

HOW CAN I REMOVE PESTICIDES FROM PRODUCE?

AVA WAS ALARMED BY AN ARTICLE ABOUT PESTICIDES ON FRESH FOODS.



AVA AND LOGAN WENT ONLINE TO FIND OUT MORE WHEN THEY SAW NPIC'S NUMBER.



THEY CALLED AND LEARNED ABOUT LIMITS FOR PESTICIDE RESIDUES ON PRODUCE, ALSO KNOWN AS PESTICIDE TOLERANCES.

THE EPA SETS HOW MUCH IS ALLOWED

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY

USDA

THE USDA, FDA, AND STATES WORK TOGETHER TO ENFORCE THE LIMITS SET BY EPA

DIFFERENT U.S. AGENCIES ENSURE FOOD SAFETY.

THEY ALSO LEARNED HOW TO LOWER RISK FROM RESIDUES IN THEIR FOOD:

WASH YOUR HANDS BEFORE AND AFTER HANDLING PRODUCE

WASH FRESH FRUIT AND VEGGIES

SCRUB HARD FRUITS AND VEGGIES WITH A BRUSH

HOLD THEM UNDER RUNNING WATER IN A COLANDER

RUB SOFT PRODUCT WITH YOUR FINGERS

DISCARD OUTER LEAVES

PEEL

HEATING HELPS DEGRADE RESIDUES BUT ALSO LOWERS THE NUTRIENTS

INCLUDE A VARIETY OF PRODUCE IN YOUR DIET



PHOTO CREDITS, FRAMES FROM LEFT TO RIGHT, TOP TO BOTTOM: 1) AFRAID, PUBLICDOMAINPICTURES, PIXABAY; FRUIT, BELLINGER, PIXABAY; VEGETABLES, MEDITATIONS, PIXABAY; KITCHEN, PIX1861, PIXABAY; 2) BROWSING, C. BOONE, NPIC; 3) SPECIALIST 4, W. HANSON, NPIC; EPA LOGO, PUBLIC DOMAIN, WIKIMEDIA; FRUITS, OPENCLIPART-VECTORS, PIXABAY; USDA LOGO, USDA, WIKIMEDIA COMMONS; 4) WASHING HANDS, CLKER-FREE-VECTOR-IMAGES, PIXABAY; WASH FRUITS AND VEGGIES, SPONCHIA, PIXABAY; IN COLANDER, AMANDA MILLS, CDC; SCRUB, AMANDA MILLS, USDCDC, PIXNIO; RUB, AMANDA MILLS, USDCDC, PIXNIO; LETTUCE, MEDITATIONS, PIXABAY; PEEL, STEVEPB, PIXABAY; STEAMING VEGETABLES, IMAGE589, PIXABAY; FRUITS AND VEGETABLES, PEGGY GREB, USDA, WIKIMEDIA COMMONS; 5) SPECIALIST 14, W. HANSON, NPIC.