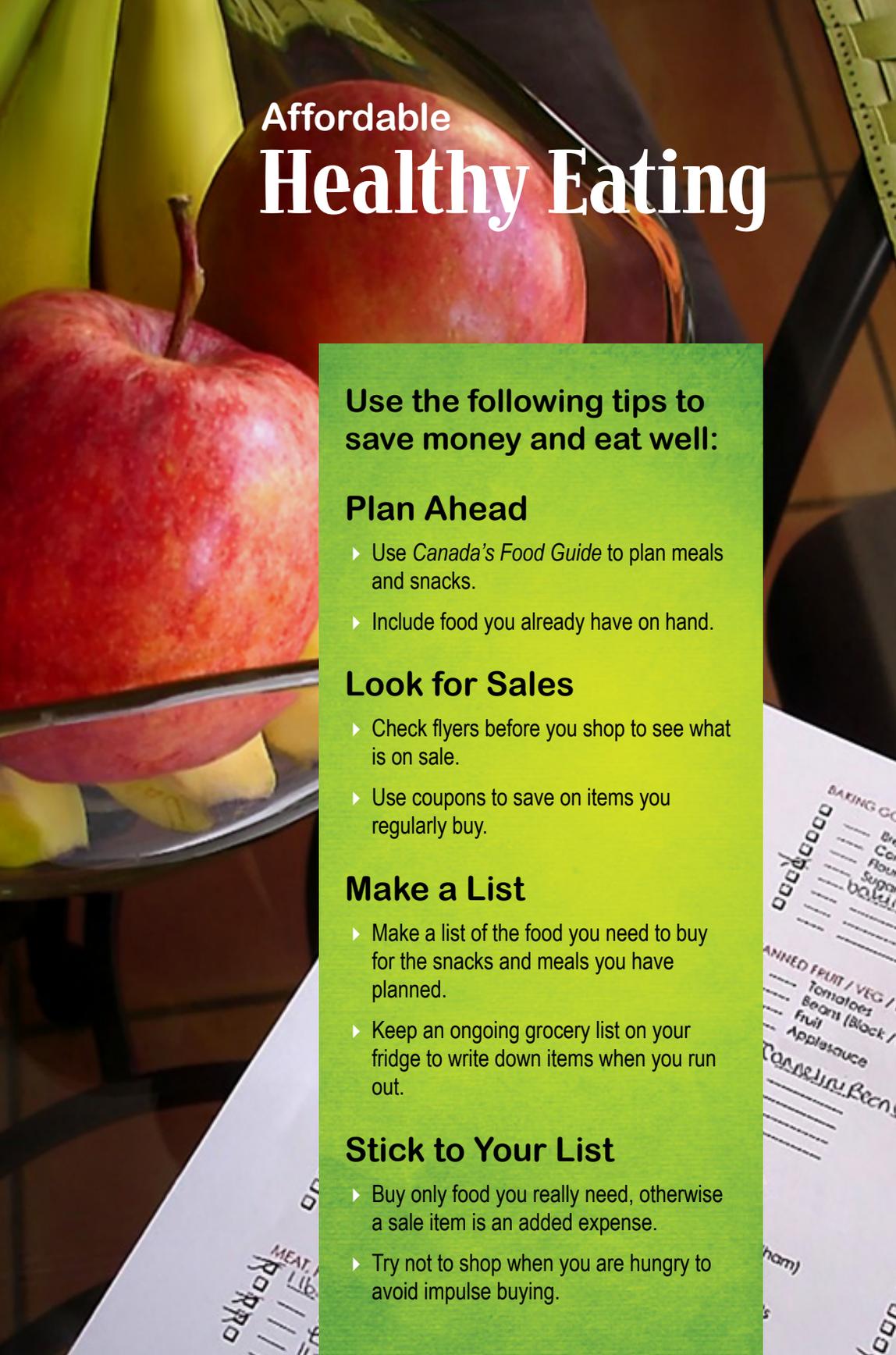


Affordable

Healthy Eating

Tips to save money and eat well





Affordable

Healthy Eating

Use the following tips to save money and eat well:

Plan Ahead

- ▶ Use *Canada's Food Guide* to plan meals and snacks.
- ▶ Include food you already have on hand.

Look for Sales

- ▶ Check flyers before you shop to see what is on sale.
- ▶ Use coupons to save on items you regularly buy.

Make a List

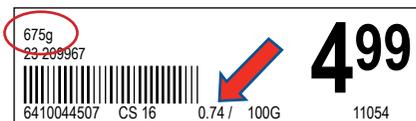
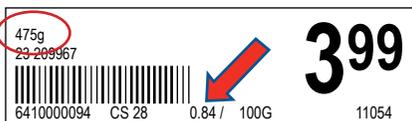
- ▶ Make a list of the food you need to buy for the snacks and meals you have planned.
- ▶ Keep an ongoing grocery list on your fridge to write down items when you run out.

Stick to Your List

- ▶ Buy only food you really need, otherwise a sale item is an added expense.
- ▶ Try not to shop when you are hungry to avoid impulse buying.

