

Greener Day 5

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Take notes of practical ways a student can use these tips to incorporate more FLOSN foods into shopping habits. Fresh, Local, Organic, Seasonal, Non-GMO

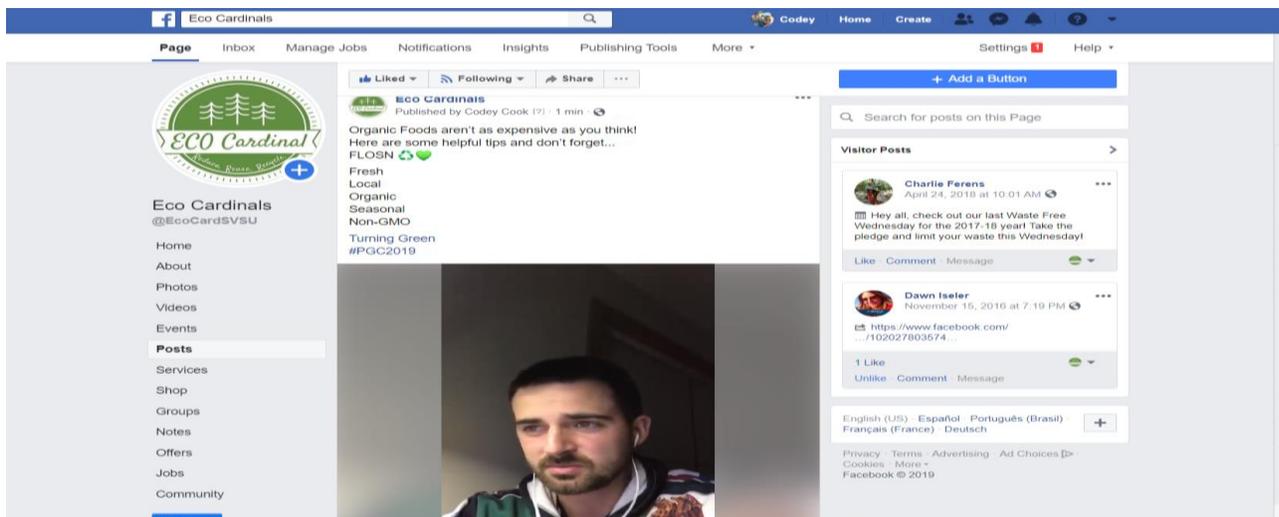
Notes:

Think of each dollar as a vote, “Every time you spend money, you’re casting a vote for the kind of world you want”, Anna Lappé. We need to shift our spending to make a norm of show sustainably.

Helpful tips to save money: 1.) Make a list before going and categories it, not while you’re in the store. Saves time walking from section to section. Lists also help with buying in bulk. Saves money, gas and time. (*idea: make a list in your notes on your phone, that way you can check off what you have and uncheck off what you need the next time you go, saves paper*) 2.) Buy seasonal when fruits and vegetables are least expensive. Example, apples and squash in the fall. For the spring/summer you have broccoli, cabbage and raspberries. (for Michigan at least) 3.) Cut down on meat. One red and white meat per trip. No meat Mondays challenge! 4.) cook your own meals and cook once, eat twice. Cook a meal big enough for leftovers that supplies more than one meal after wards. 5.) compare your options when it comes to dollar per pound. (*idea: look online before leaving, add to list so you don’t have to spend time at the store*) 6.) if going to the grocery store is a must then buy house brands and not name brands, usually cheaper.

Reusable/reduce options: 1.) empty glass jars can be used for contains to fill nuts, sugar, trail mix, quinoa, pasta, etc. 2.) use the freezer, helps with food waste and longer lasting food.

Buying organic: 1.) meats and dairies are the most in important to buy organic because of the pesticides, anti-biotics and cancer-causing hormones. 2.) Organic coffee over McDonalds or Starbucks. 3.) research and look for the organic or non-GMO symbols on packages. 4.) if possible, grow your own food.



The image is a screenshot of a Facebook page for 'Eco Cardinals'. The page header shows the name 'Eco Cardinals' and a search bar. Below the header, there are navigation tabs: Page, Inbox, Manage Jobs, Notifications, Insights, Publishing Tools, and More. The main content area features a post from 'Eco Cardinals' published by Codey Cook. The post text reads: 'Organic Foods aren't as expensive as you think! Here are some helpful tips and don't forget... FLOSN 🌱🌿'. Below the text, there is a list of categories: Fresh, Local, Organic, Seasonal, Non-GMO, Turning Green, and #PGC2019. A video thumbnail is visible at the bottom of the post. On the right side of the page, there is a search bar for posts on this page and a section for 'Victor Posts' showing two posts from Charlie Ferens and Dawn Iseler. At the bottom of the page, there are language options (English, Spanish, Portuguese, French, Deutsch) and links for Privacy, Terms, Advertising, and Ad Choices.