

Pesticides

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What is the concern?



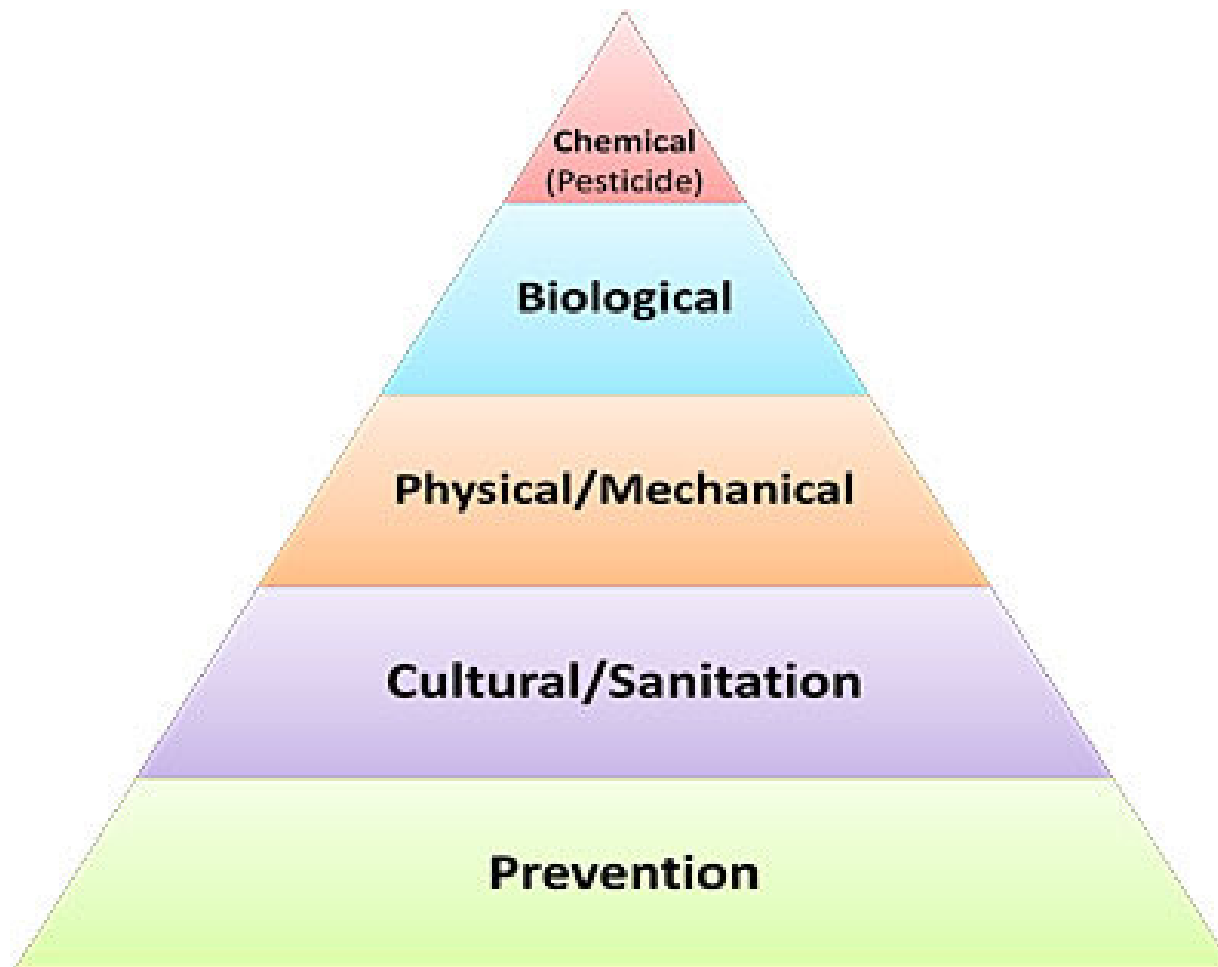
Why is that a concern?



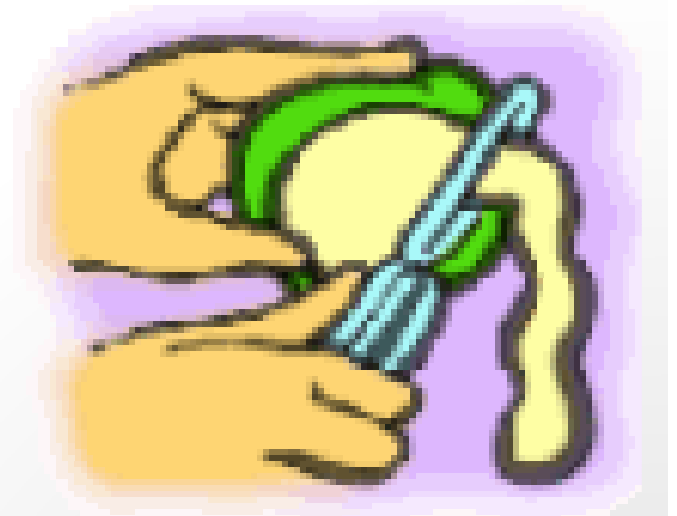
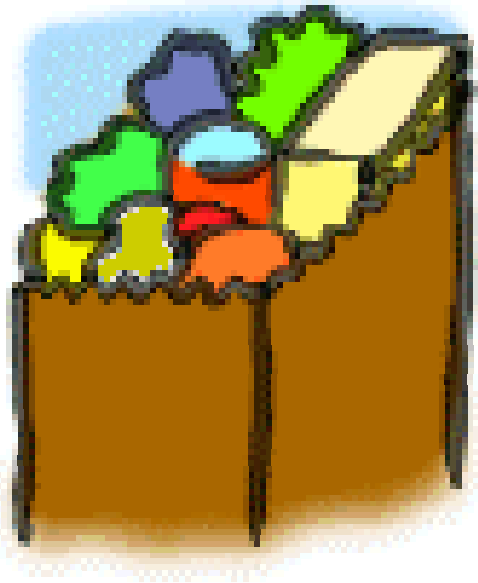
- Brain and nervous system toxicity
- Cancer
- Hormone disruption
- Skin, eye and lung irritation



What can I do about it?



Pesticides in fruits and vegetables



2015 tests of fruits and vegetables

Foods with most pesticides:

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers
9. Cucumbers
10. Cherry tomatoes

Foods with least pesticides:

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas (frozen)
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi



Resources



National Pesticide Information Center

1.800.858.7378

npic@ace.orst.edu

<http://npic.orst.edu/topicfact.html>



Know your environment.
Protect your health.

http://www.ewg.org/foodnews/dirty_dozen_list.php



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Small Group

Please take 20 minutes to discuss any or all of the following questions below. Assign someone in your group to take notes of your ideas or conclusions and someone to present them to the general group.

1. What measures are your community, organization, or home taking to address pesticide concerns?
2. How can you implement the ideas discussed today to improve your health and the health of your family and community?
3. In addition to what was discussed today, what other actions are you doing or can do to address pesticide concerns?
4. What additional resources or information do you need to address pesticide concerns in your home and community?

Additional Group Questions

Scenario 1: A concerned mother of two young children asks you about the cockroaches she has seen in her apartment. Her husband would like to spray the whole home with some chemicals he got from work, what do advice can you give her?

Scenario 2: A grandmother living with her daughter and grandchildren would like to know your advice on purchasing organic foods only. She says it is more expensive, and wants to know if she should stop buying her medicines to buy organic for her grand children, what do you say?