



Feed Your Body—Feed Your Soul

WASH & EAT

Pesticides are compounds that help to protect crops from devastating pests and weeds. Whether conventional or organic, farmers safely and carefully use pesticides as necessary to control insects, weeds, and fungus (organic farming does permit the use of certain pesticides), says the International Food Information Council.

Pesticide residues are tiny amounts of chemicals that may remain on food from their application to crops while being grown on the farm. Some crops are less susceptible to pesticide residues, such as those with a husk (corn), shell (peanuts), or skin (bananas). However, even those without an outer layer are safe to eat, and simply washing raw fruits and vegetables before eating them removes most traces of pesticide residues.

