

# NOT ALL FIBER IS CREATED EQUAL

Learn about the organic difference

Tipsheet  
FOR COTTON

## What is Organic Cotton?

**Organic cotton** is grown with consideration for local ecosystems and processed without toxic chemicals. Organic cotton is grown without toxic synthetic pesticides, synthetic fertilizers, sewage sludge, or GMOs.

*Conventional cotton ranks as the most pesticide-intensive crop per land unit (4.1 pounds/acre)—outranking corn, soybeans, and wheat.*

## Global Organic Textile Standard (GOTS)

is the gold standard certification for cotton products made with care for people and the planet. While USDA Organic standards apply to raw cotton, GOTS ensures that once that organic cotton leaves the farm, every step of processing and manufacturing meets strict environmental and social criteria. Together, they guarantee a cleaner, safer product from seed to finished fabric.



### WHAT ARE THE REQUIREMENTS FOR GOTS CERTIFICATION?



Fiber cannot be processed with toxic heavy metals or formaldehyde.



Phosphate-based flame retardants are prohibited.



Textiles cannot be treated with chlorine bleach.



All dyes must be non-toxic.



Manufacturers can't use techniques that pose risks to workers.



Plastics like PVC can't be used in packaging.

Tip



Look for tags with the **GOTS** certification for more sustainable clothing options.



THE ORGANIC CENTER

# Why Choose Organic Cotton?

Organic cotton is better for the health of farm workers and the environment.

## Reduced Exposure to Toxins

Organic cotton production doesn't rely on harmful pesticides, herbicides, and processing chemicals found in conventional operations, reducing health risks for farming communities.

## Climate Benefits

Organic production systems have been shown to have significantly less greenhouse gas emissions, demonstrating a 21% reduction in global warming potential compared to conventional operations.

## Soil Health

Organic farms enhance soil structure, improving resilience to variable weather conditions, while sequestering carbon.

## Biodiversity

Organic cotton production supports healthier populations of beneficial insects that contribute to sustainable pest management strategies.

Tip



**Swap your everyday basics** like bedding or personal care products for organic cotton versions to reduce chemical exposure and support a healthier planet.

## WHY CHOOSE ORGANIC COTTON?



- ✓ Empower farming communities with safer working conditions.
- ✓ Reduce climate change impacts with lower greenhouse gas emissions.
- ✓ Support healthier soils and ecosystems.
- ✓ Contribute to sustainable farming practices that emphasize biodiversity.



## CHOOSING ORGANIC COTTON

is a simple way to protect your health, care for the earth, and support farming communities.

Tip

Look for the **USDA Organic** or **GOTS** label to ensure your cotton meets the highest standards!

