

Try to shop for the dirty dozen organically



Strawberries



Spinach



Kale, Collard/Mustard Greens



Nectarines



Apples



Grapes



Cherries



Peaches



Pears



Bell or Hot Peppers



Tomatoes



Celery

DID YOU KNOW THAT BUYING ORGANIC PRODUCE IS GOOD FOR YOUR FAMILY AND THE ENVIRONMENT?

Besides helping your family stay healthy, buying organic produce can help make the world a better place for your family to live! This is because pesticides can harm water, soil, and animals. Here are some other tips for earth-friendly shopping:

- Shop locally
- Shop in-season
- Shop in-bulk
- Avoid buying too much meat, especially beef



SHOPPING GUIDE

What is the deal with organic foods?

What are affordable ways to keep my family and environment healthy?

Look out for pesticides!

Fruits and vegetables are good for your health. But not all are 100% healthy. Fruits and vegetables are often grown with chemicals called **pesticides**. These chemicals are used to kill insects that may destroy the crops. But these chemicals are harmful for your health. Pesticides can cause cancer, hyperactivity disorders, and birth defects. **This is why it is important to wash your fruits and veggies.** Unfortunately, washing your fruits and vegetables does not get rid of all of the pesticides.



Try to buy organic produce

Look for this label, or "Organic" on the product.



Organic foods are grown without pesticides. As a result, organic foods are healthier for you and your family. However, organic foods are also expensive. On the bright side, some produce is safe to buy non-organic. These fruits and vegetables are usually grown without too much pesticide use. These are known as the **Clean 15**. The **Dirty Dozen**, on the other hand, are usually grown with a lot of pesticides, so it's good to buy those organic when possible.



You can shop for the clean 15 non-organically



Avocado



Pineapple



Papaya



Eggplant



Broccoli



Kiwifruit



Mushroom



Cantaloupe



Honeydew



Sweet corn



Onions



Sweet peas



Asparagus



Cabbage



Cauliflower