Cut out card around border. Fold in center. Use as a quick referral when shopping.

**WALLET SIZE**

**HIGHEST IN PESTICIDES**
- Apples
- Celery
- Cherry Tomatoes
- Cucumbers
- Grapes
- Nectarines
- Peaches
- Potatoes
- Snap Peas
- Spinach
- Strawberries
- Sweet Ball Peppers
- Hot Peppers
- Kale
- Collard Greens

**LOWEST IN PESTICIDES**
- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Onions
- Papayas
- Pineapples
- Sweet Corn
- Sweet Peas (frozen)
- Sweet Potatoes