

***Real Food Economics and Lifestyle:  
Budgeting Strategies for Good Nutrition***

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# About me- Anne Sergeant



# Dr. Price's Research



Weston A. Price

1870-1948

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[www.price-pottenger.org](http://www.price-pottenger.org)

# Dr. Price's Findings

- Food was important.
  - They ate foods to sustain a healthy culture
  - They sacrificed greatly for good quality foods
- Traditional Cultures recognized:
  - A relationship between health and nutrition
  - Could *not* afford weak or ill people

# Characteristics of Traditional Diets

*(good to review these regularly)*

1. no refined or denatured foods or ingredients
2. some sort of animal food
3. 4x minerals & water-soluble vitamins; 10x fat-soluble vitamins
4. some cooked foods, some uncooked animal foods
5. high content of food enzymes and beneficial bacteria
6. seeds, grains and nuts are soaked, sprouted, fermented
7. total fat content: 30 percent to 80 percent of calories
8. equal amounts of omega-6 and omega-3 essential fatty acids
9. salt
10. animal bones, usually in the form of gelatin-rich bone broths
11. provisions for the health of future generations

# Today's Focus

“Modest finances need not force anyone to eat an unhealthy diet”

# Topics for Today

## *Financial Control*

- I. Planning Meals
- II. Budgeting
- III. Controlling Costs

## *Specific Food Cost Control*

- IV. Controlling Food Costs
- VII. Nourishing Foods
- V. Food Choices

## *Concluding Comments*

- VI. Continual Improvement
- VIII. Final Tips and Tricks

# I. Planning Meals

*Meal planning is a necessary.*

*A little time produces **GREAT** rewards.*



# I. Planning Meals

## *Planning horizon*

- weekly – most common
- monthly (or semi-monthly)
- twice per week – our summer horizon

# I. Planning Meals

## *Tips and Tricks*

- Record and recycle
- Ok to repeat meals
- Plan for leftovers
- Keep it simple

*Just do it!*

## II. Budgeting

*Prepare a budget for all expenses*

- Food is only part of total budget
  - Must know how much you have to spend
- Takes time but is worthwhile
- Lots of resources available

[http://www.mybudgetplanner.com/partner/  
betterbudgeting/MBPApplication1.htm](http://www.mybudgetplanner.com/partner/betterbudgeting/MBPApplication1.htm)

## II. Budgeting

### *How to prepare a total financial budget*

- Track all costs for a couple months (year)
- Divide into personally meaningful categories
- Income must equal
  - = savings + mandatory spending + flexible spending

**JUST DO IT!**

# III. Controlling Costs

- Most difficult part of any budget program
- Record keeping is critical
- Develop your own system
- Success only come from following the plan

**Stop spending when budget is used up!**

# IV. Controlling Food Costs

*(for a given budget spending level)*

- Learn the true costs of food you eat
  - Compute
    - cost/calorie
    - cost/protein (gram)
    - cost/lb
    - cost/meal
  
- Select foods lower in cost & higher in nutrition

# IV. Controlling Food Costs

*(for a given budget spending level)*

## ***Buy wisely***

- Identify most nutrient-dense foods
  - Buy these nutrient-dense foods FIRST
- Support local farmers
  - know how your food raised
  - build a relationship with your farmers

**“Bang for the buck”**

# IV. Controlling Food Costs

*(for a given budget spending level)*

## ***Offset expensive meals***

- Plan for some expensive meals offset by some inexpensive meals
- Beans and rice feed much of the world
- Enjoy an expensive meal as a treat



# IV. Controlling Food Costs

*(for a given budget spending level)*

***Watch budget busters***

**“Budget Busters are things that  
cause YOU to over spend”**

# IV. Controlling Food Costs

*(for a given budget spending level)*

- Common budget busters
  - Eating out
  - Packaged or processed foods
  - Beverages with little nutritional value
  - Impulse items
  - Special occasions
  
- Know your own budget busters

# IV. Controlling Food Costs

*(for a given budget spending level)*

## ***Tips to overcome budget busters***

- Emergency meals
- Remove all non-nutritious beverages
- Bring shopping plan with costs
- Budget and plan for special occasions

