



Chirothots

By Dr. Tim Wood



Eating Well On A Budget

Just like having a healthy nervous system, eating well is obviously a major determinant of your long term health and a common topic of our Chirothots. I have gone into depth before about what foods your body requires for optimal health. To recap, it is simple, you only NEED fruits, vegetables and healthy meats to be at your inborn potential for health. The rest is low nutrient density foods that are very filling and take away room in your stomach that should be filled with more fruit vegetables and meats and their high nutrient density. Organic fruits and vegetables are the best as studies repeatedly show they have up to 80% more vitamins and minerals but I often hear people complain about their price. Many people think this is an expensive way to eat but in reality the \$5 you spend on a health reducing bag of Oreo cookies or other snack could get you health enhancing food like five organic avocados, or a bag of organic apples if you know where to buy it from! Many people have asked me about how to eat well on a low budget so I will cover that this week and help you eat well for less.

FRUIT & VEGETABLES

1. By far the best budget source of organic fruits and vegetables is the Urban Harvest warehouse sale. Their normal service is delivery of the best produce to your door but Saturday mornings they sell off their un-delivered produce at reduced prices. When I have compared their price to non-organic produce at grocery stores I have been pleasantly surprised to find they are almost the same and the produce is amazing and local when possible. The sale happens from 9-1 on Saturdays at 806 Crowley Ave. Check out www.urbanharvest.ca for a list of what they have that week.
2. Another great option for making local organic food more affordable is buying bulk when the food is in season. This can happen through Urban Harvest or the Farmer's Market. Sproule and Sons and Forbes Farms are both organic booths that sell by the box for about half the cost per pound. If you don't mind some bruises you can get seconds for half the price of normal! Buy peaches, berries, melons, etc. and **freeze them** for healthy local, organic fruit all year round for far less than the cost of non-organic fruits in winter.

HEALTHY MEATS

1. The only healthy red meats are grass fed beef and wild meat. These are great sources of essential fats just like wild salmon is. This is available from Vale Farms through the Farmer's Market, Nature's Fare, and Abaco Health but buying it piece by piece is quite expensive. The most cost effective way to eat this type of meat is to buy a half, quarter or eighth of a grass fed cow and **freeze it** or find friends who are hunters and will sell you some of their elk, moose or deer. Contact Vale Farms in Lumby at 1-866-567-2300 or www.valefarms.com. You can also choose to eat less expensive cuts of healthy meats instead of buying more expensive cuts of normal meat.
2. Wild salmon is a great source of essential fats and protein but can be high in mercury. Choosing pink, chum or sockeye salmon ensures it is less toxic as they feed on plankton not other fish. Buying it by the fillet is fairly expensive, especially when it is not in season. The alternative is to stock up on salmon when it is in season and **freeze it**. When it is in season you can buy the whole fish for a fraction of the cost per pound of a fillet (around \$6 / lb!). Fish shops like Codfathers or Hooked On Seafood will even fillet it into meal size portions, vacuum pack it and freeze it for no extra cost! We buy them when the cost is lowest in the season and get them done up the morning the truck arrives with them fresh from the sea!

OTHER FOODS

1. **DAIRY** – We recommend not eating dairy as a staple in your diet! For cheese, yogurt, etc... organic is best but it is more expensive. There is a local dairy in Sicamous called D Dutchmen Dairy that uses similar natural organic principles for their dairy but it is not certified organic so it is the same cost as non-organic. Their products are a less expensive alternative to organic dairy and can be found at Nature's Fare and possibly at other grocery stores.
2. **ORGANIC SNACKS, ETC...** We find the sales items at Nature's Fare, Choices and Abaco Health allow you to stock up on organic foods for the same cost as non-organic. Almond milk is the best alternative to dairy and is around \$3.50 a litre normally but if you buy it when on sale it is around \$2 a litre so we buy cases of it then. Stores like Costco are carrying more and more organic foods at great prices. They are boxed, processed foods and last a long time so they should not replace whole natural foods in your diet. The best snacks are dried organic fruit and raw nuts. The best source is Real Raw Food (www.realrawfood.com) who sell their goods at the Urban Harvest Warehouse sale only on the 3rd Saturday of each month. You can buy large bulk packs which really reduces the cost.
3. **DRINKS** – Only drink water!(spring water is best) That is cheap!

If you are eating local, organic fruit, vegetables and meats you are getting high nutrient rich foods that nourish your body. You save a ton of money by not needing many supplements. By planning ahead and using a deep freeze you can eat this way all year round and enjoy the bounty of the Okanagan for less!