

Your Guide to Eating Healthy

When beginning to prioritize healthy eating, it can be challenging to figure out where to find the necessary ingredients and foods. It can also sometimes come at an added cost, which is why we have created this guide to help you! When looking to eat healthy on a budget, planning is key. It is important to focus on shopping locally and seasonally, and utilizing discount websites to stock up on some of your favorite healthy options.

Misfit Market:



What is it?

Misfit Market is a company dedicated to making affordable, high quality food more accessible while simultaneously breaking the cycle of food waste. Misfit market works directly with farmers to rescue organic produce that might otherwise go to waste, then deliver them straight to your door.

How does it work?

You will sign up for Misfit Market on their website. Depending on your location, Misfit Market may or may not be available to join. If there are deliveries in your local area, you will choose a day of the week to have your produce box delivered. About a week before your delivery, your ordering window will open and you have 72 hours to choose which produce and pantry items you want to add to your box. A minimum dollar amount is needed to order the box, and if this minimum is not met you will not be able to get a box ordered for that week.

How much does it cost?

Misfit Market is free to join and has a weekly minimum of \$35.00. In addition to this, a 5.95 flat fee is added to each order for shipping.

Imperfect Foods



What is it?

Imperfect Foods delivers sustainable, affordable groceries right to your door. Similar to Misfit Market, Imperfect Foods is a weekly produce box delivered to your door. Imperfect Foods gets its name because several items delivered will present with quirky looks and odd shapes. While the produce is completely safe to eat, these types of items would not sell in a store due to their looks.

How does it work?

You will sign up for Imperfect Foods on their website. Once you are signed up and choose a box size, Imperfect Foods will auto populate your cart each week with items it thinks you will like. You are free to remove any item you do not like and have free reign over everything you order. Imperfect Foods carries both organic and non organic options, so if seeking all organic it is important to read what you are adding to your cart. Depending on what you decide, a shipping calculation will be done and your box will ship out. Imperfect Foods ship out weekly, and you must log in and skip an order if you do not want to be charged a week for a box.

How much does it cost?

Imperfect Foods prices all items individually just like a regular grocery store. As you add and remove items as you shop with us, the price of your order will adjust accordingly! You'll only pay for what's left in your order at the close of your shopping window, alongside a delivery fee of \$4.99 - \$8.99, depending on the area. There are no subscription or service fees—ever.

Thrive Market



What is it?

Thrive Market is a membership based online market filled with organic meats, pantry items, health & beauty items, cleaning supplies, wine and so much more. Everything that is sold on Thrive Market has to meet quality standards put in place, and items are categorized into categories such as Whole 30, AIP, Paleo, Organic, Vegan, etc.

How does it work?

Thrive Market has a monthly membership fee to order. Once a member, easy ordering can be done from your computer straight to your home. You can save up to 30% savings from pricing in the stores, and even put items on autoship so you never have to worry about running out

How much does it cost?

Thrive Membership costs \$5/month and can be cancelled at any time. If you refer others to Thrive Market and they sign up with your link, you can receive \$25.00 of an order.

Azure Standard



What is it?

Azure Standard is a bulk buying coop offering high quality organic food, natural beauty, nutritional supplements, animal feed, organic gardening and so much more.

It is open to anyone to order and pick up is either through delivery to your house or a local pick up site of your choice.

How does it work?

In order to get started you will create an account on the Azure Standard website. You will select a local drop near you, place your order, and be alerted when the delivery cut off is close. When you meet the truck on delivery day, your order is individually boxed with your name on it and ready for you to take home.

How much does it cost?

Azure Standard is free join. If you opt to pick up a local drop off site, your order will be free to ship. If you prefer to have all orders delivered to your house, there will be a UPS Or USPS delivery fee.

Vitacost



What is it?

Vitacost is an online marketplace to buy discount vitamins, supplements, health foods, beauty products & more. The website is categorized into Beauty & Personal care, Snacks, Vitamins & Supplements, Breakfast foods, etc; making shopping for items super easy. Items range in terms of quality, and the level of standards for items on Vitacost is significantly less than Thrive Market. While still safe to buy from, it is more important to read the labels and ensure what you are purchasing is good quality.

How does it work?

Simply head to the website and begin ordering. There is no membership fee in order to order so you can get started right away.

How much does it cost?

Vitacost is free to join. You will pay for the items you buy and a small shipping fee on each order. Sales happen often on Vitacost.com, so you can almost always buy items on this website for 15-20% off with coupons.

Shop locally & seasonally

While shopping organic is something to really aim for when in the grocery store, there is nothing quite like shopping locally and buying in season. After a quick discussion with your local farmer, you could easily find out if the practices they are using are sustainable practices. Organic farming is very expensive and many small farms are using better practices than “organic” but fail to have the means to afford the certification. Don’t be afraid to ask the farmer what sprays if any they are using, what they use to keep the bugs out, and what their farming practices look like. The less chemicals & sprays they are using the better!

In addition to this, take advantage of the local farmers market. Buying in season will not only come with a lower price, but a higher nutrient value! The more we can buy what is in season, the more nutrients and essential vitamins/minerals we will receive!

Shop sales and local ads

Every week local grocery stores put out weekly sale flyers with items that are on in the store. While a little more effort is needed to browse through these flyers, shopping the sales can save you a lot of money. Stock up on organic meat when it is on sale, meal plan your meals according to the produce that is on sale, and fill your pantry with affordable staples at a lower cost!

Meal planning

Food waste is a huge problem in America, and a little meal planning can go a long way in terms of minimizing food waste and cutting back on your grocery meal. Pick a day each week that you will map out what you and your family will eat for breakfast, lunch, and dinner and create a grocery list in accordance with that plan! This will not only help in knowing what you are eating each day, but it will help minimize over and under buying throughout the week.