



## in general

You often get the best prices going direct to the farm, either through a [CSA](#) or a farmer's market. If you have a flexible schedule you may want to go at the end – you can often get a great price on produce that's left over, as the farmer doesn't want to take it back home.

Many of the [farmer's markets](#) in MA and all the vendors down at the [Boston Public Market](#) will accept SNAP, WIC, and senior farmer's market coupons. They might also participate in [Boston Bounty Bucks](#), where they'll give you a \$20 value for \$10 spent by EBT.

Co-op markets are often going to give better prices than standard markets, if you are a member. [Daily Table](#) is a non-profit grocery store down in Dorchester that sells recovered food – perfectly good stuff which would've been wasted otherwise.

Buying in bulk is cheaper, so if you have any refrigerator or freezer space, make use of it! And don't be reluctant to turn to the [Greater Boston Food Bank](#)!

## vegetables

Cheap, nutritious, and filling:

- onions, garlic
- roots (carrots, beets, rutabaga, radish, etc)
- squashes, pumpkin
- potato, sweet potato, yam, etc
- green beans, peas
- leafy greens
- mushrooms (they look expensive by the price-per-pound, but are fluffy)
- avocado (not as cheap, but very nutritious)
- apples, pears

Consult the [Dirty Dozen](#) & [Clean Fifteen](#) lists to choose fruits & vegetables that are safe to buy conventional and those it's best to get organic. Frozen vegetables & fruits will be less expensive than fresh, and are just as good (and in some cases, better).



## meat

We recommend getting bone-in chicken thighs, whole chickens, pork chops, T-bones, etc – roasting and eating, then using the bones for soup. The bones-in cuts of meat will be less expensive, but there's a lot of nutritive and medicinal value in bone broth.

Organ meats are usually inexpensive, but it's very important they come from pastured, grass-fed, or organically raised animals. For fish, sardines are inexpensive but very nutrient-dense. Less-popular fish are also less expensive; if you buy whole fish, you can make soup from the parts you don't eat.

## fat

Minimize use of industrial seed oils (soy, corn, canola, “vegetable”).

Better oils are olive, coconut, red palm, ghee, and the fat from healthy animals (ghee, lard, tallow, etc).

Be cautious buying olive oil, cheap stuff may be adulterated. If your meat is high-quality, we recommend keeping the fat from the roasting and using that to cook with. Eating small fatty fish (sardines, herring, kippers, etc) is the least expensive way to get high-quality fats, especially omega-3s.