

Organic, Grass Fed, and Free Range: Take Home Resources

Tips on Getting More Bang for Your Buck

- Purchase organic when able. Prioritize purchasing organic for [the dirty dozen](#) if your budget allows.
- Buy organic items, especially non-perishable items, in bulk at wholesale stores like Costco.
- Milk, yogurt, and eggs offer high nutrient density at lower cost, as do many canned and frozen foods.
- Purchase grass-fed dairy and beef as well as free-range eggs if you have health concerns about chronic illness or other environmental concerns (you can stay current on market trends by being aware of the [Monthly cost of grass fed beef](#) or [Lamb and goat prices](#)).
- Organic canned and frozen foods have a higher shelf life.
- Freeze fresh organic produce before it goes bad to better utilize it.
- Grow your own herbs and produce if you have the resources, or join a community garden that practices organic gardening/farming.

