

Project Green Challenge Greenest



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High School

FLOSN FOODS



<u>Food</u>	<u>Place</u>	<u>Cost</u>
Spices	Farmers Market	\$2.50
Tomato, Carrots, Blueberries, Strawberries, & Blackberries	Farmers Market	\$17
Mackerel & Mozzarella	Whole Foods	\$14
Small Pumpkin	Farmers Market	\$3
Ginger, Sausage	Farmers Market	\$5.50
Oats, Quinoa, Pasta & Granola	Bulk Section in Whole Foods	\$5
Coconut milk	Whole foods	\$3
Garlic	Farmers Market	\$0.50

Organic Ingredients

Each day, there is a choice for breakfast, lunch and dinner.

Menu

Breakfast-

- Blackberry Waffles
- Blueberry Muffins
- Granola
- Oatmeal
- Cereal With Coconut Milk

Lunch-

- Veggie Pizza
 - Smoothie
 - Zucchini Pizzas
 - Veggie Burger
 - Leftover Pasta
- *zero waste

Dinner-

- Spicy Tomato & Mackerel Pasta
- Carrot & Ginger Soup
- Beetroot burger
- Quinoa with Pumpkin
- Sausage & kale gnocchi

Evaluation

- While creating this menu, I made sure to stay completely in budget, so my total was exactly \$50.00. I took into account the foods that I always have in my pantry, and that I save a lot of money if I go shop at the farmers market. That way I'm not charged tax, and I get the freshest and most local ingredients. I also get to build a strong friendship with my farmers, so I sometimes get special discounts for supporting them. Another upside of going to the farmers market is that they always have seasonal produce, keeping my FLOSN foods true to their name. I think that this diet is very realistic; especially considering I live so close to my local farmers market, so I should purchase most of my foods from there whenever I can. It's also such a great way to have organic yet local foods for affordable prices, not to mention you're supporting your community.

Sources

- <https://www.deliciousmagazine.co.uk/collections/october-seasonal-food/>