

Organic Checklist

Organic isn't just a phase, it's a lifestyle.

Self

Substitute 10% of your groceries with organic.

- The Dirty Dozen List is a great place to start when looking for which produce to switch to organic: Strawberries, Spinach, Kale/Collard/Mustard Greens, Peaches (stone fruit), Pears, Nectarines (stone fruit), Apples, Grapes, Bell & Hot Peppers, Cherries (stone fruit), Blueberries, Green Beans.
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Home

Find an alternative to your pest problem in your home using least-toxic products, including disinfectants.

- (pest control)
<https://www.beyondpesticides.org/resources/managesafe/choose-a-pest>
(<https://www.beyondpesticides.org/resources/managesafe/choose-a-pest>); (disinfectants) <https://www.beyondpesticides.org/#dis>
(<https://www.beyondpesticides.org/#dis>)
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Find an alternative to pesticides used in flea and tick control for pets.

<https://www.beyondpesticides.org/resources/pets>

(<https://www.beyondpesticides.org/resources/pets>)

Download a toxin monitoring app to know what is in the product you are buying. These apps offer a guide on how to buy better for your health.

- (Think Dirty) <https://www.thinkdirtyapp.com>
(<https://www.thinkdirtyapp.com/>); (Yuka) <https://yuka.io/en>
(<https://yuka.io/en/>)
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Community

Take the first step to become a Parks for a Sustainable Future advocate.

- <https://www.beyondpesticides.org/resources/power-organic-parks-program> (<https://www.beyondpesticides.org/resources/power-organic-parks-program>)
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Consider adding a pesticide-free zone sign to your yard.

- <https://shop.beyondpesticides.org/collections/lawn-and-landscape-signs> (<https://shop.beyondpesticides.org/collections/lawn-and-landscape-signs>)
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Consider setting up a petition or asking your HOA/landscaping crew/town what products they are using on public and private lawns, and if they have considered organic land management alternatives.

Advocate for least-toxic pest control and disinfectant options in schools, hospitals, and other public areas with vulnerable individuals.

- (School Alternatives)
<https://www.beyondpesticides.org/programs/children-and-schools/alternatives-at-schools>
(<https://www.beyondpesticides.org/programs/children-and-schools/alternatives-at-schools>); (Hospital Alternatives)

<https://www.beyondpesticides.org/resources/healthy-hospitals/overview>

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Have Fun!
