

Cost Conscious guide to eating healthy, how buy Organic on a budget

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Do you think eating organic healthy food isn't affordable?

Do you also have those moments, where you wonder if anything you do makes a difference? You want to live in an ideal world.... You want to eat the right organic food, make the right choices for yourself, the environment... You are after all a responsible, conscious, aware individual.

We all have those moments when we are standing in the grocery store holding a \$10 piece of organic broccoli and wondering if it's really going to make a difference, to the \$2 store brand....

And let's be honest when faced with this dilemma unless the dollars are rolling in – we all often go for the \$2 option, as the difference is too extreme for anyone to let it slide.

Endless Choices: How to Prioritize and why

The world we live in today has choices coming at us hard and fast – what is a smart, conscious girl to do in the face of it all?

One option is to curl up in bed and hope to wake up in a world where everything is healthy and organic? Or can we have healthy food on a budget. And conquer the dilemma once and for all.

I am here to share a few Healthy Organic Affordable food tips with you – Let's call it the **Cost Conscious guide to Eating Healthy**.

I advise prioritizing purchases. Here is the order of my everyday preferences, depending on what is possible, and of course the price at the time, I'll go into each in more detail a little further down:



1. **Grow your own**
2. **Organic:** via farmers markets, or Health shops
3. Local: **Farmers Market**
4. Supermarket **Organic**
5. Supermarket fresh food

Cost Conscious Reasoning behind these Choices

1. **Grown your own**

This takes a bit of space and effort, however, the fruits of your labor will be worth it (pun intended). It's cost effective, and you know what you have and haven't sprayed. There are even options for people living in flats called [Garden towers](#), all you need is a balcony. And if you grow your own, I also recommend using a [Bokashi](#), the easy, organic way to recycle your food scraps into fertilizer for your crops.

2. **Organic: via Organic markets, or Health shops**

We are often shocked at the price of Organic food, on that small sad shelf in the supermarket, however, if you go to a local farmers market you'd be surprised at the difference in price and the variety that is available.

For those that doubt the benefits of eating organic, check out the research done on a [Swedish family of five, who were tested before and after](#) 2 weeks of organic food. Their first urine test contained over 16 different chemicals. Which were are either herbicides, fungicides, insecticides or growth inhibitors.

Only 2 weeks later, their urine was chemical free. Scientists admit, that while one chemical in our system would be within regulated safety limits for consumption, we have yet to test the human body for such a cocktail of chemicals. I guess only time will tell what those results will be.

Personally, I would rather not need to eat organic, I'd like to live in a world where our food and products are NOT toxic.

2. **Local: Farmers Market**

Get to know the regular stalls and the markets. I've gotten to know some growers who don't spray with chemicals, and who are not big enough to afford the organic certification (an expensive and lengthy process). So, I buy my affordable fresh food from them.

Another benefit of being local is that it is likely to have been picked when ripe, rather than when green and shipped/ frozen – which means it will be fuller of all the taste, nutrients and minerals your body requires for optimum health. And depending on where you live, the chemicals that your country uses may be less severe from those less regulated abroad.

An additional benefit of buying local means you also buy in season. Which is much better for your health as the earth grows the right veggies that our bodies require in the season, once again Mother Nature knows best e.g. Vegetables in the spring detoxify getting the body ready for summer, winter vegetables like beets and potatoes add protein and build up the body ready for the winter.

3. **Supermarket Organic**

The organic selection in Australia's Major supermarkets may be the saddest I've ever seen, however, it is still likely to be healthier than their GMO veggies in the next aisle.

4. **Supermarket fresh food**

My last choice. There are times though that I need some vegetables, and there are no markets. If I do buy from the supermarket I try to avoid the dirty dozen (tested to have more pesticides and chemicals on them), and these are: Apples, Peaches, Nectarines, Strawberries, Grapes, Celery, Spinach, Sweet bell peppers, Cucumbers, Cherry tomatoes, Snap peas (imported) and Potatoes.

How to save more money on your Healthy Eating choices:

While above is my list of preferences on which food to go for, there are also some great ways of cutting costs when the end goal is good healthy fresh food, such as;



- Join a **local community garden** – these are popping up all over the place, check your local council for a list, on what's near you.
- **Join a Local Coop**: Discounted group buying, there is a focus on organic – chemical free, as the group buys in bulk you all pitch in some help packing and share the savings. Search online for one near you, or for a smaller list [check here](#).
- **Find local harvest options** near you
- **Buy online**, there is surely someone selling something near you
 - [Santos Organics](#)
 - [Doorstep Organics](#)
 - [Honest to Goodness](#)
 - [Farmer House direct](#)
- Join the **Sharing economy**, swap your lemons or parsley for someone else's beans, some people are even happy to swap compost for food:
 - [Local produce swap](#) – if not listed here google for one near you.
 - [Ripe Near me](#)

Little steps lead to bigger changes.

We all have a say in how we live our lives, what we eat, and the small actions we can make daily for our own good health, that of our family, friends, community and planet. Each small action contributes, and while we perhaps can't change the world overnight, being conscious of our health, what and how we buy certainly contributes to the steps it will take to living in a more enlightened way, and in harmony with the world around us.

Be sure to enjoy your future fresh food purchases, and let me know if you have any tips that I might not have thought of, I'd love to hear them.

Sources:

[Swedes show how eating organic eliminates a family's pesticide load](#)

