify Namibian organic food by these marks:



Namibian ORGANIC – producers with full organic status may use this mark on their products. They achieve this after 2-3 years of organic farming and assessment according to the NOA standards.



After 1 year of organic farming and an assessment according to the NOA standard, approved farmers can use the Organic in Conversion mark.



Certified processed products are labelled and clearly show which ingredients are from Namibian certified organic production. Processing is not certified.

Visit www.noa.org.na to find out where to buy organic and about the farmers who produce organic food in Namibia.



Imported organic products can be identified by the organic marks for international standards:



EU Organic

@Namibian Organic Association, 2024

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