

# Real Life Tips for Buying Organic -on a Budget!

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Simple ways to eat organic food on a budget:

- 1) Cook from scratch (make your own bread and condiments in the traditional way, using wild fermentation)
- 2) Purchase only whole foods (fruit, vegetables, grains, legumes, nuts, dairy and meat etc.) You may find that it is the processed foods that start adding up on the grocery bill. Think twice about any food that comes in packaging. Notice that you really don't need to buy granola bars, crackers and boxed cereal. These foods can be made in 15 minutes of preparation with oats, flour, unrefined cane sugar, salt and oil, plus a handful of dried fruit and nuts or seeds.
- 3) Buy in bulk.
- 4) Purchase basic staples. Keep your diet very simple. You don't need four types of vinegar! Apple cider vinegar will work in any recipe that calls for vinegar. The differences are only subtle.
- 5) Join or start a food buying co-op.
- 6) Join your local CSA .
- 6) Go vegan when your budget is reduced, you could typically save about \$ over 50 each week on dairy and eggs alone. That is \$200 a month!
- 7) Mash 2-3 dishes of leftovers together with flour, namu shoyu (tamari) and shape into veggie burgers!
- 8) Mash cooked root vegetables and form into patties serve. Fry in butter and top w/ gravy or ketchup.
- 9) If you have one dish as a leftover, preferably one with a lot of flavor such as curried vegetables, use it as the base of a frittata (and voila, most of the work is already done!).

Gradually go organic by starting with the foods that are almost always heavily sprayed, irradiated and/or genetically engineered if purchased conventionally.

*Start with by buying these foods exclusively organic:*

**GE Foods:** corn, soy, canola, potatoes, flax, tomatoes

**Irradiated Foods:** potatoes, onions, wheat flour, whole and ground spices, dehydrated seasonings

**The Dirty Dozen** (purchase these fruits and vegetables organic because of their especially heavy pesticide use):

peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach, potatoes