



Environmental Working Groups **2024**

Clean Fifteen

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (Frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

Dirty Dozen

1. Strawberries
2. Spinach
3. Kale, Collards, & Mustard Greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

Non-organic produce is loaded with fungicides that may harm human hormone systems – four of the five most frequently detected chemicals are fungicides fludioxonil, pyraclostrobin, boscalid and pyrimethanil. Information gathered from ewg.org



**Buying Organic ensures that
you're not getting GMOs.**