



**HOMEMADE  
BABY**

Baby Food Just Got Better™

## Tips on Organic Shopping

While washing and rinsing fresh produce may help reduce pesticide residues, it does not eliminate them. Peeling reduces exposure, but valuable nutrients often go down the drain with the peel. The best option is to choose organic when possible.

## **Organic Must Buys**

meat	peaches	cantaloupe
poultry	pears	bell peppers
eggs	grapes	celery
dairy	winter squash	potato
apples	spinach	tomato
cherries	green beans	lettuce
nectarines	*strawberries & raspberries	

\*foods that don't have a peel and are difficult to clean and are heavily sprayed with pesticides

## **Lowest in Pesticides**

asparagus	cauliflower	onions
avocados	corn (sweet)	papaya
banana	kiwi	peas (sweet)
broccoli	mangos	pineapple