More Organic produce but the same budget - how?
Conversion vs Restructuring

Conversion

The Only change: The products are organic
The same kind of products and recipes are used

Restructuring

Rethink your way of cooking
Spend no more than 3 € per kg on average.
Use fresh produce rather than semi-/finished products

Vs homemade pickles
Replace more expensive products with good but cheaper alternatives

Olive oil → Local cold pressed canola oil

Tenderloin → Meat cut suitable for slow cooking
Serve food by the season:
Vegetables, fruit and fish.
Cheaper and more fresh!
Bake your own bread and cakes. Better quality, cheaper and stimulates the appetite
Avoid food waste - what is it?
Reduce the selection/menu choice and save money: **LEAN**…
Food is not nutrition until it is eaten

And ask yourself:

Is your food updated according to nutrition recommendations?

Do you serve too much meat? Too few veggies? Too low fat food?
What you pay for is what you get...

Thank you!