

# The Organic Hullabaloo!

Julie Maree Wood



Everywhere you look in the media there is someone writing or talking about the benefits of organic food. Many of us agree that organic food is fantastic but we don't have \$300 a week to spend on fruit and vegetables that look like they were picked 6 weeks ago! To eat organic food on a budget is a challenge, but with some compromise and a little extra shopping time, it can be done.

There really are many benefits of having at least some organic food in your diet. Perhaps the biggest reason to eat it is one that is often overlooked. Organic food must be all organic and so cannot have any terrible fillers, preservatives or anything artificial in them. They must be pure and organic to be badged as such. Buying organic (particularly staple foods such as flour, milk, tomato sauce, etc) is an excellent way of knowing that your family is not filling up on 282, 202, 356 or any other 'ingredients' that food manufacturers feel the need to include in their 'food'.

There are a number of options when considering introducing or boosting the organic food ratio in your family's diet.

- Buy all organic (and perhaps refinance the house to support this brave move!).
- Buy organic staples.
- Buy organic fresh food.
- Buy conventional foods and a portion of organic fresh and staple foods.
- Grow your own organic fruit and vegetables.

Locally, some of the best local organic fresh foods are available from the Orange Grove Farmers' Market every Saturday Morning from 8am-midday at the Orange Grove School. The market is filled with beautiful organic produce picked only a day or two before. It is a winner on taste and budget. There are a number of fresh providers there so shop around as the prices and range does vary. The markets also have organic chicken, meat and eggs. The other fresh option is to have it delivered (eg. [lettucedeliver.com](http://lettucedeliver.com)). You can nominate a box size (eg. \$20 box, \$50 box, etc). The only downfall of this is that you do not see the produce and you often get the same selection a few weeks in a row, as fresh organic produce is seasonal.

The best staples: Coles and Woolworths both have excellent organic staples (branded Coles and Woolworths). The shop branded staples are often the same price as the leading brand in that category. For example, Coles Organic Pasta is around the same price as conventional San Remo pasta. Coles has great organic tomato sauce, tinned legumes, flours, milk and meat. Most of Coles' organic staples are in the health food aisle (near the sauces). Woolworths organics are grouped in the health food aisle (opposite the deli), but are also scattered around the store.

Even adding just one or two organic foods into your or your family's diet will help to reduce the amount of artificial ingredients and other additives their body needs to cope with.

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