

# Wallet-Sized Organic Shopping List

Print, cut out, and take along this handy wallet-sized list when you go shopping to help you remember the dirty dozen, must-buy organic foods and the types of conventional produce you can buy safely.

Cut along dotted line

**When Organic Isn't Available**

- Buy fresh, local produce in season. More pesticides are used on crops destined for long storage and/or long-distance shipping.
- Choose a wide variety of produce to limit your exposure to any one type of pesticide residue.
- Purchase produce subject to USDA regulations - avoid imported produce.

**Washing and Preparing**

- Do not wash before storage; rinse well with cold water just before preparation.
- Wash the outside of all produce, even inedible skin, before cutting.
- Trim the tops and outer portions of celery, lettuce, cabbage, and other leafy vegetables.

Fold along green dotted line

## Organic Shopping List

Buy Organic	Buy Conventional
<b>The Dirty Dozen Plus</b>	<b>The Clean 15</b>
Apples	Asparagus
Bell Peppers	Avocados
Celery	Broccoli
Grapes	Cabbage
Kale	Eggplant
Nectarines	Kiwis
Peaches	Mangoes
Potatoes	Onions
Strawberries	Papayas
Spinach	Pineapples
Hot Peppers	Sweet Corn
Imported Snap Peas	Sweet Peas
Cherry Tomatoes	Sweet Potatoes
Cucumbers	Tomatoes
	Watermelon

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