



Environmental Working Groups **2026**

Clean Fifteen

1. Pineapples
2. Sweet Corn
3. Avocados
4. Papaya
5. Onion
6. Sweet Peas (Frozen)
7. Asparagus
8. Cabbage
9. Cauliflower
10. Watermelon
11. Mangos
12. Bananas
13. Carrots
14. Mushrooms
15. Kiwi

Dirty Dozen

1. Spinach
2. Kale, Collard, & Mustard Greens
3. Strawberries
4. Grapes
5. Nectarines
6. Peaches
7. Cherries
8. Apples
9. Blackberries
10. Pears
11. Potatoes
12. Blueberries

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.**