

Apeel-Free Shopping Guide

Shop smarter. Eat cleaner. Stay informed.

Your Apeel-Free Shopping List

- Bananas
- Berries (strawberries, blueberries, raspberries)
- Leafy greens (lettuce, kale, spinach)
- Root vegetables (carrots, beets, potatoes)
- Onions & garlic
- Tomatoes
- Zucchini & squash
- Broccoli & cauliflower
- Mushrooms
- Herbs (cilantro, parsley, basil)

How to Talk to Your Local Store

Ask if their produce has Apeel coating. If they're unsure, request they check with their supplier.

Support stores that provide Apeel-free options — and thank them for being transparent!

Encourage them to clearly label Apeel-coated produce so customers can make informed choices.

Produce to Watch Out For

- Avocados
- Cucumbers
- Apples
- Citrus fruits (oranges, limes, lemons)
- Peppers
- Mangos