



Sky Hill Institute
Empower the Healer Within!

Is Organic Beyond Your Budget?

Without a doubt, purchasing organic produce is the best way to benefit from the nutrition found in fresh fruits and vegetables; yet at times this can tax our weekly food budget! To help out, here is a list of foods that tend to be the least contaminated with pesticides. Keep on your refrigerator door as a reminder!

Foods That Do Not Have To Be Organic:

- Asparagus
- Avocado
- Bananas
- Broccoli
- Cabbage
- Corn (sweet, frozen)
- Kiwi
- Mango
- Onion
- Papaya
- Peas (sweet, frozen)
- Pineapples

Sky Hill Institute is a 501(c)(3) nonprofit organization.

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