

NO BUSTING THE BUDGET

10 Tips for Saving on Organic Food



- 1. Cook:** The biggest reduction in your food costs will come from eating at home. Avoid processed and prepared food and you'll save even more. Studies show you'll also be healthier if you eat at home. Carry leftovers to lunch to save money eating out.
- 2. Bypass specialty ingredients:** They are often costly and other items can substitute. A standard red wine vinegar is fine in recipes that call for balsamic.
- 3. Comparison shop:** Especially on the items you spend money on, like dairy. Consumer Reports learned there are significant savings and you will too.
- 4. Buy store brands:** At Kroger, it's Simple Truth; at Costco, it's Kirkland; at Whole Foods, it's 365. Always make sure the label includes the USDA Organic emblem.
- 5. Clip coupons:** Annie's, Organic Valley, and others often have coupons on their websites or sent to you through regular newsletters. Also, blogs can help with information (like how to start your own food co-op) in addition to coupons.
- 6. Buy bulk foods:** Without expensive packaging taking up valuable shelf space, food in bulk containers can save you money. Aim for beans, grains and dried fruits.
- 7. Prioritize:** If you can't buy organic everything, buy the food you think is most important. The Environmental Working Group helps you prioritize with its Dirty Dozen list.
- 8. Check frozen produce:** Consumer Reports found that frozen organic produce can be cheaper than fresh.
- 9. Avoid waste:** Each American wastes about a pound of food per day. Use your broccoli stems as well as the florets. Use chicken bones for broth. Make grain bowls, tacos, soups, omelets, stir-fries from leftovers.
- 10. Don't obsess:** You'll learn as you shop and buy. Start with buying just an item or two - maybe a food your kids eat tons of - then add and adjust as you prioritize, research and learn.