

Lakshita Kundal | Stony Brook University (Stony Brook, New York)

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User: Lakshita

Dear Congressman Thomas Suozzi,

My name is Lakshita Kundal and I am writing to you with my concern of organic agriculture and the need of more organic food shoppers. Organic foods matter more than what most people think. Despite the costs associated with buying organic foods, some of the biggest benefits in going organic: fewer health risks for certain types of cancers and other diseases, better for the environment, and fresher foods (i.e. fresher taste since pesticides aren't included, more antioxidants for your diet).

Organic foods (although more research needs to be completed) are healthier for your body and mind. Organic foods tend to have higher nutritional values than conventional foods, according to current research studies. The reason is that due to the absence of pesticides and fertilizers, plants are better able to boost their production of the phytochemicals (vitamins and antioxidants) that strengthen their resistance to different bugs and weeds. Some studies have found relationships between pesticides in our food to health issues such as cancer to birth defects due to conventional foods. However, many experts maintain that the levels in conventional foods that are grown at this current time are safe for most healthy adults.

Organic foods are better for our environment because organic farming practices have many benefits. These benefits include: reducing pollution, conservation of water, reducing soil erosion and utilizing less energy – all of which can help us live on a more sustainable, healthy planet. Also, farming without pesticides is better for nearby animals and people who live close to farming areas. Organic food is often fresher because organic foods don't contain preservatives and pesticide-like substances that make it last longer. Organic produce is often, but not always, produced on smaller farms near the market(s) of where the product sold.

Supporting organic agriculture is important to me because human health risks are all around us increasingly on the rise for use in products that are sold in markets and stores daily. With the help of organic agriculture, we can help the citizens of our community become healthier, happier, and eco-friendly contributors to our environment. As the first initiative, we will need more organically grown foods and products to be available for consumption, through supermarkets and other supply chains that are currently operational.

Mr. Suozzi, I would also like to mention that you've helped me and my family tremendously. By supporting actions for the greater good of the Little Neck community, we've appreciated all of your hard work and dedicated efforts over the year to our community.

I do hope you will advocate for organic agriculture to help us sustain our planet, and help grow more environmentally conscious communities for the generations to come.

Thank you for your time.

With All Due Respect,



Lakshita Kundal



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Thank you Lakshita Kundal, your message has been sent.

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