



## Buy ORGANIC When It Comes To These 14 Foods

### The Dirty Dozen (plus 2)

The Environmental Working Group has tested many produce items and found these foods to contain the highest levels of pesticides.

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet Bell Peppers
- Cucumbers
- Cherry Tomatoes
- Snap Peas - imported
- Potatoes
- Hot Peppers
- Kale/Collard Greens



\*All items may not be in all stores

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