



— PURE —

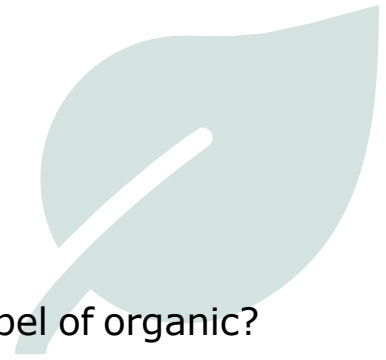
Whole-Food & Plant-Based Support



Workbook

Module Seven

Food Safety



Do you currently eat anything that has the label of organic?

On your next trip to the grocery store, locate three items that have the label of organic that you would like to try. What are they?

Food Safety



Go online and locate organic stores in your area. Make it a goal to visit at least one of these this week.

What is the biggest reason for you to choose organic over non-organic?
