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Top 7 Ways To

SAVE MONEY

On Fresh Produce

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Raw Food Magazine

About This Guide

Want to eat high-quality, organic raw food but don't want to pay an arm and a leg for it?

Us, too. That's why we put together this guide.

Here you will find the top 7 methods we have learned over the years to save money on delicious, healthy food!

We hope it helps :)



1

Look High And Low

Did you know brands actually pay to have their products positioned at eye level in grocery stores? Big companies spend lots of time and money on grocery store psychology and marketing.

Because of this, the most expensive products tend to be the easiest to see and to reach.

So, before grabbing the first item you see, check the lower and upper shelves for lower cost alternatives of the same item. Get down to kid level. Inspect the very top shelf.

Grocery stores often offer privately-labeled organic products just above, below or down the aisle from expensive name brands.



2

Use Digital Coupons

Remember the coupons you used to receive in the mail or cut out of the newspaper? Maybe you still use them, maybe you don't, but the art of coupon-ing is alive and well. And, you don't have to spend hours clipping them either!

Most grocery stores now publish their coupons online as well as in print. This is great news because they are easy to find and save you time finding exactly what you need.

Before heading to the store, *especially* if you plan on buying some pricier items, do a quick Google search or check your local grocery store's webpage, to see what their current deals and discounts are.

You just may find a smoking deal or notice a nearby store has lower prices.

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3

Buy Groceries In Bulk

To save a serious amount of cash, buy your organics in bulk whenever possible.

Dried bulk items like nuts, seeds, legumes and dried fruit are easy to store in airtight containers for months at a time.

If you find great deals on fresh, seasonal fruits or veggies, buy that in bulk, too! You can always freeze or dehydrate the extra to use for later.

Other staple items like coconut oil can be purchased in bulk online and come in giant tubs. This is a great option if you have other health-conscious friends and family nearby. You will pay a much lower unit price, can split the cost with friends and all be set on coconut oil for the year.



4

Ferment At Home

Fermented foods are a critical part of a healthy diet and keep your gut in tip top shape. Unfortunately, raw yogurt, kefir, kombucha and other cultured foods can get pricey.

Fermenting your own foods at home is a surprisingly easy alternative and a fraction of the cost.

With a mason jar, can of full-fat coconut milk and pro-biotic capsule you can make creamy, delicious raw yogurt.

You can buy a SCOBY (symbiotic colony of bacteria and yeast) for brewing your own kombucha for about \$10 and use it for years.

Finally, you can make your own sauerkraut or pickled veggies with items you probably already have. Just try it; it's fun!

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Grow Your Own

If you haven't already started a garden, you've likely heard this advice over and over again. We get it, starting and maintaining a food garden sounds like a lot of work. And, if you are trying to grow all of your food, it certainly can be.

But, if you are trying to eat healthy and save money, growing even a few herbs and veggies is the way to go.

You don't need a yard or sunny climate to save money growing your own food. Just a couple pots in your kitchen will do.

We recommend starting with your favorite herbs (that tend to be expensive purchased fresh at the store) like mint, basil, parsley and chives. These also tend to be super easy to grow indoors.

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Know Your Farmers

During the growing season, you can find some of the best deals on organic produce at your local farmer's market. Plus, you will know where your food is coming from and be supporting your local economy.

You can take it a step further by making an effort to meet the farmers in your area. You may be able to score some deals buying fruits and veggies in bulk directly from the source, instead of at the store.

Check to see if your town offers a CSA (Crop Share Association) program or other grocery subscription service. While these services can sometimes be more expensive, if you try to buy 100% organic, a CSA membership may save you money (and definitely time!) in the long run.

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Order Items Online

Depending on where you live, ordering grocery items online may be necessary.

While we try to buy our fresh produce from local growers, buying groceries online definitely saves us money on specialty, harder-to-find ingredients from brands we trust.

For supplements (raw protein or green powder), superfoods (maca, cacao, lucuma, goji berries...), and specialty items (black salt, coconut aminos, mesquite...) even if you can find them locally, they often cost less online.

It's a great money-saving habit to check prices online before buying in the store. Just make sure you place a new order before you run out since you'll have to wait a few days for shipping.

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Thanks for reading!

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or would like to share YOUR best
advice for saving money on raw food,
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