

# Grocery Shopping Reminders

## Eat Only Organic

Apples & Apple juice  
**Bell peppers**  
 Butter (Stick)  
 Carrots  
**Celery**  
**Cherries**  
 Chicken  
 Cucumbers  
 Dairy Products  
**Grapes**  
 Green beans  
 Lettuce  
 Meat  
**Nectarines**  
**Peaches**  
 Peanuts/Butter  
**Pears**  
 Pickles (Dill)  
 Plums  
**Potatoes**  
 Rasins  
**Raspberries**  
**Spinach**  
 Squash  
**Strawberries**  
 Tomatoes

## Non-Organic Okay\*

Asparagus  
 Avocados  
 Bananas  
 Blueberries  
 Broccoli  
 Cabbage  
 Garlic  
 Kiwi  
 Mango  
 Onions  
 Papaya  
 Pineapple  
 Shelling peas  
 Sweet Corn  
 Watermelon (domestic)

\*These items are probably low in pesticides, due to their thick shells or unpopular taste to pests (as in onions), but we recommend that you feed your kids organic food as much as possible.

**Bold = "The Dirty Dozen"** with the highest amounts of pesticides.

## INGREDIENTS TO AVOID

Alkylphenol Ethoxylates  
 Benzophenone-3 (Bp-3)  
 Blue #1  
 Bronopol  
 Butyl Benzyl Phthalate  
 Butylated Hydroxyanisole (BHA)  
 Butyl-methoxydibenzoylmethane (B-MDM)  
 Coal Tar Dyes  
 Crystalline Silica  
 DEA (Diethanolamine)  
 Diazolidinyl Urea  
 Dibutyl Phthalate  
 Diethyl Phthalate  
 DMDM Hydantoin  
 Fluoride  
 Green #3  
 Homosalate (HMS)  
 Imidazolidinyl Urea  
 Methyl-benzylidene Camphor (4-MBC)  
 Nitro Musks  
 Octyl-dimethyl-PABA (OD-PABA)  
 Octyl-methoxycinnamate (OMC)  
 Padimate O  
 Parabens  
 Para-Phenylenediamine  
 Polycyclic Musks  
 Quaternium 15  
 Resorcinol  
 Saccharin  
 Talc  
 TEA (Triethanolamine)

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HAR Client  
 Experience Rating  
 5.00/5.0 ★★★★★

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832-622-1233  
 www.SoldOnSheila.com  
 scox@SoldOnSheila.com  
 Sheila K Cox  
 sheilakcox  
 sheilakcox  
 http://soldonsheila.com/blog

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# Safer Bath & Beauty Products

## IMPORTANT WEBSITES

- [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com)
- [www.healthychild.org](http://www.healthychild.org)
- [www.healthytoys.org](http://www.healthytoys.org)
- [www.preventcancer.com](http://www.preventcancer.com)
- [www.dermstore.com](http://www.dermstore.com)
- [www.thethirddaymarket.com](http://www.thethirddaymarket.com)

## GOOD ALL NATURAL BRANDS\*

1. Burt's Bees
2. Desert Essence
3. Alba Deodorant
4. Giovanni Hair Care
5. Badger Sunscreen
6. Jane Iredale Cosmetics

\* Buy online at Amazon or Dermstore.

## BOOKS TO READ

- Healthy Child Healthy World: Creating a Cleaner, Greener, Safer Home by Christopher Gavigan
- Better Basics for the Home by Annie Berthold-Bond
- To Buy or Not to Buy Organic: What You Need to Know to Choose the Healthiest, Safest, Most Earth-Friendly Food by Cindy Burke
- The Safe Shopper's Bible: A Consumer's Guide to Nontoxic Household Products, Cosmetics, and Food by David Steinman
- The Truth About Beauty by Kat James

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[scox@SoldOnSheila.com](mailto:scox@SoldOnSheila.com)  
Sheila K Cox  
sheilakcox  
sheilakcox  
<http://soldonsheila.com/blog>

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