



Eating Plant-Based on a Budget

Suggestions from Jeff:

Join a CSA (Community Supported Agriculture) available at your local Farmers Market and St. Joe's Farm.

Shop in bulk at By The Pound (spices, beans, lentils, nuts, grains). Many bulk items are available at your local grocer or People's Co-op.

SNAP recipients can get Double Up Bucks at Farmers Markets.

Learn to batch cook and freeze in portions.

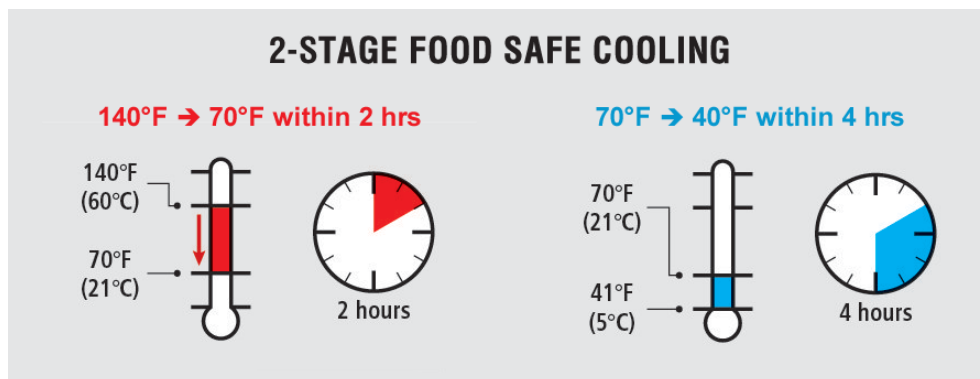
List you 25 go-to meals and find plant-based replacements that you love.

Make your own plant-based milk alternatives.

You must make a commitment to cook if you want to eat a healthy diet.

Learn to cook without oil <https://www.arespectfullife.com/2018/05/06/cooking-without-oil/>

Prevent spoilage with proper cooling techniques. Refrigerate foods under 41°F.



Consider the expense of medications and doctors visits.

See: Lifestyle Medicine and Economics: A Proposal for Research Priorities Informed by a Case Series of Disease Reversal <https://www.mdpi.com/1660-4601/18/21/11364/htm>

Suggestions from Howard:

Buy in season produce in bulk from Farmers Market or farm stand.

- Winter
 - Cauliflower, cabbage, kale, broccoli, dark leafy greens
 - Oranges, grapefruit, lemons, tangerines
- Spring
 - Asparagus, broccoli, beets, parsnips, peas
 - Strawberries, blueberries, tangerines
- Summer
 - Summer squash, green beans, tomatoes, eggplant, peppers, corn
 - Watermelon, nectarines, peaches, melons
- Autumn
 - Cabbage, swiss chard, leeks, butternut & acorn squashes, sweet potatoes

Buy a Vacuum Packer

Vacuum pack mason jars

Dollar store options are always available. Think canned goods, XXXXXXXX etc

Ethnic markets are inexpensive (Mediterranean, Hispanic, Indian) and often found on bus routes.

Grow your own food, don't forget about community garden plots, Square Foot gardening for small plots.

Be mindful of 'The Dirty Dozen' list – the 12 foods you should buy organic

<https://www.eatingwell.com/article/15806/the-dirty-dozen-12-foods-you-should-buy-organic/>

The Dirty Dozen: Strawberries, Spinach, Kale/Collards/Mustard Greens, Nectarines, Apples, Grapes, Cherries, Peaches, Pears,, Bell & Hot Peppers, Celery, Tomatoes

The Clean 15: Avocados, Sweet Corn, Pineapples, Onions, Papayas, Frozen Sweet Peas, Eggplant, Asparagus, Broccoli, Cabbage, Kiwi, Cauliflower, Mushrooms, Honeydew Melon, Cantaloupe.

Additional Resources:

Plant-Based on a Budget website: <https://plantbasedonabudget.com/>

Broke Bank Vegan website (includes recipes with estimated ingredient costs)
<https://brokebankvegan.com/>

Physicians Committee for Responsible Medicine (PCRM) vegan starter kit
<https://www.pcrm.org/veganstarterkit>

Nutrition Facts website – great resource for all things vegan nutrition related <https://nutritionfacts.org/>

Dr. Michael Greger’s Evidence Based Plant-Based Eating Guide <https://nutritionfacts.org/healthkit/>

Plant-Based Pantry Staples List <https://www.arespectfullife.com/2018/03/22/plant-based-pantry-staples-vegan-pantry/>

42 VEGAN Dollar Tree food products <https://easyveganmealprep.com/vegan-dollar-tree-food-products/>

Cooking Without Oil Tricks & Tips <https://www.arespectfullife.com/2018/05/06/cooking-without-oil/>

Washtenaw Optimal Wellness (WOW) website <https://washtenawoptimalwellness.org/>