

# 21 Organic Living Tips You Can Use Today

*This free tip sheet was produced by the Cheapskates Club – [www.cheapskates.com.au](http://www.cheapskates.com.au)*

1. Tap water contains fluoride in all states. Purchase a reverse osmosis filter to remove it. A Britta filter won't be enough.
2. Chlorine in water will evaporate after a few hours. Just leave it in a filter or jug in your fridge overnight.
3. Avoid anti-bacterial soap. Residue on dishes and hands gets in the stomach and kills your "good bacteria."
4. Cooking with coconut oil is better than olive oil. It has more Omega-3s and doesn't oxidize in sunlight or high temperatures.
5. Setting up a vertical garden takes a week or two, but can pay off in organic produce for years.
6. Most organic eggs come from cooped up chickens fed organic produce. For true free range eggs, find a local farmer.
7. "Organically made" is not the same as "Organic." "Freely Traded" is not the same as "Free Trade." Those former foods aren't certified.
8. Most fruits have quite a high glycemic index. The exception are berries (including strawberries) which are low GI and very healthy.
9. Have a favourite seasonal food? Buy it when it's in season, then freeze it. It's healthier than buying it out of season.
10. Avoid large fish like tuna. Large fish eat small fish and build up higher concentrations of mercury.
11. Avoid multi-vitamins. Instead, build your own vitamin stack. Most multi-vitamins skimp on the important nutrients.
12. Not all food has to be labelled "Organic" to be healthy. If you're buying directly from the farmer, ask how it was made.
13. Soak produce in 1/3rd vinegar and 2/3rds water to kill bacteria, if eating it raw.
14. Look for "specials" in supermarkets. These mean the food's in season and affordable. Coles supermarkets now have bins of in-season, fresh fruit and vegetables at the front of each store, with weekly specials.
15. Quinoa is a complete amino acid and provides your body with all the proteins you need. Yummy and easy to cook, too!
16. Buy your organic chickens whole. It's cheaper than buying by the part, and you can use the carcass to make broth.
17. When buying seeds, make sure you're buying non-GMO. If it doesn't say it's non-GMO, don't assume that it is.
18. Store your olive oil in a dry place, outside of sunlight. Oxidized olive oil is very dangerous.
19. Add a few Brazil nuts to your diet. It's one of the few foods high in selenium, which is good for your hormones and your thyroid.
20. Buy good salt. Good salt can add dozens of minerals to your diet. One jar of Himalayan sea salt can last a year.
21. Spinach wilted? As long as it doesn't don't smell, you can still cook it and it will be just as good.