



Laurie Bates

Certified Ambassador

Create Better Health SNAP-ED Program



WHAT ARE THE “DIRTY DOZEN” FOODS AND THE CLEAN 15 FOODS AND DOES IT MATTER?

Each year, “The Environmental Working Group” analyzes USDA’s data about pesticide residue on common foods grown by large farm operations and publishes their list for the public. One of the reasons for this list is to promote the benefits of choosing organic produce over other commercially grown foods. While no one likes the idea of purposely ingesting pesticide residue, the alternative of choosing “organic” foods can mean higher prices due to the distance in transporting to local markets sometimes freshness can also be sacrificed because of this. (buying local when you can, will help). It is noted that non-organic foods listed as having the highest amount of residue are still within guidelines set by USDA and the benefits of eating the produce seem to outweigh the dangers. However, it is good practice to thoroughly rinse all fresh produce under running water before eating.

For your information, here are the foods that made the 2024 Dirty Dozen list:

Strawberries

Kale

Spinach

Nectarines

Apples

Grapes

Peaches

Cherries

Pears

Bell and Hot Peppers

Blueberries

Green Beans

Clean Fifteen

15 items that had the lowest amounts of pesticide residues, according to EWG’s analysis of the most recent USDA data.

Carrots

Sweet Potatoes

Mangoes

Mushroom

Watermelon

Cabbage

Kiwi

Honeydew Melon

Asparagus

Sweet peas (frozen)

Papaya

Onions

Pineapple

Corn

Avocados

Find personal care, cleaning, and food products on the EWG Healthy Living app. In the App Store on your phone or tablet for on-the-go lists.

ROASTED POTATOES

- 1 tablespoon olive oil
- 1 teaspoon paprika
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ teaspoon pepper
- 6 cups diced baking potato
- Cooking spray

Directions: Preheat oven to 400°F. Combine all ingredients in a large bowl and stir to coat potatoes in seasonings and oil. Line the baking sheet with foil and spray with cooking spray. Spread potatoes on a sheet in a single layer. Bake for 30 minutes or until brown. Yield: 5 (1 cup) servings