



# simply healthy

from your Hannaford Dietitian



## Eating Organic on a Budget

Hannaford Supermarket carries hundreds of certified organic products, ranging from fresh meat, produce and bakery items to frozen foods. Look for organic signs and shelf tags throughout our stores to locate your favorite organic items.

## Common Organic FAQs:

### Are organic foods more nutritious?

To date, there is no evidence showing that organically grown foods are significantly more nutritious than foods grown in conventional ways. Organic foods are typically grown with "natural" pesticides and insecticides to prevent crop damage. Organic foods can be nutritious choices in a healthful eating plan, but they may not necessarily provide you with a nutritional advantage.

### Why is the price of organic foods higher?

Prices for organic foods have dropped from past years, but organic items are still generally more expensive than conventionally grown foods due to the higher production costs (more labor, transportation, processing, certifying, and retailing), more crop losses, and smaller yields.

### Try these tips to make an organic diet more affordable:

1. Select seasonal produce to maximize quality and value.  
For example, if you want strawberries in winter, buy frozen.
2. Create your meal plans around the most affordable organic produce, meat and grain products.
3. Look for Hannaford's own line of organic & natural fresh and packaged products under the Nature's Place brand.
4. Prioritize your produce. Certain produce items tend to have higher levels of pesticide residue, while others tend to have lower levels. Save your money and buy conventional on these produce items that are known to have the least amount of pesticide residue:

Onions  
Sweet Corn  
Pineapples  
Avocados  
Cabbage

Sweet Peas  
Asparagus  
Mangoes  
Eggplant  
Kiwis  
Cantaloupe (domestic)

Sweet Potatoes  
Grapefruit  
Watermelon  
Mushrooms



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](http://hannaford.com/dietitian)