

Top Watchdog Organizations

RE: Food and Water

Reviewed and compiled in October 2025

Disclaimer:

This material is for informational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your child's healthcare provider or specialists for guidance tailored to their individual needs. Information presented here is based on current research and expert recommendations, but may change over time.

Here is a list of the top watchdog organizations that parents can rely on to find information about nutrition, avoid toxins in food and water, and advocate for safer environments. Some of the organizations listed below have look up tools parent can use. For example: The EWG has a zip code look up tool for reports on your zip code's water source.

1. Moms Across America

- **Mission:** Empowering mothers and communities to create healthy environments by raising awareness about toxins in food, water, and products. They advocate for policy changes and provide resources to help families make informed choices.
 - **Website:** momsacrossamerica.com
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2. Children's Health Defense

- **Mission:** Dedicated to ending childhood health epidemics by eliminating environmental exposures. They focus on restoring and protecting children's health through science, education, litigation, and advocacy.
 - **Website:** childrenshealthdefense.org
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3. Informed Consent Action Network (ICAN)

- **Mission:** Providing scientifically researched health information to empower individuals to make informed medical decisions. They focus on transparency and advocate for personal health choices in a medical world influenced by advertising and financial interests.
 - **Website:** icandecide.org
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4. Environmental Working Group (EWG)

- **Mission:** Conducting in-depth research on food, water, and consumer products to identify harmful chemicals and contaminants. They provide tools like the Food Scores database and the Tap Water Database to help consumers make informed choices.
 - **Website:** ewg.org
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5. Food & Water Watch

- **Mission:** Advocating for clean food and water by challenging corporate and government actions that compromise public health. They work on issues like factory farming, water privatization, and environmental protection.
 - **Website:** foodandwaterwatch.org
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6. Center for Environmental Health (CEH)

- **Mission:** Protecting children and families from harmful chemicals in air, food, water, and everyday products. They collaborate with communities, businesses, and governments to promote safe practices.
 - **Website:** ceh.org
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7. Foodwatch

- **Mission:** Monitoring the food industry to ensure transparency and safety. They campaign against misleading labeling and advocate for stricter regulations on food additives and contaminants.
 - **Website:** foodwatch.org
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8. Defend Our Health

- **Mission:** Empowering communities to fight against toxic chemicals in food, water, and products. They focus on grassroots movements and policy change to protect public health.
 - **Website:** defendourhealth.org
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These organizations provide valuable resources and support for parents seeking to protect their families from environmental toxins and make informed choices about nutrition and safety.