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Ask Laura - The Green Kitchen Economist

By: Laura Bruzas



Whole Lotta Lettuce Goin' On!

Want to save money? You've got to do the math. One way to save big is by checking the unit price of your purchases. You may even find that you can save money by buying two smaller-sized containers versus a super-sized one.

Some grocers are notorious for making it more challenging for smart consumers. They list prices in pounds on one bib tag and ounces on

another so you have to do the math. Having a small calculator at hand will make it easier.

Here's one price comparison using organic romaine lettuce (1 serving = 3 oz). Which one would you buy?

3-oz from a head (no packaging) cost 47 cents
3-oz from a bag cost 90 cents
3-oz from a clamshell (plastic container) cost \$1.00
3-oz from a salad bar cost \$1.50

Tune in next week for another money-saving idea from 50 Simple Ways to Eat Well for Less!

Come Join Us! Everyone is Welcome!

Voluntary Simplicity Group Meeting

Monday, August 24 @ 7 p.m. at the La Grange Public Library

Voluntary Simplicity involves liberating ourselves from the non-essential activities that permeate modern life in order to live in accordance with our most important goals and values. By turning off the "automatic pilot" we put ourselves in the driver's seat on our path to health and happiness.

This month's VS meeting will include a "garden exchange" that's not to be missed. Bring what you've grown (or just yourself) and take away a sampling of what others in the group grew this season. I'll also be sharing one of my simple desserts that's ready in under a minute!

Laura Bruzas is the founder of HealthyDining.org, an all-volunteer community education and outreach effort promoting food choices that foster personal wellness, conservation and animal compassion. Since 2003, HealthyDining.org has been helping consumers make smarter choices.

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REPORT INAPPROPRIATE CONTENT

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