

# Should I Buy Organic Foods?

## What does organic mean?

Organic foods are not produced with any man-made or artificial chemicals, either to kill weeds, pests or fertilize plants.



## Is eating organic healthier?

While chemicals used on non-organic produce can be harmful in large amounts, science has not yet proven whether we eat high enough amounts to cause damage. Children may be at a higher risk than adults because they are smaller.

## What is the bottom line?

It costs more to buy organic food and non-organic, so it is best to buy as many fruits and vegetables as you can afford and choose organic when you are buying produce that normally tends to be high in pesticides. (like strawberries, potatoes, pears, apples, celery and bell peppers)

Instead of buying organic you can buy produce grown locally at your farmers market or grocery store. Foods grown locally need less pesticides because they do not travel as far. They are also fresher than produce grown farther away.

# Check this Out!

GET 5 Servings of Fruits & Vegetables a Day.  
With \$10 in Food Stamps you can buy:

- 4 Oranges
- 1 can Pineapple
- 3 Bananas
- 1lb bag Carrots
- 3 lb bag Onions
- 4 Apples
- 1 small head of Cabbage
- 1 can Corn



EATING HEALTHY  
ON A BUDGET



## Why Plan Meals?

To help you follow a healthy diet:

- Include foods from each food group and include plenty of fruits and vegetables.
- If a food in your meal is higher in fat or salt, serve it with a low fat/low salt food like a vegetable or salad.



To help you save money!!

- Before you go food shopping: decide what meals to cook for the week, make a grocery list and only buy what is on that list. This will help you avoid expensive impulse buys!

To save time and effort

- When you plan meals, all the food you need is on hand which means less trips to the grocery store. You

## Money Saving Tips

1. Use planned leftovers: Serve half a meal and freeze the rest for later use or cook a large amount at once, divide it into family portions and freeze for meals later in the month.
2. Look for coupons for foods you plan to buy: Coupons save you money only if you actually need the product. You can also find specials in newspaper ads and circulars.
3. Look for bargains on day-old bread.
4. Buy regular rice, oatmeal and grits instead of instant and flavored types.
5. Try store brands, which usually cost less than name brands.
6. Compare cost of “convenience foods” with the same foods produced from scratch.



## Nutrition Tips

1. Buy fresh fruit in season. This is when they cost less.
2. Buy chuck or bottom round meat instead of sirloin meats. They have less fat and cost less.
3. Use dry beans and peas sometimes instead of meat. They cost less, provide many of the same nutrients and have less fat.
4. Try whole grain bread and brown rice.
5. Read Nutrition Facts label and choose the product with the least amount of fat, sodium and calories.

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	
* Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 30mg 30mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g