The Top Apps Helping People Live Organically

In pursuing a healthy, grounded lifestyle, you might be tempted to distance yourself from the technology that is becoming so ubiquitous in our lives. Consider though that as much as a tablet or a smartphone can sap our energies and squander our time, they can also be as much a blessing as they are a curse. It’s all about finding balance. Use your technology thoughtfully and it can even become an instrument of positive change in your life and help you live more organically.

There are now scores of tablet and mobile device apps designed to help people live, eat, play and work more consciously. When it comes to living an organic life in particular there are so many amazing and mindful apps out there. Here are some of the best we’ve found:

Organic Life



Finding shops and businesses that share your commitment to living organically isn’t always easy – especially when you’re new to an area or traveling. This app automatically pinpoints your location and creates a custom list of organic retailers and restaurants so you can shop and eat mindfully anywhere in the country. From there, you can get directions, download coupons, read and write reviews, and share your favorites with

loved ones.

GoodGuide



Making wise decisions about how you live your life requires understanding what kind of environmental, health and social impact the products you use are making. The GoodGuide database features thought-provoking ratings of more than 170,000 products and companies, making it easy to be socially responsible and safe. Scan barcodes or search to instantly find out if what you're buying is in line with your core values.

Fooducate



The food you eat should nourish not only your body, but also your mind, heart and soul. Fooducate lets you make more conscious decisions about how you nourish your whole self by

helping you find foods that are cleanly and minimally processed, rich in macro and micro nutrients, and natural antioxidants. Each product you scan is given a score along with information about how that score was derived and when called for, healthy alternatives.

Locavore



It’s been said that there’s nothing healthier for people or the earth than locally grown seasonal food. This app lets you take an organic, mindful approach to eating by locating the closest farmers’ markets and farms, listing what is in season in your area, and providing thousands of seasonally appropriate recipes. You can even inspire your tribe to eat locally by sharing your favorite farm finds on Facebook.

Organic Spa Magazine’s Skin Care Guide



What you put *on* your body can be as important as what you put *into* your body, which is why Organic Spa Magazine developed an app that highlights the leading skin care and cosmetics companies devoted to helping people find natural, healthy, eco-friendly beauty solutions. Never forget you can look your best without sacrificing your values.

The Shopper’s Guide to Pesticides



You’ve no doubt heard of the Dirty Dozen and the Clean Fifteen, but it’s often easy to forget what vegetables and fruits appear on which list. The Environmental Working Group has created a duo of apps that bring their definitive guides to uncontaminated eating to your tablet or smartphone. You’ll never again forget which produce should be on your ‘always buy organic’ list and which are okay when conventionally grown.

Organic Gardening Planting Planner



Your dedication to organic living doesn’t end where your backyard begins, which is why Organic Gardening magazine created an app to make conscious garden management easier. Create an amazing biodynamic garden of flowers, herbs, or food by selecting what you want to grow. The app generates the best dates for seed starting and outdoor planting, as well as optimal harvesting, based on your GPS location.

Remember, there is nothing inherently out of balance about technology. It’s how we approach it that determines whether it becomes a distraction or empowers us to live more authentically and as watchful stewards of Mother Earth.