



TIPS for buying

ORGANIC FOODS

on a BUDGET

TIP #1 ONLY BUY SELECT FOODS ORGANIC

It is important for certain foods to be bought organically, compared to other foods. The environmental working group (EWG) has come up with a list to make this easier for you.

This list is known as, "The Dirty Dozen and Clean 15."

This list is updated each year and it ranks produce by the amount of pesticides found on them.

Items on the dirty dozen list are ones you will want to buy organically, as these foods are the most contaminated.

Items on the clean 15 list are ones that can be bought non-organically.

To save money stick to this list! I used to keep a copy of this list in my wallet and I referred to it when I was grocery shopping. Now I am more aware of which fruits and vegetables that need to be organic.

CLEAN 15

- Avocados
- Sweet corn
- Pineapples
- Cabbage
- Onions
- Sweet frozen peas
- Papayas
- Asparagus
- Mangos
- Eggplant
- Honeydew melon
- Kiwi
- Cantaloupe
- Cauliflower
- Broccoli

DIRTY DOZEN

- Strawberries
- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet bell peppers



TIP #2

WATCH ADS & SHOP AROUND

This one seems like a no brainer, but can actually save you the most money.

If you aren't picky about what you buy and when, then this tip is for you!

I like to buy whatever is on sale. If I go shopping and I see cauliflower on sale then that is the vegetable we will be eating for the week.

Certain grocery stores will have better prices on produce, while others will have better prices on organic meats. Do some shopping in your area and see which places have the best price.

Be on the lookout for seasonal items and stock up when they go on sale.



TIP #3 GROW YOUR OWN

If a garden is possible in your area, try growing some of your own organic produce.

During the spring, summer, and some of the fall I can get most of our produce from the garden.

Only plant the vegetables and fruits you know you will eat and choose items from the dirty dozen list.

Start small and grow more next year. It is easy to get excited about gardening and then lose momentum mid summer.

This can be discouraging. Start small, trust me!

If you don't garden, be on the lookout for produce stands that have over abundance of garden veggies. Most likely you will find a sale!

TIP #4 BUY IN SEASON

Avoid buying produce that is out of season. This can be a huge money saver!

Look for summer squash and watermelons in the summer and potatoes and cranberries during the winter.

Consider buying frozen, rather than fresh, if you want something that is out of season.

TIP #5

BUY IN BULK AND PRESERVE

If you have the room for storage it always makes sense to buy in bulk.

Buying in bulk can be cheaper and save you trips to the grocery store.

Buying in bulk is crucial when you see a sale!



TIPS FOR STORAGE:

Store in airtight containers or freezer bags. Freeze everything in single servings (or how much you will need for one meal) to make it easier when defrosting.

TIP #6 BUY LOCALLY & FROM SMALL BUSINESSES

I love supporting small businesses, it always taste better, and most the time it is cheaper.

You may have to do a little digging for this one, but I bet you will be shocked to see what you can find in your area.

Be on the lookout for farmers markets, grass fed farmers, raw milk dairy farms, and amish communities.

We have all of the above things locally and I save so much money buying from these sources rather than the grocery store.

TIP #7 ADD MORE FILLERS

Even when you find a good deal on organic meat, it can still be the bulk of the grocery bill.

Try adding some fillers to the meal to make the meat stretch further.

SOME OF OUR FAVORITES:

- Butternut squash
- Avocaados
- Sweet potatoes
- Regular potatoes
- Brown rice
- Quinoa
- Millet
- Buckwheat
- Black beans
- Chick peas
- Rice noodles
- Sweet peas



Thank you for reading!

For more healthy living tips and recipes
check out my blog at ouroilyhouse.com.