



Enjoy inexpensive but delicious vegetarian foods from different ethnic traditions.



Learn basic skills instead of paying for corporate processing plants to make your meals.



Supplies keep well. Groceries get forgotten at the back of the fridge and produce tons of trash. Stop driving to the store every day.



Beans and lentils form the protein base of many countries' staple meals where frugal people don't use much meat.



Make your own convenience foods by making enough to freeze a stack of portions.



Buy fresh local fruits and vegetables in season and freeze, can or dry them.



Plan for a more localized future by supporting local growers.



Even a tomato plant and a pepper plant on a balcony gives you a measure of self-reliance. Look into a community garden if you don't have any space of your own.



Observe your eating and shopping habits and question them. You may find you can be satisfied with a much simpler diet.



Invite your friends for meals. Have pot luck dinners. Surprise people!