




























CLEAN FIFTEEN

okay to buy conventional

	Asparagus		Avocados		Cabbage
	Cantaloupe		Sweet Corn		Eggplant
	Grapefruit		Kiwi		Mango
	Mushrooms		Onion		Papaya
	Pineapple		Sweet peas - frozen		Sweet Potatoes

DIRTY DOZEN

buy organic whenever possible

	Apples		Celery		Cherry Tomatoes
	Cucumbers		Grapes		Kale/Collards
	Nectarines - imported		Peaches		Potatoes
	Spinach		Strawberries		Sweet Bell Peppers

*source: Environmental Working Group