



Clean Meat Checklist ✓

How to Source Meat Without Hormones, Antibiotics, or mRNA

1 Labels to Look For

- **100% Grass-Fed & Grass-Finished** – Ensures animals lived on pasture their entire lives.
- **Certified Organic** – No GMOs, synthetic pesticides, or prohibited vaccines.
- **Regenerative or Pasture-Raised** – Supports soil health and humane farming practices.

2 Questions to Ask Your Farmer or Butcher

- “Were these animals ever given mRNA vaccines?”
- “Were they fed GMO corn or soy?”
- “Are they 100% grass-fed *and* grass-finished, or just grass-fed for part of their life?”
- “Were antibiotics or growth hormones used?”

3 Ingredients to Avoid in Processed Meats

- Nitrates/Nitrites
- Artificial flavors or colors
- “Natural flavors” (vague, unregulated)
- Preservatives like BHA, BHT, or sodium benzoate

4 Best Practices for Buying

- Buy directly from a **local farmer** you can talk to
- Use **meat co-ops** or **CSA programs** with transparency
- Freeze in bulk to save money and reduce trips
- Stick to **minimally processed cuts**

5 Trusted Sources

- White Oak Pastures
- Force of Nature Meats
- U.S. Wellness Meats
- LocalHarvest.org (to find farmers near you)