



# 2016

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## CLEAN 15 & DIRTY 12

YOU NEED TO BUY ORGANIC IF THE ITEM IS ON THE DIRTY 12 LIST. THE CLEAN 15 HAS LOWER PESTICIDE LEVELS SO NON-ORGANIC IS OKAY.

### CLEAN 15 LIST

- AVOCADOS
- CORN
- PINEAPPLES
- CABBAGE
- SWEET PEAS
- ONIONS
- ASPARAGUS
- MANGOES
- PAPAYAS
- KIWI
- EGGPLANT
- HONEYDEW
- GRAPEFRUIT
- CANTALOUPE
- CAULIFLOWER

### DIRTY 12 LIST

- STRAWBERRIES
- APPLES
- NECTARINES
- PEACHES
- CELERY
- GRAPES
- CHERRIES
- SPINACH
- TOMATOES
- BELL PEPPERS
- CHERRY TOMATOES
- CUCUMBERS