

# When to Buy Organic



USDA certified organic foods are grown and processed according to federal guidelines regarding soil quality, animal raising practices, pest and weed control, and use of additives.

Did you know? Produce can be called organic if it's certified to have grown on soil that hasn't had prohibited substances applied for three years prior to harvest.

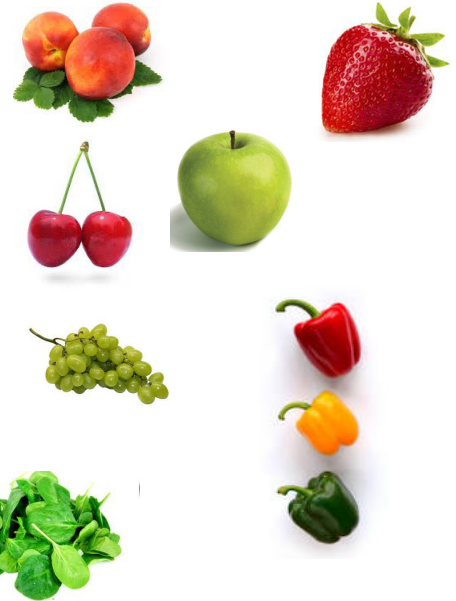
While it's generally best to buy organic, organic food is also more expensive and not always available. Fortunately, the Environmental Working Group has compiled a list of the most and least contaminated foods. The "dirty dozen" is a list of produce containing the highest levels of pesticide residue and the "clean 15" is a list of the least contaminated. To learn more, visit [www.organic.org](http://www.organic.org).

For more information, tips, and activities, visit [www.wfeh.org](http://www.wfeh.org).

## The Dirty Dozen and Clean 15

### Dirty Dozen

1. Peaches
2. Apples
3. Strawberries
4. Cherries
5. Pears
6. Nectarines
7. Grapes
8. Bell peppers
9. Celery
10. Spinach
11. Lettuce
12. Potatoes



### Clean 15

1. kiwis
2. Bananas
3. Pineapples
4. Mango
5. Papaya
6. Onions
7. Avocados
8. Asparagus
9. Sweet peas
10. Cabbage
11. Broccoli
12. Cauliflower
13. Sweet potato
14. Eggplant
15. Grapefruit

