



### Organic Resources @ lower prices

Most likely, we'd like to be able to afford organic everything, but typically organic items come at a higher price. The power of the internet has brought competitive pricing to your home. Here's a few tips how to lower your "organic investments", the initial time investment will assist with savings.

1. **Non-Perishable Foods.** Once you define your brand preferences, do a search on the Internet for specific brand items. We've found that online stores are 30-40% less expensive than retail stores. Stock up - as buying in volume will bring you savings. And with a 'promo code' internet search on that store or product name, you can frequently get free shipping and/or additional discounts.



2. **Restaurants.** Dining out at an organic restaurant can actually save money. If you weigh the home cooking investment of all the recipe ingredients and the short shelf life of perishables, you can typically dine out with a wider

variety in meal choices. [Urban Spoon](#) is a great online resource that describes and rates local organic eating establishments.

3. **Anything Organic.** Clothes, cleaning products, cosmetics - the internet is the answer again. Shop price and take the time to read labels and content descriptions. Even if the best source is not local, call the manufacturer or online retail provider; let them know you're shopping and request additional discounts. Usually, they'll comply.
4. **Use the word CHEAP.** Anytime you source via the internet, use the word "cheap" as the first word in your search. Example: Cheap Organic Carpets. Frequently, a search return will include wholesalers. Again, search promo codes for a particular store or product and call the store to ask for additional savings.

Here's a *Consumer Reports* summary we found to help you sort out the label issues:



- "100% organic" means no synthetic ingredients are allowed by law
- "Organic" means at least 95% of ingredients are organically produced
- "Made with Organic Ingredients" means at least 70% of ingredients are organic and the other 30% come from a list approved by the U.S. Department of Agriculture
- "Free-range" or "free-roaming" means animals had an undetermined amount of daily outdoor access (doesn't tell you much about the product, though)
- "Natural" or "All Natural" doesn't mean organic. There's no standard definition, except for meat and poultry products. If those are labeled "natural" they may not contain any artificial flavoring, colors, chemical preservatives, or synthetic ingredients. Also note such labeling claims aren't checked.

*TIP:* Use your city name in an internet search for local resources. Example: 'Tampa organic clothing'.

Check out the [Green](#) Guide for Tampa, a comprehensive Eco Site.

**June Promotion in honor of Father's Day: \$10 off a colon hydrotherapy treatment.**