



Natural and Organic Food on a Budget : Real Cooking Tips on a Real Budget

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As parents of young children, we of course want to feed our kids the healthiest food that we possible can, but we cant spend a fortune on food either. We have all heard more and more recently about the chemicals, pesticides, antibiotics and hormones that are present in the foods that we eat. So many of us are trying to live more frugally and stretch our tight budgets as much as we can. The idea of eating organically while also sticking to a strict grocery budget seems out of reach. But, I want to share with you some of the ways that my family has been able to include natural/organic foods in our diet, and even increase the amount of organic foods we are eating, while continuing to stick to a pretty tight grocery budget for our family of four. Get all the info you need here.

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