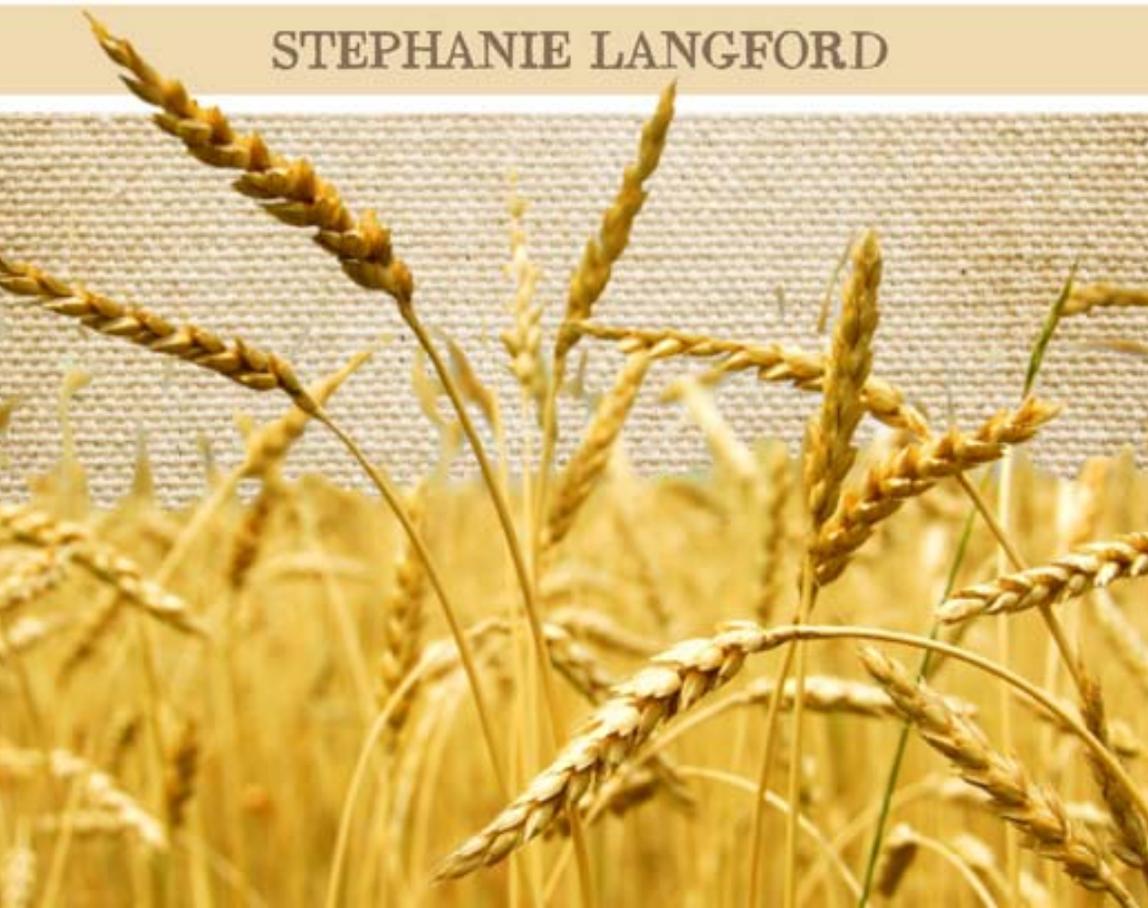


Real Food  
on a  
Real Budget

how to eat healthy for less

STEPHANIE LANGFORD



## *Praise for Real Food on a Real Budget*

*"Stephanie...has crafted a go-to resource for those who want to eat well, enjoy good health, and act their wage. I'm looking forward to implementing many of her recommendations in the coming months and years."*

**Jessica Fisher**, [LifeasMom.com](http://LifeasMom.com)

*"Real Food on a Real Budget is a fabulous guide on how to make good food choices yet feed your family without taking a second mortgage on your house. I only wish I had been given a book like this when I was first married - or even as I first started eating 'real foods'. Stephanie has truly outdone herself with a book that every homemaker needs."*

**Donielle Baker**, [NaturallyKnockedUp.com](http://NaturallyKnockedUp.com)

*"Real Food on a Real Budget - How to Eat Healthy for Less is a life saver. I've been doing real food for almost a year, and my grocery budget is out of control. By implementing Stephanie's practical tips on how to compare prices, plan meals, and make more from scratch, I am well on my way to getting my grocery budget under control. I highly recommend this book for anyone who wants to eat real food without breaking the bank."*

**Jo-Lynne Shane**, [MusingsofaHousewife.com](http://MusingsofaHousewife.com)

*"You could get cheap food from a dollar menu, or you could prepare nourishing, real food inexpensively with Stephanie Langford's Real Food on a Real Budget...Impressive, organized, and frugal to the penny. You definitely want this natural living mommy blogger to teach you how to manage your whole foods kitchen!"*

**Katie Kimball**, [KitchenStewardship.com](http://KitchenStewardship.com)

*"I thought I had real food budgeting and frugality figured out. I was wrong! From Stephanie's wise and balanced approach to eating healthfully on a budget, I have learned some things I can put into practice right away to reduce my family's food budget. Her money-saving ideas and practices don't sacrifice good health or good food... She doesn't promote one specific nutritional thought over another, but instead speaks clearly, simply, and helpfully to all who 'esteem whole foods, real foods, healthier foods.' I highly recommend Stephanie's book."*

**Wardeh Harmon**, *God's Natural, Organic, Whole Foods, Grown Locally, In Season* ([gnowfglins.com](http://gnowfglins.com))

