

## Some Ideas for Saving Money...

### Buy whole foods, close to their natural state:

“Refined” foods (like packaged foods containing white flour and sugars) have been industrially processed to prolong their shelf life, and this process strips away the nutrients, vitamins, and minerals. When you eat refined foods, you’re paying more for simple carbs that leave you hungry and craving more! Whole foods still have their nutrition intact: fruits and vegetables, whole grain flours and breads, beans, nuts/seeds, and whole dairy products provide you with sustained energy.

### Store foods properly:

Buy produce that stores well in the fridge like apples, carrots, cabbage, kale, potatoes, onions, and more for a low cost per pound long storage time. Store flour in the freezer, where it won’t spoil as quickly and attract moths. Store whole grains and beans in your pantry in airtight containers away from the light, and replace every 6 months-1 year.

### Become a member of the Co-op:

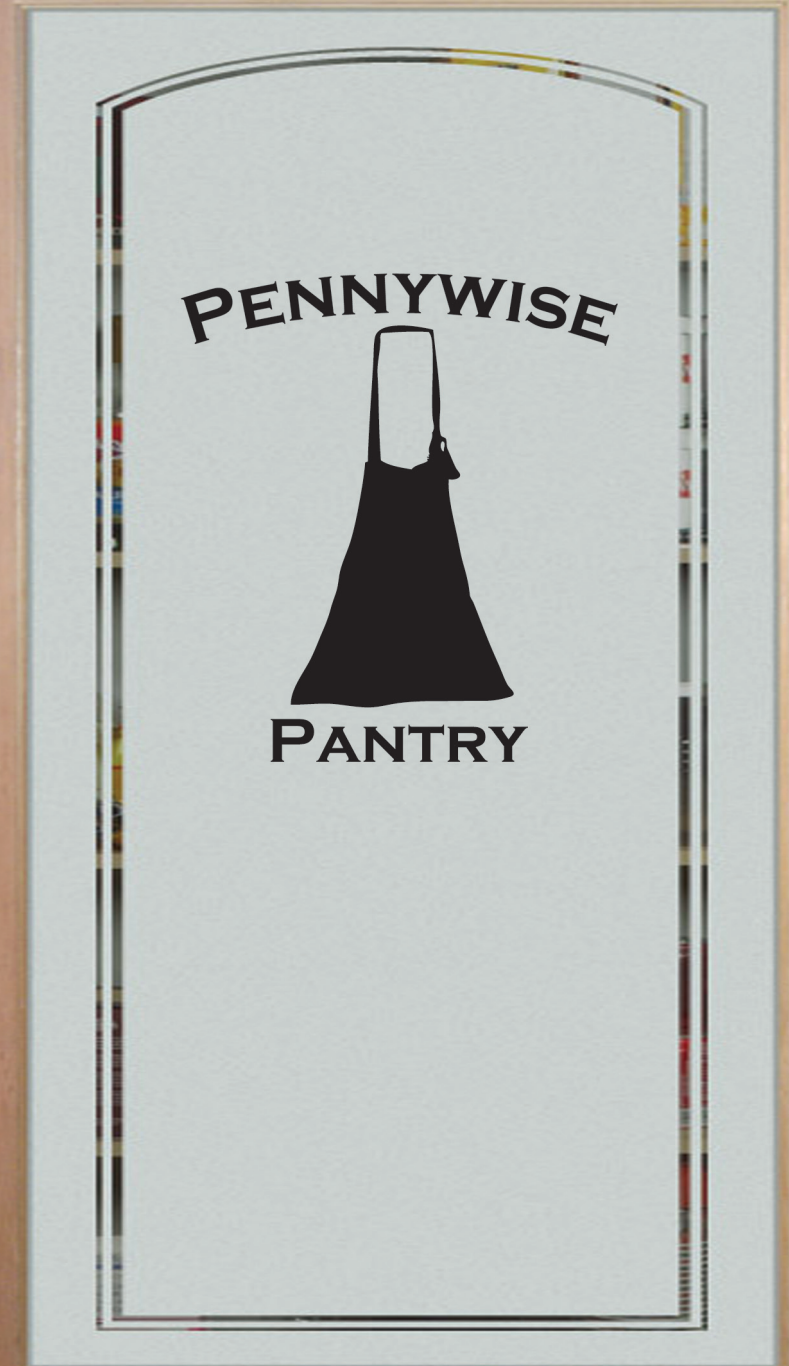
For \$15, become a member of the Co-op and start earning money back each year through the Patronage Refund program. If you have time, consider becoming a working member and earn up to 12% off each month for 4 hours of member-work. You can also become a member of the Co-op through the Food for All program. If you qualify for Food Stamps, WIC, or Disability, join the Co-op at no cost and receive 10% off every time you shop.

## Bean & Bulgur Chili

Delicious with corn bread!

- ¼ cup olive oil
- 1 yellow onion
- 3 cloves garlic
- 1 carrot
- 1-2 jalapeno peppers, seeds removed
- 1 Tbs. ground cumin
- 2 tsp. chili powder (or to taste, for spice)
- 1 cup bulgur wheat
- 2 15-oz cans crushed tomatoes
- 1 15-oz can kidney beans
- 1 15-oz can black beans
- 1 cup water or stock
- Salt to taste

Heat olive oil in a large pot over medium heat. Chop onion and add to pot. Chop garlic, grate carrot, and mince jalapeno (remove seeds) and add to pot, stirring until tender. Add cumin, chili powder, and bulgur wheat and stir well. Add canned tomatoes, kidney beans, black beans, water/stock, and salt to taste and simmer, partially covered, for about 1 hour. Taste to adjust seasoning. Serve with corn bread, brown rice, or pasta, with a little grated cheese on top if you like! Serves 4-6. From the City Market Deli.



# Pantry

Whole Grains/Pasta

Dried Beans/Legumes

Canned Foods  
(Beans, Fish, Tomatoes, etc.)

Jarred Foods  
(Nut Butters, Salsa, etc.)

Healthy Snacks

Staples  
(Oils, Spices, Sweeteners)

Green Cleaners

# Freezer

Frozen Veggies/Fruits

Flours

Frozen Meat/Poultry

Frozen Breads/Tortillas

# Refrigerator

Protein  
(Eggs, Cheese, Tofu, etc.)

Dairy/Non-Dairy

Fresh Vegetables

Roots

Fruits