

Nine Every Time



Ever notice how grocery store clerks have to stop and key in a number for produce items instead of scanning a UPC bar code? The number on the little sticker is a PLU, price look up, number.

The PLU gives you a clue about the fruit or vegetable you're purchasing. Most PLU's are only four digits long and some are five. If the PLU is 5 digits, it's the first digit is what you should focus on. A "9" means that the item is organically grown, free from harmful pesticides and fertilizers. An "8" on the other hand means that it's a genetically modified plant, not something you want to eat.

While organic produce may cost more, it's worth the price. Like my father used to say, *"I'd rather pay the butcher than the doctor."*



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