

## WHY ORGANIC?

Organic farms are typically small family run businesses that practice sustainable agriculture. Buying organic benefits these small farms, the local economy and the environment.

## WHAT TO LOOK FOR, WHAT TO AVOID

- ✓ GO FOR “All Natural” – Buy foods without artificial ingredients. If you couldn’t grow an ingredient on a farm, don’t eat it.
- ✗ AVOID “hydrogenated” oils which contribute *trans* fats to foods which elevate the risk of coronary heart disease
- ✗ AVOID “high fructose corn syrup” which may increase the risk of cardiovascular disease and obesity

## SHOPPING GUIDE

Fresh or frozen, conventional or organic? Use this as a guide to decide where to spend your food dollars.

### FRUITS & VEGETABLES

*Best Bet, In Season* – Fresh; Organic if budget allows.

*Why?* Fresh produce in season is more flavorful and retains more nutrients. Shopping at farmer’s markets helps the local economy

*Best Bet, Out of Season* – Frozen, organic if budget allows.

*Why?* Fresh will be more expensive and of lesser quality during the off season.

### DAIRY

*Best Bet:* Milk – conventional; Cheese – conventional;

Yogurt – natural or organic

*Why?* Organic milk and cheese are very expensive. Conventional yogurt often has corn syrup.

### BREAD AND GRAINS

*Best Bet:* Natural or organic products

*Why?* Conventional products often have hydrogenated oils and corn syrup.

# GUIDE TO EATING FRESH & HEALTHY ON A BUDGET



## FARMER'S MARKETS

A farmer's market is a weekly gathering of local farmers who sell their freshly harvested products. Produce is often organic, super fresh and costs about the same as conventional produce in the grocery store.

**WHERE?** There is a farmer's market in downtown Durham on Monday afternoons and a big one in Portsmouth on Saturday mornings.

**INFO** – For more information, directions and hours check out <http://www.seacoastgrowers.org>

Local farmer at the Portsmouth, NH farmer's market



## GETTING THE MOST BANG FOR YOUR BUCK

Maximize your food budget! A few dollars saved here and there can be used to buy more expensive items like fresh produce, organic products, or prepared meals.

**BUY IN SEASON** – Food in season is less expensive because it's plentiful and doesn't have to be shipped thousands of miles. For information on what's in season, check out <http://www.eattheseasons.co.uk>

**FROZEN FOODS** – Frozen veggies are often of higher quality than out-of-season fresh. Organic versions are sometimes cheaper than fresh as well, so check them out!

**GROW YOUR OWN** – You don't need a huge yard – a sunny porch or balcony will do. Cherry tomatoes, lettuce, garlic, and herbs are easy to grow in pots, saving you a ton of money during the summer. For more information, check out <http://www.containergardeningtips.com>

**FREEZE FOR LATER** – Double the recipe when making soups or stews and freeze the extra in individual servings for a quick "convenience" meal in the future. It's cheaper than buying a prepared meal, and you will know exactly what's in it.

**BUY IN BULK** – Purchase non-perishable foods such as cereal or pasta to reduce the cost per serving so you may be able to afford the organic version.

### Money Saving Tips

- \* Don't shop hungry - you'll buy things you don't need
- \* Make a list and stick to it
- \* Reduce Waste - only buy what you can eat. Food in the garbage is money down the drain!!!