

Project Selfy

DIRTY DOZEN

Buy these **organic**:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard & Greens
11. Potatoes
12. Grapes (Imported)

CLEAN 15

Lowest in pesticides

Ok to eat conventionally grown

1. Onions
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mangos
6. Sweet Peas
7. Asparagus
8. Kiwi
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet Potato
15. Honeydew & Melon