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Grand Valley State University

Day 8 - Food, Greenest

# Fresh Local Organic Seasonal Non-GMO Shopping List

(Daily menu can be found on the next page.)

OATMEAL - \$2.19 18OZ

RASPBERRIES - \$3.5

VEGGIE SOUP:

WHITE ONION - \$6 FOR 7

CELERY - \$1.5 FOR 2 STALKS

TOMATO - 30 FOR \$12 (THE FARMERS MARKET HAD A GREAT SALE...)

CARROTS - \$4 FOR 6 LARGE CARROTS

GARLIC - .32 CENTS FOR 1

VEGETABLE BROTH - \$5 FOR 64OZ

SWEET POTATO TACOS

SWEET POTATO - \$2.50 FOR 3

WHITE ONION - SEE ABOVE

TOMATO - SEE ABOVE

CARROTS - SEE ABOVE

GARLIC - SEE ABOVE

ZUCCHINI SQUASH - \$1.5 FOR 2

FLOUR TORTILLAS - \$2.5

APPLES - \$3.5 FOR 8 APPLES

BANANAS - \$2.5 FOR 8 BANANAS

SANDWICH

BREAD - SEE ABOVE

TOMATO - SEE ABOVE

LETTUCE (FREE FOR STUDENTS AT THE FARMERS MARKET)

ONION - SEE ABOVE

RED PEPPER - \$1

TOMATO SOUP

ONION - SEE ABOVE

TOMATO - SEE ABOVE

GARLIC - SEE ABOVE

OATMEAL - SEE ABOVE

BREAD (FARMERS MARKET) - \$5

**ESTIMATED TOTAL: \$53**

**Day 1**

Breakfast – Oatmeal and Raspberries

Lunch – Homemade Vegetable Soup

Dinner – Sweet Potato and Veggie Tacos

Snack – Apples

Estimated Total Cost: \$10.41

**Day 2**

Breakfast - Oatmeal and Raspberries

Lunch - Homemade Vegetable Soup

Dinner - Sweet Potato Tacos

Snack – Apples

Estimated Total Cost: \$10.41

**Day 3**

Breakfast - Oatmeal and Raspberries

Lunch - Homemade Vegetable Soup

Dinner – Sandwich and Apples

Snack – Bananas

Estimated Total Cost: \$11.04

**Day 4**

Breakfast - Oatmeal and Raspberries

Lunch – Homemade Tomato Soup

Dinner - Sweet Potato Tacos

Snack – Apples

Estimated Total Cost: \$8.41

**Day 5**

Breakfast - Oatmeal and Raspberries

Lunch – Sandwich and Bananas

Dinner – Homemade Tomato Soup

Snack – Bananas

Estimated Total Cost: \$9.04

- Share the 5 day menu. How close can you get to \$50?

I did go a little bit over \$50, but I imagine that at the end I will still have some food left over for the next week. For example, it's cheaper to buy oatmeal in bulk, so I would eat that, as well as the bananas, apples, and bread, throughout the next week. Seeing the total cost per day really shocked me! I've never calculated how much money I save in a day by eating at home, but whereas it is sometimes \$9 to eat on my college campus, it may be only \$9 for the whole day when I make my own food!

- How were you able to save money? Share a tip or two.

I was able to buy ingredients that I can use for more than one meal and meal prepping. I have the same dish about 3 times throughout my 5-day menu because preparing food in bulk saves time and money! My college's farmers market also does give free veggies to the students with another purchase, so that is also a bonus and saves some money. At first I had some processed food in my list, but replaced them with fresh foods and lots of whole foods which is cheaper than processed foods. I didn't put homemade granola bars in my 5-day meal plan, but it would be fun to try and make my own granola bars or desserts with ingredients that I can buy in bulk.

- Does this shopping list feel realistic for you? Could you incorporate better food into your diet?

Yes, it does feel realistic. I have made some of these dishes before, but looking for the foods that are in season and changing the meals based upon that, makes me think about my meals in a different way. I would also eat a lot of veggies following this plan and it would encourage me to keep a healthier life style. Right now, in Michigan, tomatoes and apples are in season so, along with my tomato soup, I might have to incorporate some apple pie into my menu. 😊