ORGANIC

ON A BUDGET GUIDE

There is always a choice:

Its easy to only see things in black and white. There is only option A, or option B, and if one doesn't work out 100% or its too difficult, then the other option is our only choice.

Usually the other option is to do nothing, or stay on the same path.

But this is not the case. You can meet somewhere in the middle, and this is a life changing concept once you grasp it.

I see these mental blocks all the time in people who want to eat or be 'healthy', but seem to be stuck where they are. They can't seem to move.

There isn't enough time, cooking is too difficult, there is no family support, or maybe the reasons are financial.

These are all very legitimate reasons and barriers to success, but, these barriers are not unbreakable.

There is absolutely no reason you can't compromise, and meet somewhere in the middle. The only one stopping you, is you.

The middle is where the magic happens.

It is where you create space and allow change.

It is where you start.

PRIORITISING EXERCISE

Prioritising your organic dollar:

To eat organic, doesn't mean every item you buy has to be organic.

You are able to decide which foods are your 'organic priorities'.

I will help you do this in the following exercise.

Step 1. -- Using the templates below, start by writing lists of all the common foods you buy at the grocery store.

Step 2. -- Now go through and tick all the items you could source at a farmers market or locally. Quite often sourcing items locally will give you a more nutritious product, without it having to actually be organic. Plus, you are supporting your local community.

Step 3. -- Next, tick all the items on your list, which are are found on the 'dirty dozen' list provided.

The dirty dozen and clean fifteen lists are designed by the Environmental Working Group (EWG), a US based organisation that aims to educate people about the chemicals found in the foods we consume. Although they are based on American produce, the information can still be applied in Australia. These lists are particularly helpful for those who cant afford or do not have access to a 100% organic diet.

Step 4. -- Tick any meat products you cannot source locally.

Step 5. -- On the final page, write down all the items from step 3 and 4. This will become your ORGANIC PRIORITIES list.

Remember, if you can't do 100% of something, that is perfectly okay. You could choose to focus on 3 items from your list to buy organic, and change them each week to rotate through your priorities. It's up to you!

The goal is this: do the best you can, when you can.

Your best is good enough!

DIRTY DOZEN

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes
6. Peaches
7. Cherries
8. Pears
9. Tomatoes
10. Celery
11. Potatoes
12. Sweet Bell Peppers (capsicum)

CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbages
5. Onions
6. Sweet Peas Frozen
7. Papayas
8. Asparagus
9. Mangoes
10. Eggplants
11. Honeydew Melon
12. Kiwis
13. Rockmelon
14. Cauliflower
15. Broccoli

Please note: some sweet corn is genetically modified (GMO), buy organic if you wish to avoid this

REFERENCE:

Australian Natural Care, EWG's 2018 Clean 15 and Dirty Dozen List is Out!, viewed 15 August 2018, https://www.ausnaturalcare.com.au/health/life-style/ewgs-2018-clean-15-and-dirty-dozen-list-is-out/

FOOD CHECKLIST: MEAT

Meat	CAN I SOURCE LOCALLY ?		DIRTY DOZEN ?		PRIORITY	
	YES	NO	YES	NO	YES	NO

FOOD CHECKLIST: DAIRY

Dairy	CAN I SOURCE LOCALLY ?		DIRTY DOZEN ?		PRIORITY	
	YES	NO	YES	NO	YES	NO

FOOD CHECKLIST: FRUIT + VEG

Fruit + Veg	CAN I SOURCE LOCALLY ?		DIRTY DOZEN ?		PRIORITY	
	YES	NO	YES	NO	YES	NO

FOOD CHECKLIST: PASTA + RICE

Pasta + Rice	CAN I SOURCE LOCALLY ?		DIRTY DOZEN ?		PRIORITY	
	YES	NO	YES	NO	YES	NO

FOOD CHECKLIST: MISCELLANEOUS

Miscellaneous	CAN I SOURCE LOCALLY ?		DIRTY DOZEN ?		PRIORITY	
	YES	NO	YES	NO	YES	NO

MY ORGANIC PRIORITIES

Meat	Dairy / Eggs	Fruit + Veg	Pasta + Rice etc	Miscellaneous

THANK-YOU

I have lived experience with body image issues, negative self talk, and an eating disorder which spanned six years.

Since recovery I have traveled extensively, learning to become more flexible with my eating, and introducing little life hacks to keep my physical and mental health feeling nourished.

After studying a degree in nutritional medicine, I have learnt how to support and heal my body after putting it through years of trauma.

Through my training and volunteering experience, I have learnt that all disordered eating behaviours are different. We, as humans, are all different.

I reflect this in the information and guides that I share, teaching you how to implement techniques into your own unique life.

I structure my plans to set you up for success, with achievable goals that wont overwhelm you.

I am committed to helping those facing the same struggle that I once faced. This is my mission.

Join me in creating a life where food can be enjoyed.

Inclusive, implementable, nutrition.

Its never too late.

Jaime - Nutrition Mind Collective

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