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sales, especially if you are on a budget. And, the good news is that the increasing demand for more organic foods has reached even the warehouse stores and discount stores. You may have to buy in bulk, but this means that you can save more money when buying organic. I live in an agricultural area which means there are plenty of organic and non-organic farmers around town. I'll never forget the first time I saw a helicopter spraying a local non-organic field with pesticides. I rolled up my car windows and held my breath as I drove by. Now, when I shop at the farmers' market or the farm stand, I'm pretty brazen about asking the farmer uses pesticides. One of my favorite farmers is in the very long transition period of transitioning his fields to 100% organic. He made the choice based on customer feedback and encouragement and I'm so appreciative of his efforts. The point is that farmers run a business and want to give their customers what they want. So, as much as possible, try to encourage farmers to consider organic and store managers to stock more organic products by asking, making requests, and voting with your dollars. One step further is to start your own organic garden! With even just one pot of herbs or a window box, you can contribute to the organic movement by growing as much of your own food as you can. Read more about starting an organic garden. Frozen berries and vegetables are a great way to increase your intake of organic versions. These items are usually less expensive than fresh versions too. In other words, you can get more for your money if you buy frozen vs. fresh. Frozen berries (photo credit: Canva). The sad truth is that very few restaurants use organic ingredients. In fact, if it's not plainly obvious on the menu, then you can safely assume they are not using organic. So, if you want to eat organic, then you'll have to be the one in charge of cooking. There's just no other way to have control over the quality of your ingredients. No really, just let go of that perfection mindset. I have to remind myself of that all the time. For instance, I find it very hard to eat organic when I'm traveling. I always have to prepare myself to let go of that perfectionist attitude and just do the best I can. If you are on a strict budget, then it's even more important to not beat yourself up about trying to be 100% organic. Just do your best, and make improvements over time as your budget allows. Do you have to eat organic to be healthy? It can be overwhelming to think about buying organic-everything, but the good news is that not only is it easier to find organic versions of almost everything, but there are some ways to save money while you're at it.And, to get back to the original question, clean eating doesn't mean eating organic 100% percent of the time, but finding that balance of what works for you and your family. There is enough evidence that supports the practice of choosing organic over conventional foods for better health and sustainability. Be strategic in which foods you buy organic, especially if you are on a tight budget. Buy in bulk when possible and shop the sales. Don't try to be perfect, but do make an effort to buy more organic as much as possible. Don't forget to join my newsletter list to get exclusive clean eating recipes and tips. The newsletter is 100% free with no spam; unsubscribe anytime. About the Author: Carrie Forrest has a master's degree in public health with a specialty in nutrition and is a certified holistic nutritionist. She is a top wellness and food blogger with over 5 million annual visitors to her site. Carrie has an incredible story of recovery from chronic illness and is passionate about helping other women transform their health. Send her a message through her contact form. This post may contain affiliate links which won't change your price but will share some commission. We are participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.