


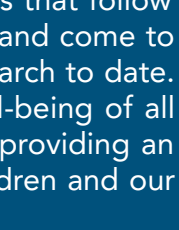


The science

Help OVS Go Organic



Ojai Valley School does not claim to present conclusive evidence here of the necessity of switching children to a fully organic diet. Rather, the sources that follow provide a starting point to encourage families to do their own research and come to individual conclusions about the available evidence and the gaps in research to date. As an administrative team charged with stewarding the health and well-being of all children in our care while they are at school, we have determined that providing an all-organic diet is a worthy goal and example to set, for the sake of children and our natural environment.



Summary

Organic diets significantly reduce a child's exposure to synthetic chemicals, providing a precautionary shield during critical development stages [1]. Studies indicate that switching to organic foods causes a rapid, measurable decrease in urinary pesticide metabolites in children [2]. Glyphosate is the most widely used pesticide in the USA, and most people carry residues of it in their bodies. It is linked to numerous diseases [3]. While organic foods may offer higher antioxidant levels, the primary health priority is consistently eating fresh fruits and vegetables, regardless of farming method [1, 3]. Parents can maximize impact by focusing organic purchases on frequently consumed items, while washing conventional produce remains an effective, important practice [4].

For more information, see:

[1] "American Academy of Pediatrics (AAP) issues policy statement on pesticide exposure in children," UW News, December 2012

[2] National Center for Biotechnology Information (NCBI) / Environmental Health Review, 2016

[3] Regeneration International, 2025

[4] Environmental Working Group's Guide to Pesticides in Produce, 2026

Research foundations

Is organic diet really necessary for children? National Institutes of Health, 2015

“Interventional studies have shown that an organic diet reduces children's exposure to pesticides, and when kids switched from a conventional to an organic diet, urinary pesticide metabolites dropped to almost undetectable levels. Organic food also contributes to increasing nutritional quality: a recent meta-analysis reported that organic food is richer in vitamins and antioxidants compared to conventional ones.”

A comprehensive analysis of organic food: Evaluating nutritional value and impact on human health National Institutes of Health, 2024

“Studies indicate that local species richness and abundance can increase by approximately 34% and 50%, respectively, across various crops worldwide compared to conventional farming practices.”

Indications

Numerous scientific studies show that an organic diet significantly reduces children's exposure to synthetic pesticide residues, which are linked to disease and adverse effects on childhood development. At the same time, major health organizations including the American Academy of Pediatrics have not yet asserted that there is sufficient evidence to indicate organic produce provides clinically significant nutritional or developmental advantages over conventional produce.

At this stage of available research and medical recommendations, making an intentional switch to a fully organic diet is a prudent precautionary choice more than a scientifically conclusive necessity.