

# Clean Up

## YOUR PRODUCE WITH THIS CHECKLIST

of the cleanest..... and the dirtiest produce your grocery store has on it's shelves.

This checklist will help you make the best choices you can with the options you are given to be sure you are keepin it clean!

### Dirty DOZEN

In order of dirtiness:

- 1 Strawberries
- 2 Spinach
- 3 Nectarines
- 4 Apples
- 5 Peaches
- 6 Pears
- 7 Cherries
- 8 Grapes
- 9 Celery
- 10 Tomatoes
- 11 Sweet Bell Peppers
- 12 Potatoes

DO YOU BEST TO BUY ORGANIC

### Clean FIFTEEN

In order of cleanest:

- 1 Sweet Corn
- 2 Avocados
- 3 Pineapple
- 4 Cabbage
- 5 Onions
- 6 Sweet Frozen Peas
- 7 Papayas
- 8 Asparagus
- 9 Mangos
- 10 Eggplant
- 11 Honeydew Melon
- 12 Kiwi
- 13 Canteloupe
- 14 Cauliflower
- 15 Grapefruit

OK TO BUY NON-ORGANIC IF NEED BE

NOTE: A small amount of sweet corn, papaya and summer squash sold iis produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce. (2)

### SIMPLE PRODUCE WASH

When you aren't able to get the organic clean goods from your local grocery store

4 cups filtered water

1 cup apple cider vinegar

10 drops lemon essential oil

Mix everything in large bowl, submerge veggies/fruit for 30-60 seconds, rinse with filtered water (1)

Sources:

(1) Dr. Mariza Snyder(2017) A Smart Moms Guide to Essential Oils (2017).USA, Page 114

(2) EWG: <https://www.ewg.org/foodnews/summary.php#.WfNeiWhSyIM>

MORE INFO ON ESSENTIAL OILS: [CLICK HERE](#)