

THE DIRTY DOZEN & THE CLEAN 15

#01

2023 PRINTABLE Shoppers guide to pesticides in produce.




PRINTABLE WALLET VERSION

DIRTY DOZEN

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

www.thegfhub.com

CLEAN 15

1. Avocados
2. Sweet Corn
3. Pineapples
4. Onions
5. Papaya
6. Sweet Peas
7. Asparagus 
8. HoneyDew
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potato
14. Watermelon
15. Carrots

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INSTRUCTIONS:

1. Cut along outside line
2. Fold along middle line.
3. Put in bag or wallet :)

THE DIRTY DOZEN & THE CLEAN 15

#02

2019 FRIDGE LIST Shoppers guide to pesticides in produce.



PRINTABLE FRIDGE VERSION

DIRTY DOZEN

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



CLEAN 15

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onion
5. Papaya
6. Sweet Peas
7. Asparagus
8. HoneyDew
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet Potatoes
14. Watermelon
15. Carrots

