

The trick to eating green affordably is usually planning and cooking ahead of time. We are all busy but if you can set aside around four hours a week to prepare food you can actually save money in the long term.

Buy in bulk

Bulk products are almost always cheaper. You can get organic options, and if you bring your own bags and containers you won't have any waste. These are usually dried products that will require some preparation.

Buy local

Local produce is also often cheaper than industrial options. They keep money in your community and reduce the carbon emission used to transport the food.

Buy seasonally

When food is in season near buy the price will suddenly drop.

Eat more Plants

Organic meat can get very pricey, and eating less meat is good for the environment for many reasons.

Don't Waste Perishables!

Remember what you buy and make sure you use it in time or freeze it before it goes bad. Wasted foods lose you money and harm the environment

Tips and Tricks

Save vegetable odds and ends in the freezer. You can use this to make vegetable stock later.

Prepare oatmeal in a jar. That way when breakfast comes along, all you need is some water and a microwave. Organic oats bought in bulk are one of the cheapest breakfast you can get.

Boil up some bulk beans at the beginning of the week. Beans take about 2 hours to prepare but once they're cooked you have a quick source of protein you can throw into any meal.

Frozen soup is always a good backup to have if you're in a rush.

Bake some snack foods for when you're on the go. Snack foods tend to be more expensive and have a lot of packaging.

Affordably



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Sebastian Fury

Just now ·

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Eating Green



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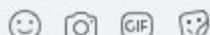
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