



## Eating Organic on a Budget

### **Short on Money?**

Many people have expressed their desire to eat organic but think they can't afford it. I totally understand this challenge and have definitely stretched my own creativity tremendously to be able to eat organic on a very limited budget! Here are some foods that I have found to be inexpensive, go a long way, and are generally well liked by most folks (kids included! :) ).

- Organic brown or white rice - expands a lot in water, very nutritious and simple food, staple food in many countries! good with sea salt & coconut oil & cinnamon :) or w veggies and nuts/beans for supper!
- Organic steel cut oatmeal or whole oat groats (in their unprocessed state) if you can get them (look like grass seed or horse feed!). Since they are in their original state, they take longer to be absorbed in the digestive process, so they stay in the system providing long burning energy for a while. They are best if soaked overnight in filtered water (helps with digestion process; pour off soak water in the AM and give to your plants, they love it!) and then either cooked like rice, ground in the blender and cooked like a porridge (my favorite - super creamy and small amount expands a lot in cooking process!), or ground or kept whole and eaten raw, with some fresh or dried fruits, nuts, seeds, cinnamon, soymilk/coconut/almond milk if desired, sea salt, etc. If you are not able to find the whole oat groats, steel cut oats are also very good and are more readily available.
- Organic bananas - the least expensive fruit, very high in energy and other good minerals; good for depression & will give you lots of energy! If you can eat several ripe bananas a day in the AM or late afternoon, will perk you while waiting for rest of food to cook
- Organic sesame/flax/sunflower seeds - also very energizing, good with bananas, sea salt
- Organic dried green split peas or any kind of dried beans / lentils - great protein source, not too expensive, and yummy! It's best to start from dried vs. canned, a lot less expensive that way. You can find a wide variety of organic dried beans and lentils in the bulk bins at Whole Foods or other natural grocery stores. There are many different types of beans to choose from and they are a very inexpensive source of protein. I don't bother with presoaking the smaller beans as they cook quickly enough (20 minutes) without the presoaking time. It does make them easier to digest if presoaked but not necessary. Also make sure to get just the plain



dried beans, not a soup mix - you will save a lot of money that way and you can customize it as you like at home.

- Cooked organic carrots - very versatile, good with coconut/sesame oil, cinnamon, sea salt :) or cooked together with split peas, potatoes, rice
- Cooked organic potatoes or sweet potatoes - super good for you, great comfort food, and portable for lunch / travel if cooked whole in advance at home.

Hope this helps give you some simple, inexpensive ideas to get started with in your cooking adventures!

Best,

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Go Veggie Girl, LLC