

Holiday Turkey Buying Guide



Want a fresh, pasture-raised organic turkey for the holidays?

It's estimated that Americans eat 46 million turkeys at Thanksgiving, and another 22 million at Christmas. The majority of those turkeys—raised in filthy, over-crowded factory farms—are contaminated with antibiotics and other drug residues.

Thankfully, consumers have choices. By boycotting factory farm turkey and choosing healthy alternatives, consumers can create greater demand for humanely raised, pasture-raised turkey.

Find a local farmer

- **LocalHarvest.org** To find a holiday turkey, simply enter “turkey” and your zip code. You can even buy turkeys through the site. But don't limit your search to what you can buy online. Instead of hitting the “shop” button, click on the names of the farms for complete descriptions. You'll get farms' contact information and lists of their products.
- **EatWild.com** Click “Shop for Local Grassfed Meat, Eggs & Dairy” to find a directory of pastured products. There's a Google map for each state. When you find yours, click the search icon and enter “turkey” to find descriptions of farms near you, along with their contact information.

What to look for in a store bought turkey:

USDA Organic: This is the best option in the grocery store. Organic turkeys are raised on a 100% organic diet. They aren't given antibiotics, ractopamine or any other growth-promoting animal drugs. NOTE: Unless it also says “pasture-raised,” the store-bought organic turkey may have spent most of its life indoors.

Certified Humane: If organic isn't available, look for “Certified Humane” turkeys, which weren't given animal byproducts or antibiotics.

No Antibiotics: This claim isn't as strong without the third-party verification that USDA Organic and Certified Humane guarantee, but, if truthful, it's important. Turkeys raised without antibiotics are a lot less likely to be contaminated with the antibiotic-resistant bacteria that can cause hard-to-treat urinary tract infections or typhoid fever.

Claims to beware of:

Natural, Cage-Free, No Hormones, No Steroids: These claims are meaningless. There are no hormones or steroids approved for use on turkeys. Turkeys are never raised in cages. “Natural” just means minimally processed.

Organic Consumers Association
organicconsumers.org

