

Healthy on a Budget

At face value, healthy food can cost more, but there are ways to make these foods more affordable. Above all, eating healthy takes a commitment on your part. Changing the way you eat and your relationship to food are the first steps. It takes time, but the work is worth it. Practice these steps, and eating healthy will become second nature before you know it.



Plan meals. Setting aside time to prep ingredients like beans, rice, or quinoa makes preparing meals on the go a breeze. Build meals around foods you already have that will spoil soon. Make big batches of soups, stir fries, and casseroles, and store them in containers to take for your meals the rest of the week.

Eat seasonally. If produce isn't in season, it will cost more. Plan your meals around what's in season. You are better off buying canned or frozen produce in the off-season—they'll be less expensive and will taste better.

Buy in bulk. Processed and packaged foods cost more. Produce, beans, grains, cereals, pasta, peanut butter, dried fruit, etc. are *much* less expensive when purchased in bulk.

And the best part is you can buy as much or as little as you want. Buy just a bit of the spice you need instead of an entire container, which would eventually lose its flavor.

Cut out the middleman. Buy straight from the farm or at your local farmers market. Consider joining a CSA.

Grow your own food. Nothing is less expensive or more rewarding than growing your own food. Anyone can grow their own food, even in a city. Peppers, tomatoes, herbs, and more can be grown in pots, in a flower bed, and various other locations.

Purchase sale items—stock up for future use. Find produce items with minimal spoilage and use them right away for best results, or preserve them for later use.

Preserve. Can, freeze, or dehydrate batches of produce or meals for later use.

Choose foods that keep giving. A whole organic chicken might cost \$15, but it makes dinner for two, several sandwiches, and soup.

Gather food locally. Pick and preserve foods like wild blueberries for a fraction of what the frozen ones cost in the store. And you get to be outdoors!

Eat lower on the food chain. Vegetables and grains, on average, cost less than meat and dairy. Reducing the amount of meat and dairy in your diet results in cost savings to you and less impact on the environment.

Dust off the crockpot. Toss in the necessary ingredients in the morning, and come dinnertime there will be a meal waiting for you.

Control your portions. Organic meat isn't expensive if you are eating the proper portions. Consider sharing a steak rather than eating your own; the appropriate serving for meat is the size of a deck of cards.

Choose important foods to buy organic. Meat and dairy can contain hormones, antibiotics, and GMOs. Until you can incorporate a wider range of healthy foods into your diet over time, keep setting realistic goals for eating healthy and work toward them little by little.

Clip coupons. Tried and true. Some companies now have coupons you can print from their websites.

Expand your food horizons. Try different grains, vegetables, and fruits you haven't tasted before. Create new and exciting dishes to replace old standbys that might be quick, but aren't cost effective.

Changing the way you eat and the time you spend on food can be daunting. It's a good idea to get a friend or family member to join you on the journey. Having support is key. Our shoppers and staff are always willing to provide support and suggestions. Just ask!


marquette food co-op

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Most Important Produce to Buy Organic

Below are the 12 most contaminated fruits and vegetables, containing the highest levels of pesticide residue. Buying organic produce will greatly reduce the chance of pesticides affecting your body.

- Strawberries
- Blueberries
- Grapes (imported)
- Peaches
- Nectarines
- Apples
- Bell Peppers
- Potatoes
- Spinach
- Lettuce
- Celery
- Kale

Pantry Staples

All the foods listed below can be combined in a variety of ways to create quick, healthy meals. You can always add in your choice of meat or meat alternative.

- Brown Rice
- Dried Beans
- Quinoa
- Couscous
- Oats
- Lemon & Lime Juice
- Tamari, Soy Sauce, or Liquid Aminos
- Olive Oil
- Fresh Fruits & Veggies
- Dried Lentils
- Nuts/Nut Butters
- Honey
- Maple Syrup
- Raisins
- Pasta
- Baking Soda
- Baking Powder
- Lentils
- Whole Grain Flours
- Flax Seed
- Nutritional Yeast
- Balsamic Vinegar
- Apple Cider Vinegar
- Chickpeas
- Wheat Berries
- Spices: Thyme, Rosemary, Dill, Basil, Turmeric, Bay Leaves, Curry
- Vegetable Broth
- Bulk Teas

Quick & Healthy Meal Ideas

Couscous with fresh chopped basil and garlic. Add steamed carrots and celery and top with nuts.

Corn chips topped with cooked black beans or tempeh, lettuce, tomatoes, bell peppers, and salsa.

Quinoa with raisins, nuts, chopped coconut, Tamari, and herbs and spices.

Brown rice, red lentils with Tamari, chopped veggies, and butter.

Tempeh or tofu scramble with salsa, wrapped in a whole grain tortilla.

Toasted bread or crust topped with hummus and chopped veggies.

Quinoa, rice, or couscous, topped with stir fried veggies of your choice.

Whole grain pasta with olive oil, spices, fresh veggies, and nutritional yeast.

Garden salad with dried fruit and nuts.

Remember, whole foods are more nutrient dense (you need to eat less of them to feel full).

