



ORGANIC ON A BUDGET

43 tips on reducing the cost of organic foods to make HEALTHY EATING more affordable

FIND AND USE ORGANIC COUPONS:

- Check websites & join social media pages of your favorite companies for coupons & special promo's.
- Check out various organic coupon sites (Mambo Sprouts, Saving Naturally, Organicfoodcoupons, etc)
- Simply Organic (spices, seasoning mixes & baking mixes) always have coupons on their website.
- Most stores take ALL coupons, so don't be afraid to use them all in one shopping trip.

AT HOME AND IN THE KITCHEN:

- Stay organized. Plan out your meals for the week according to organic foods that are on sale and/or that you have coupons for.
- Budget. Write out a weekly & monthly budget to help keep track of erratic & responsible spending. This will make you aware of spending habits & prioritize purchasing organic food within your budget.
- Do it yourself!!! Make your own organic granola bars, kale chips, smoothies, juices, etc.
- Portion / prioritize – It's necessary to ALWAYS buy organic meats and dairy products, so portion your consumption each week. (ex. 4 ounces or less per serving)
- Check out the book "Wildly Affordable Organic" for great ideas on \$5 a day or less.

USE YOUR FREEZER:

- Most often organic frozen produce is cheaper than fresh, especially if the fruit / veg is out of season.
- Freeze all left overs. ALL OF THEM!
- Buy local produce when in season and freeze to save for out of season (ex. in the spring / summer spread berries on a sheet pan freeze overnight and store.
- Double recipes and freeze leftovers. This works great with soups and stews. This also saves a boatload of time!

BUY IN BULK

- Take advantage of the 'buy one get one free' sales or buy one get the other for a discounted price. You never know when it will go on sale again, so make sure to take advantage of it and store for later use. (This trick only works if you really love the product and it is a staple at your home – otherwise this could lead to wasted food)
- Always buy packaged staples on sale. (rice, beans, dry products, etc)
- Buy unpackaged food from bulk dispensers (oats, nuts, dried fruit, lentils, etc)
- Buy the whole animal and freeze the portions you don't use right away. Contact local farmers and perhaps split the cost with a group.
- Find foods that are in season and buy those in bulk, as they are significantly cheaper.

MAKE CHOICES

- Meat & dairy (animal products like chicken, eggs, cheese, butter, yogurt, milk, etc.) are the most important to buy organic because of the combined risk of pesticide, anti-biotic and cancer causing growth hormone exposure. Whatever you do, DO NOT SKIMP HERE!
- Reduce meat and dairy consumption if you can't afford organic.
- Reduce amount of organic meat by substituting half of the portion with organic beans.
- Buy a whole organic chicken for less per pound (not just the breast, legs or wings)
- Use the "Clean 15" and "Dirty Dozen" lists available on ewg.org to help you navigate which products to buy organic.
- Don't buy pre-washed veggies. They can cost twice as much.
- Eat out less. Eating organic at home is less expensive than eating out.
- Choose more inexpensive grocery store brand products like Wegman's, Price Chopper, etc. They are all required to follow the same guidelines set forth by the USDA seal.

BUY LOCAL

- Local food can be significantly cheaper (& safer) than food shipped from miles away.
- Find a farmers market near you and create a personal relationship with them.
- Ask your farmer about his farming practices. Some farmers might not spray pesticides on their crops but don't seek USDA certification to keep prices lower.

GROW YOUR OWN FOOD

- Plant an herb pot in your kitchen or somewhere convenient to always have fresh herbs.
- Follow tips from organicconsumers.org to grow organic food inside your home year round.
- Remember to buy non-GMO seeds. Check out Sow True Seed for lots of options.
- Learn how to can the produce you grow.
- Get a couple of chickens and hatch your own eggs!

STOP WASTING FOOD

Quick fact: Americans waste an estimated 1,400 calories of food per person EVERY SINGLE DAY.

- Line your refrigerator's crisper drawer with paper towels to absorb excess moisture.
- Buy and keep bananas separated from one another, they spoil slower.
- Turn almond butter, yogurt, sour cream, tahini and cottage cheese containers upside down when stored in the fridge – this creates a vacuum seal, keeping them fresh longer
- Placed limp celery, baby carrots and radishes in water with a slice of potato to make them crunchy again.
- Keep all organic citrus fruits in the fridge. They will last up to 1-2 weeks longer.
- Don't wash organic dark leafy greens or berries until they are ready to consume.
- Learn tips and recipes on how to use over the edge food. (Ex. banana bread with overripe bananas)
- If you know you won't have a chance to eat it, freeze it before it goes bad.
- Eat less! Use a smaller plate to control the amount of food you eat or end up wasting.
- Compost all food waste to put nutrients back in your garden (you will spend less on fertilizer).