

THE DIRTY DOZEN.

Foods to buy organic when you can.

These foods tend to have the highest pesticide residues.



Spinach



Strawberries



Kale, Collard & Mustard Greens



Grapes



Peaches



Cherries



Nectarines



Pears



Apples



Blackberries



Blueberries



Potatoes

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Prioritize When Budget Is Tight

If you can't buy everything organic, start with the top 3 you buy most often.



Frozen Can Be a Power Move

Frozen organic = same nutrients, often lower cost.



Don't Skip Produce

Conventional produce is still better than no produce.