



Organics on a Budget

Choosing organic food can be one of the best investments in your family's health. Organic produce offers higher nutrient density, fresher quality, less exposure to toxins like pesticides, and richer flavours.

WHY CHOOSE ORGANIC?

- **Health Benefits:** Organic produce minimises exposure to harmful pesticides and chemical residues, which is especially important for growing children.
- **Nutrient Density:** Organic fruits and veggies are often richer in nutrients and antioxidants.
- **Taste Better:** Fresher and full-flavoured produce enhances the enjoyment of meals.
- **Environmental Impact:** Organic farming practices support soil health and biodiversity.

While organic produce can be more expensive, there are practical ways to make it more affordable and accessible for your family. This guide will help you navigate organic choices without breaking the bank!

SHOP SMARTER

- **Farmer's Markets:** Explore your local farmer's market for organic stalls offering fresh, local produce.
- **Direct Farm Purchases:** In rural areas, check for farm gates selling organic eggs, honey or other products.
- **Buying Groups:** Team up with friends to shop in bulk at wholesale markets, reducing costs for everyone.
- **Bulk Purchases:** Stock up on discounted organic items like bananas - freeze them for smoothies or bake banana bread.
- **Grow Your Own:** Start a small garden or join a community garden to enjoy homegrown organic produce.

START SMALL

Switch one food or food group at a time, focusing on what your family consumes most frequently.

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PLAN AHEAD

- **Meal Planning:** Avoid over shopping and reduce waste by planning meals. Not sure where to start? Check out our meal plans [here](#).
- **Buy Seasonally:** Seasonal produce is more affordable, nutrient-dense and flavourful.

PRIORITISE WITH THE DIRTY DOZEN AND CLEAN FIFTEEN

The Environmental Working Group (EWG) releases annual lists highlighting produce with the highest (Dirty Dozen) and lowest (Clean Fifteen) pesticide residues. This helps prioritise which items to buy organic and where you can save by buying conventional.

AUSTRALIA'S DIRTY DOZEN (most important to buy organic)

1. Strawberries
2. Spinach
3. Collard greens, lettuce, kale and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Green beans
9. Pears
10. Blueberries
11. Capsicum
12. Cherries

AUSTRALIA'S CLEAN FIFTEEN (least important to buy organic)

1. Avocado
2. Sweet corn
3. Pineapple
4. Onion
5. Papaya
6. Frozen Peas
7. Carrot
8. Asparagus
9. Sweet Potato
10. Mango
11. Kiwifruit
12. Cabbage
13. Mushrooms
14. Honeydew melon
15. Watermelon

ADDITIONAL SAVING TIPS

- **Dry Goods:** Opt for organic canned or tinned products when fresh isn't available.



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ADDITIONAL SAVING TIPS CONTINUED...

- **Reduce Waste:** Use leftovers creatively to make soups, stir-fries or smoothies.
- **Stay Flexible:** Buy local and in-season when organic options aren't available.

AND FINALLY...

Choosing seasonal, local and organic produce is great for your health, tastebuds and the environment. But if that's not possible, it's still important to eat plenty of fruits and vegetables - any fruits and veggies are better than none!