

2021 DIRTY DOZEN

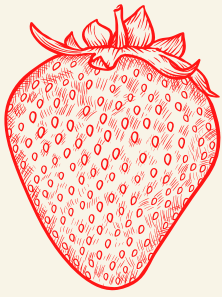
Every year, the Environmental Working Group (EWG) compiles a list of the “dirtiest” foods, i.e. those with the most pesticide residue.

<https://www.ewg.org/foodnews/summary.php>

CONSIDER PURCHASING THE ORGANIC VERSIONS OF THESE FOODS. 2021 DIRTY DOZEN INCLUDES:

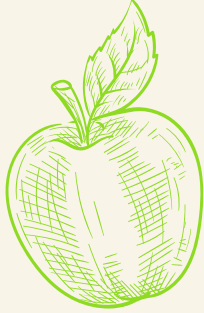
THERE IS ANOTHER GROUP OF FOODS DETERMINED TO HAVE THE LOWEST AMOUNTS OF PESTICIDE RESIDUE, CALLED THE CLEAN 15!

Strawberries



Spinach

Kale/mustard greens /collard greens



Nectarines

Apples

Grapes



Cherries

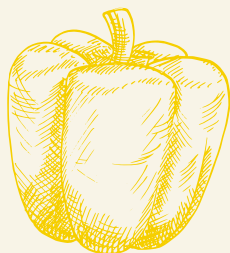
Peaches



Pears

Bell and hot peppers

Celery



Tomatoes



Avocados



Sweet corn

Pineapples

Onions



Papayas

Frozen sweet peas

Eggplant

Asparagus



Broccoli

Cabbage

Kiwifruit

Cauliflower

Mushrooms



Honeydew melon

Cantaloupe

ENJOY THE CONVENTIONAL VERSIONS OF THESE FOODS!