# VII. Nourishing Foods

- Good Nutrition is like a *“3-legged Stool”*
  - Keep BAD stuff out
  - Put GOOD stuff in
  - Properly prepare food
- Organic food
  - helps keep bad stuff out
  - does NOT necessary contain nutrients

# VII. Nourishing Foods

## ■ Buyer beware

- Overseas produced organic foods???
- Cheap foods ??? Skimp on quality???
- Major food producer's organic products

## ■ *“You get what you pay for”*

- Pay good money to farmers you know to raise GOOD nutritious food for you

# VII. Nourishing Foods

## *Common BAD things to avoid*

- Artificial sweeteners
- MSG and related products
- GMOs
- Soy Products
- High fructose corn syrup
- Pesticides, chemical fertilizers

# VII. Nourishing Foods

## *Strategies for increasing nutritional content*

1. Select nutrient-dense foods (Sacred Foods)
  - Lists of these available from WAPF
  - Some are given above
2. Maximize nutritional content of these foods
  - **Buy in season-** (EAT in season!)
  - **Buy local-** (picked ripe, more nutritious)
  - Buy **WHOLE** foods- (not processed)
3. Don't waste good money on cheap food

# V. Food Choices

## ■ Develop list of absolutes

- Absolute no's
- Absolute yes's

## ■ Tips

Start short (2 or 3 items)

Focus on item for 3-6 months

Keep adding to your lists

Don't be overly ambitious



# V. Food Choices

- Priorities in our house (our sacred foods)
  - cod liver oil & butter oil
  - raw milk, cheese, butter
  - free-range chicken & eggs
  - grass-fed beef
  - wild caught fish

# V. Food Choices

## ■ Absolute no's

- soft drinks, pop
- sugar substitutes (eg. nutrisweet)
- soy products
- high fructose corn syrup
- non-organic corn and tomato products

# V. Food Choices

- 80-20 rule
  - Be realistic
  - We do live in a fallen world

**“If 80% of our diet is good,  
20% can be less nutritious.”**

# VI. Continual Improvement

- Budgeting is a cyclical process
  - Refine and improve the budget
  - Budgets will change
- Meal planning
  - Also can be improved over time
  - Will become second nature over time

**These will get easier with practice!!**

# VI. Continual Improvement

## *Steps for improvement*

- Pick some change
  - Must be doable
  - Should be important
- Act on it until mastered
- Keep a list of future changes

# VI. Continual Improvement

- Some changes we adopted
  - Salt (Immediate success)
  - Raw milk- 1st major change
  - Meats from local farmers
  - Cod liver oil/butter oil
  - Vegetables/Fruits/Cheese/dairy
  
- Future changes
  - Coffee

# VIII. FINAL TIPS AND TRICKS

## ■ Purchasing food

- Follow the plan
- Buy only what you need
- Buy in bulk when possible
- Watch inventories and spoilage
- Buy direct from farmers
- Resist buying non-nutritious foods

# VIII. FINAL TIPS AND TRICKS

- One must cook!
  - Takes time
  - Make large batches
  - Double recipes for leftovers
- Keep meals simple
  - Serve two or three dishes per meal
  - Same meal on one day each week
  - Plan another day for something special



# VIII. FINAL TIPS AND TRICKS

- Guard carefully your mind
  - Cooking is vitally important
  - Meals are enjoyable
- Community support
  - Local chapter of WAPF
  - Friends, Friends, Friends
- This is a life style choice!

# VIII. FINAL TIPS AND TRICKS

## ■ Practice forgiveness

*To accomplish anything in the present,  
with benefits in the future,  
we must forgive our past.*

*The future is glorious!*

# Books

- *Nutrition and Physical Degeneration*- Weston A. Price
- *Excitotoxins: The Taste that Kills*- Russell Blaylock
- *(GMO) Seeds of Deception*- Jeffrey Smith
- *The Whole Soy Story*- Kaayla Daniel
- Gut and Psychology Syndrome-
  - Natasha Campbell-MacBride
- Websites:
  - [www.jennette-turner.com/dinner](http://www.jennette-turner.com/dinner)
  - [www.kellythekitchencop.com](http://www.kellythekitchencop.com)