

Healthy Inspiration from Integrative Nutrition Coaching



THREE PROVEN WAYS TO GET GREAT LOCAL PRODUCE FROM SUMMER TO FALL WITHOUT SPENDING TONS OF MONEY

If having quality produce is at the top of your list, but the cost has you worried, I've got three solutions.

One of my favorite ways is through **Community Supported Agriculture (CSA)**, where you purchase your produce at the beginning of the growing season straight from a farmer. The second is being prepared while at your local **farmer's market**, and lastly, shopping wisely at the **supermarket**.

Read on for details of each strategy.

Transform
Your
Transition
&
Master
Your
Menopause

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First Strategy: The CSA. If you can get in on a local CSA, you are golden. As food prices fluctuate, it makes planning your produce purchases a little tricky. With a CSA, you pay at the beginning of the season, and produce doesn't have to sabotage your well-planned, well-budgeted grocery list.

When working directly with the farmer who grows your food, you become more informed on how your food is grown. When you buy food in the supermarket, the details are vague.

There is a risk when using a CSA, which is a bad crop year as for any farmer. However, the chances are high that you will still get your money's worth.

If you are ready to get started, access the directory of CSAs in your area by going to the Agriculture Marketing Service page on the U.S. Department of Agriculture website. I am sure there are similar programs in other countries. If you are local to Colorado, as I am, you can do your research on our Colorado Department of Agriculture website under Markets.

Second Strategy: Local Farmer's Market. Many communities have a local farmer's market during the growing season. Over the last decade, I have seen other products that I do not necessarily think "farmer's market" when I see them, but as long as you focus on produce, you achieve your goal. If you missed the opportunity for a CSA membership, you might find the farmer selling their products there. You can use a strategy that helps you and the farmer, by delaying your purchases towards the end of the day. If you show up around an hour before the market closes tent, you will get your best deals.



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Third Strategy: The supermarket. There is a strategy that can save you money.

Look up exactly what is in season in your area. Cross-reference the list with your local supermarket and focus on produce that advertises they are grown in your community or your state. The less time your produce spends off the vine, the more nutritious. I shop for locally grown and then organic, in that order. Local small farms will use fewer chemicals than big ones, and fertilizer prices have increased 300% over the last few years. We are likely to find all produce to have fewer chemicals right now.

There are options, but you must know what they are and what works best for you.

Having fresh produce is a must for many people, and if you follow a whole food plant-based or vegan diet, this is no secret. Try out these options to add more fruit and veggies to your diet. You can do many things to show love to your body, and top-quality nutrients should be at the top of the list. Happy Shopping and Healthy Hugs to you and your family!

About

Integrative Nutrition Coaching

My name is Jennifer Held, and I am in the second part of my life as a solopreneur and owner of INC. I am following my dream to help those lovelies out there who are struggling during their menopause transition.

I began experiencing The Transition a decade early. I had zero education on the subject. I had debilitating symptoms that led to two life-changing surgeries and dropped me in menopause at 48.

I was forced to figure it out on my own. I completed my health coaching certification with the Institute for Integrative Nutrition, taught by well-known doctors such as Mark Hyman, Deepak Chopra, Zach Bush, and Andrew Weil. To balance western medicine, I had the fantastic opportunity to study functional medicine taught by the great pioneer Frank Lipman MD, Susan Blum MD, and Will Cole IFMCP, DNM, DC.

In addition, I became a certified Life Coach, Vegan Health Coach, and Menopause Practitioner. Daily, I continue my education seeking how to help others reach their goals and create harmony in their lives. I love to share what I learn with the world, hence my blog, INC challenges, emails, and free guides. Oh, let's remember the coaching! I encourage you to seek your answers without judgment and find what lights you up daily. I am here if you are ready to have a Health Coach by your side.



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journey with INC?
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