

Project Green Challenge

Day 8 (GREENEST)

I chose to use last weeks shopping list to complete this activity to get a sense of where I'm at. Then next week I'll use it to see where I can improve!

My shopping list from last week:

Bulk	Produce	Produce continued	Other
Oats	Berries	Greens	Garlic
Honey	Apples x3	Celery	Four Tortillas
Peanut Butter	Pears x2	Spaghetti Squash	Almond Milk
Quinoa	Bananas x3	Asparagus	Black Beans
Chia Seeds	Avocados x3	Tomatoes x 4	Veggie Stock

Pricing:

Organic- \$1.25/lbs @ 1 lbs/week	Frozen- \$2/bag @ 1 bag/week	Organic- \$5 total	\$0.58
Local Organic- 4\$/ personal jar filled @ ¼ jar/week	Local Organic- \$2.50 total	Organic- \$4 total	\$5/bag (1 bag last 2 weeks plus so \$2.50/week)
\$2/Lbs @ .5Lbs/week (\$1/week)	Local Organic- \$2 total	Around \$3 total	\$3
Organic- \$3/lbs @ .5Lbs/week (\$1.50/week)	\$0.50 total (on sale)	Organic- \$4 total	1\$/Lbs @1Lbs/week
\$6.20/Lbs @ .25Lbs/week (\$1.55/week)	Organic- \$3 total	Local Organic- \$3 total	\$2.50

Price total: \$46.38 (That leaves enough for a bulk candy snack!)

Price per meal (average): 5 days X 5 meals=25, 50 (rounded up)/25 meals= \$2 per meal

Meals:

Breakfast- Oatmeal with honey and berries

Smoothie- Almond milk, ½ avocado, ½ banana, handful greens, handful berries, chia seeds

Lunch- Tortilla wrap with quinoa, asparagus, tomatoes, greens, and garlic

Snack- Peanut butter tortilla wrap and apple or pear

Dinner- Spaghetti squash with tomatoes, beans (cooked with stock), and/or quinoa

Tips:

Shop around for the best deals: I shop at a combination of the local Co-Op, the farmers market when in season, and WINCO. The farmers market is the best for local organic foods, and the cheapest option, but they don't always carry everything, and the season is short. The Co-Op is second for organic and fairly local (they stick to the west coast and Mexico occasionally) with produce at a fair price, but other more mainstream items (such as almond milk) too jacked up in price. WINCO sells these jacked up items at a fraction of the cost (the same exact brand of almond milk is 2\$ cheaper at WinCo...).

Know about sales and discounts: For instance, I shop at the Co-Op on Fridays because students get an automatic 10% discount- that adds up over the year! And WINCO is always advertising deals and coupons.

Realistic?:

This meal plan is very realistic to me because it is one I implemented last week. I am short on funds, but I won't sacrifice my health and satisfaction from my food. I personally am okay with eating relatively the same thing every day for a week, but I know others like to mix it up more than I do. I don't think mixing it up has to be drastically more expensive though, if you research and do it right. There are plenty of easy cheap recipes out there- and often I make up my own using whatever is left over or hanging out on my bookshelf pantry in my dorm!

-Hannah Elizabeth

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