Try to shop for the dirty dozen organically

- Strawberries
- Spinach
- Kale, Collard/Mustard Greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Bell or Hot Peppers
- Tomatoes
- Celery

**DID YOU KNOW THAT BUYING ORGANIC PRODUCE IS GOOD FOR YOUR FAMILY AND THE ENVIRONMENT?**

Besides helping your family stay healthy, buying organic produce can help make the world a better place for your family to live! This is because pesticides can harm water, soil, and animals. Here are some other tips for earth-friendly shopping:

- Shop locally
- Shop in-season
- Shop in-bulk
- Avoid buying too much meat, especially beef

What is the deal with organic foods?
What are affordable ways to keep my family and environment healthy?
Fruits and vegetables are good for your health. But not all are 100% healthy. Fruits and vegetables are often grown with chemicals called pesticides. These chemicals are used to kill insects that may destroy the crops. But these chemicals are harmful for your health. Pesticides can cause cancer, hyperactivity disorders, and birth defects. This is why it is important to wash your fruits and veggies. Unfortunately, washing your fruits and vegetables does not get rid of all of the pesticides.

Organic foods are grown without pesticides. As a result, organic foods are healthier for you and your family. However, organic foods are also expensive. On the bright side, some produce is safe to buy non-organic. These fruits and vegetables are usually grown without too much pesticide use. These are known as the Clean 15. The Dirty Dozen, on the other hand, are usually grown with a lot of pesticides, so it’s good to buy those organic when possible.