*"An excellent resource for anyone wanting to incorporate real foods into their everyday lifestyle. Whether a beginner just starting out or someone more seasoned ready for another step in their journey this book will have practical applications for you!"*

**Jennifer McLaimtaig**,  
[AHeavenlyPerspective.blogspot.com](http://AHeavenlyPerspective.blogspot.com)

# **Real Food on a Real Budget**

**by Stephanie Langford**

KEEPER of  
the HOME



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# Contents

Introduction.....	ix
Chapter 1: Working with a Budget .....	1
Chapter 2: Examining Your Options .....	16
Chapter 3- Meal Planning .....	27
Chapter 4- Homemade is Best .....	58
Chapter 5- Buying in Bulk.....	75
Chapter 6 - Can Coupons Work for You?.....	99
Chapter 7 – Eat Local, Eat Seasonal .....	115
Chapter 8- Grow it Yourself!.....	134
Chapter 9 - Preserving the Season’s Bounty .....	157
Chapter 10- Get Creative!.....	171
Chapter 11- Nutrient-Dense Foods .....	186
Chapter 12- It’s the Little Things that Count.....	205
Conclusion- A Labour of Love .....	224
Resources .....	227
Appendix A - Tips, Techniques and Tools for Finding the Time to Cook from Scratch! .....	239

# Introduction

I love the view from our kitchen table window. The half-ring of snow-capped mountains encircle the valley area I call home, and offer glorious glimpses of Mt. Baker on clear days. It's a rather awe-inspiring seat to take, early in the morning as the first rays of golden light push back the cover of dark and ease themselves up over the mountains, filling the room with a warm, ethereal glow. I've spent many a morning at this worn, oak kitchen table, reading and praying with a steaming mug of tea in hand.

This table also well knows my weekly times of meal planning and the grocery budget meetings of which I am the only executive in attendance. It's seen my enjoyment as I dream up special meals out of love for my family, my satisfaction at yet another week of nourishing menu plans mapped out, and my frustration at trying to make the food budget stretch, and then stretch a little bit more.

Times are tight. Yes, we live in a society that knows greater abundance than perhaps any other in the history of the world. You may argue this point if you wish, but consider first the everyday extravagance of closets brimming with clothes we

## Introduction

don't wear or like, grocery stores that know neither drought nor famine, and the fact that we each have at least several "household servants" with the capacity to clean our dishes, chop our vegetables, and wash those closetfuls of extraneous clothing. Yet every day the evening news suggests to us in numerous ways that this abundant society we've created and grown to depend upon is teetering on the edge of collapse-economic troubles, job loss, dwindling natural resources, health crises, mounting inflation.

In the midst of it all, our needs and roles have not changed. Three square meals a day, with an emphasis on something nourishing enough to support our troubled bodies through these troubled times. A growing family to feed. Love and hospitality to share as we endeavour to make our homes a haven to all who enter, through good times and bad. And the financial constraints of our pocketbooks (or rather, our online, no-fee, no obligation chequing accounts) to keep us grounded in reality.

This book was written to each of you who can relate. Our struggles are not so unique. I believe that as moms and homemakers, we probably have more in common than not. We, too, feel the strain of trying to make it as a young, single-income family in a world that no longer recognizes the merit of the family that my husband and I are trying to build. We share your concerns over health related issues and job/economic stability. We're more aware than we would like to be of the unfortunate conditions of the food on the grocery store shelves. We know better than to believe that ignorance is bliss

## Introduction

and long to fill ourselves and our children with sustenance of a more legitimate and nourishing sort.

Is there any hope of being able to serve up real and wholesome food? Can we impact change in our own little corner of the world through the choices that we make with our forks and our dollars? Can moms like us actually succeed in bringing this sort of quality and nourishment to little tummies and worn-out kitchen tables, in tight times and with average (or even meagre) funds?

The answer is yes. Truly, this is possible and within grasp. It may take some hard work and the rolling up of sleeves. We may be required to stretch ourselves and learn new (and not-so-new) skills. Instead of the superwoman of the 90's, who was supposed to balance a full-time power career and come home to serve Uncle Ben's to her smiling family, there's a different sort of woman coming out of the woodwork these days. One who isn't afraid to get some garden dirt under her fingernails. One who enjoys the therapy of kneading bread on a winter afternoon, who is up to the challenge of learning to can tomatoes and make jam, and who sees the value in cooking homemade food- from scratch, no less. She's more likely to be seen perusing the farmer's market (or at least the perimeters of the grocery store) with a cloth bag in hand, and a quick inventory of her pantry would discover bulk wheat berries and dry beans instead of Campbell's canned soup and Bisquick mix.

## Introduction

For this kind of woman, and the many others who are beginning to wonder what a wholesome, nutritious diet might look like - even on a budget - there is much hope. Real food on a real budget is not an unachievable ideal. This book will examine all of the tools I use in my arsenal and explore their full potential. Join me.

### ***It Takes Many***

Were I able to, I would love to usher you up to that worn, oak kitchen table and seat you to a plate full of nutritious goodies and a steaming cup of your beverage of choice. Together, we'd chat a little and begin to engage and collaborate as we shared our ideas and techniques for serving up good, frugal food in our respective homes.

If you're reading this book, I welcome you into this discussion as friends, kindred spirits, and fellow women, wives and mothers on this journey with me. If you are here, then you obviously desire to serve your family and carefully steward all that God has given you (health, finances, time and more). I admire and appreciate you.

This book is an expression of my own journey towards better nutrition and health, careful management of the financial provision that we have been blessed with, and of making more conscientious choices about how my own actions and decisions affect the people and world around me. It is a journey that I have been on these past 6 glorious years of marriage, babies and homemaking. It has not been an isolated journey, either. Any wisdom or sound advice or methods that I have