

Buying Organic Produce

When shopping on a budget, it can be challenging to know how to prioritize organic produce, which is often more expensive than non-organic. According to an Environmental Working Group study, the Clean Fifteen are the 15 fruits and vegetables sold at grocery stores that contain the LEAST potentially harmful chemical pesticide residue. The Dirty Dozen, on the other hand, have the MOST residue – so try to buy organic when you can!

Clean Fifteen:

Fruits and veggies with the least pesticide residues:

- 1) Avocados
- 2) Sweet corn
- 3) Pineapples
- 4) Onion
- 5) Papayas
- 6) Sweet peas (frozen)
- 7) Eggplants
- 8) Asparagus
- 9) Broccoli
- 10) Cabbage
- 11) Kiwis
- 12) Cauliflower
- 13) Mushrooms
- 14) Honeydew melon
- 15) Cantaloupe



Dirty Dozen:

Fruits and veggies with the most pesticide residues:

- 1) Strawberries
- 2) Spinach
- 3) Kale, collard, and mustard greens
- 4) Nectarines
- 5) Apples
- 6) Grapes
- 7) Cherries
- 8) Peaches
- 9) Pears
- 10) Bell and hot peppers
- 11) Celery
- 12) Tomatoes

