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 also learned how to lower risk from residues in their food:

1. Wash hands before and after handling produce.
2. Hold them under running water in a colander.
3. Rub soft produce with your fingers.
4. Discard outer leaves.
5. Peel.
6. Heating helps degrade residues but also lowers the nutrients.
7. Include a variety of produce in your diet.

Different U.S. agencies ensure food safety:

The EPA sets how much is allowed. USDA, FDA, and states work together to enforce the limits set by EPA.

The USDA, EPA, FDA, and states work together to enforce the limits set by EPA.

They called and learned about limits for pesticide residues on produce, also known as pesticide tolerances.

Call us at 1-800-858-7378 if you have any questions.

Check this out.

Look! A phone number!

Let’s call NPIC!

Wash your hands before and handling produce.

Wash fresh fruit and veggies.

Scrub hard fruits and veggies with a brush.

Peel.

Include a variety of produce in your diet.

National Pesticide Information Center
1.800.858.7378  http://npic.orst.edu

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