

Organic is not for everyone: Availability and affordability limit organic produce to higher-income households

The [University of California-Davis conducted a study](#) that revealed an interesting finding: people who consistently choose healthy foods end up spending nearly 20 percent more on groceries.

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One of the major reasons why people aren't buying into organic food products is the lack of availability, particularly in low-income areas. Many communities with limited access to grocery stores or supermarkets find it difficult to find organic options. This lack of availability contributes to the low consumption of organic food among low-income individuals and families.

In addition to limited availability, there are also challenges in accessing organic options for low-income individuals. The higher price of organic food products compared to conventional options can be a barrier for those with limited financial resources. Studies have shown that the higher price of healthier choices can consume a significant portion of a low-income family's grocery budget, making it difficult to afford organic food consistently.

Furthermore, the study mentioned in the previous section highlights that organic doesn't necessarily mean the food is free of potentially toxic elements. This can create skepticism among consumers, especially when they have limited options and are already facing financial constraints.

[**This is an excerpt. Read the original post here**](#)