

Going Organic

Organic foods can be expensive- how do you determine what is good value for your food dollar? Where do you begin?

- The not-for-profit Environmental Working Group has come up with a list ranking the pesticide levels of 43 commonly eaten fruits and vegetables; start by purchasing those foods with the lowest levels when conventionally grown. For more information, and a downloadable PDF and iPhone application, go to www.foodnews.org.

Best to buy organic: “Dirty Dozen”

Peaches
Apples
Sweet bell peppers
Celery
Nectarines (imported)
Strawberries
Cherries Tomatoes
Hot Peppers
Imported grapes (domestic ranked 19th)
Spinach
Kale/ Collard Greens
Potatoes
Cucumbers
Snap Peas (imported)

Conventionally Grown is Fine: “Clean 15”

Onions.
Avocados.
Sweet corn.
Pineapples.
Mangoes.
Asparagus.
Sweet peas- frozen.
Kiwifruit.
Bananas
Cabbage.
Broccoli
Eggplant.
Papayas.
Grapefruit.
Cantaloupe.
Cauliflower.
Sweet potatoes.

- Start with foods that are a large part of your children’s diet, for example, chicken and milk.
- Search out store brand organics, which usually offer good value.
- Buy organic in bulk for further savings.
- Look for LOCAL- fruits and vegetables that are fresher and have not traveled long distances retain more of their nutritional value.