A few more Cost-Saving tips

- ▶ Cook in large amounts and freeze for later.
- ▶ Buy store brand items instead of popular name brand items.
- ▶ Prepare your own meals rather than buying convenience meals.
- ▶ Drink tap water instead of bottled water for thirst.
- ▶ Limit cookies, baked goods, chips, salty snack foods, soft drinks and other sugary drinks. These are low in nutrients and can add extra cost when grocery shopping.
- ▶ Stock up on canned goods when they are on sale and use them up by their “best-before” date.
- ▶ Shop at grocery stores instead of convenience stores which tend to have higher prices.
- ▶ Find out what programs are in your community to help you save money (e.g. bulk buying clubs, farmers’ markets, community gardens, community freezers and community kitchens).
- ▶ Grow your own food, hunt, fish and pick berries, when possible.
- ▶ Compare shelf sticker prices per 100 g or 100 mL to find best buys. If the bigger package of food is cheaper, it’s a good buy as long as you can use it before its expiry date.



Simple Meal Ideas

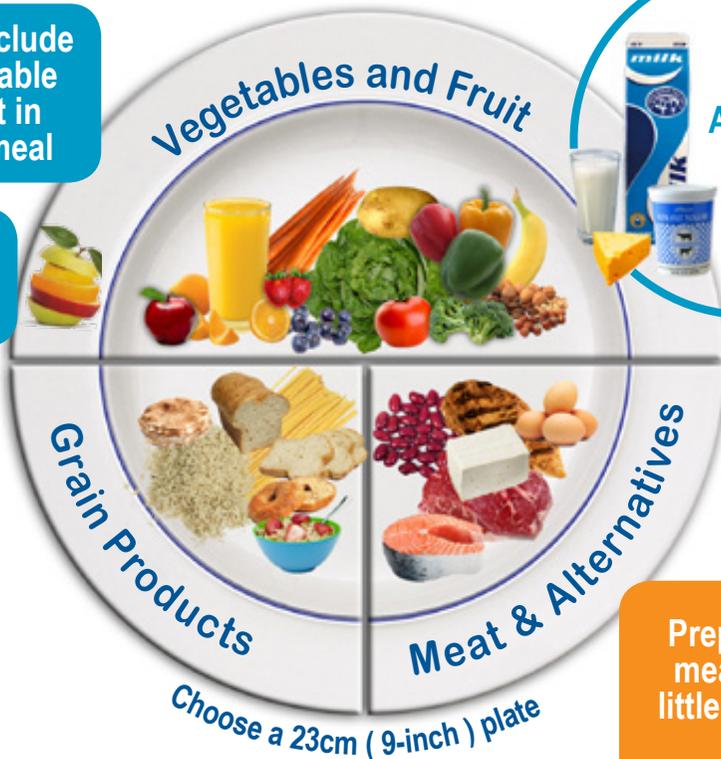
All meal ideas below include food and beverage choices from *Canada's Food Guide*.

- ▶ Peanut butter and banana sandwich, carrot sticks and glass of milk
- ▶ Vegetable omelette (with cheese) with a slice of whole grain toast and a glass of 100% fruit juice
- ▶ Baked chicken leg, rice, mixed frozen vegetables and a glass of milk
- ▶ Tuna melt (canned tuna, cheese, and English muffin) with sliced tomato and a glass of 100% juice
- ▶ Homemade oatmeal with sliced banana, yogurt and almonds
- ▶ Egg salad sandwich on whole grain bread with green pepper slices, yogurt and canned fruit
- ▶ Pita pizza (pita bread, pizza sauce, vegetable toppings, cooked lean ground beef and cheese) with fruit and a glass of milk
- ▶ Vegetable chili (canned tomatoes, vegetables and kidney beans) with a whole grain roll and a glass of milk
- ▶ Pasta with tomato sauce (add your own vegetables and cooked lean ground beef) with fruit and a glass of milk

Plan Your Healthy Plate

Try to include a vegetable or fruit in every meal

Fruit on the side



Prepare your meals using little or no salt

Healthy Snack Ideas

All snack ideas below include food and beverage choices from *Canada's Food Guide*.

- ▶ Apple slices and cubes of hard cheese
- ▶ Celery with peanut butter and raisins
- ▶ Yogurt and canned fruit
- ▶ Carrot and turnip sticks with salad dressing for dip
- ▶ Yogurt and frozen blueberries
- ▶ Toast with peanut butter
- ▶ Air-popped popcorn
- ▶ Fruit salad made with fresh or canned fruit
- ▶ Whole grain cereal and milk



Limit snacks that are high in calories, fat, sugar or sodium (salt) such as cakes, candies, cookies, doughnuts, potato chips, soft drinks, other sweetened hot or cold drinks



Vegetables and Fruit

- ▶ Fresh, frozen and canned vegetables and fruit and dried fruit are healthy choices.
- ▶ Limit packaged vegetables in sauce as they may be higher in fat, sugar or sodium (salt).
- ▶ Try to buy fruit at different stages of ripeness: some that are ready to eat and some that will ripen in a few days.
- ▶ Carrot, onion, turnip, cabbage and potatoes are good buys year-round.
- ▶ Large bags of frozen fruit and vegetables are great buys because you can use what you need and keep the rest in the freezer.
- ▶ Pick your own berries and freeze for the winter.

Buy canned fruit packed in water or its own juice

Rinse canned vegetables to cut down on sodium (salt)

Get more fibre by choosing whole vegetables and fruit more often than juice

Look for 100% juice when buying fruit juice



Grain Products

- ▶ Buy grains like rice, pasta and rolled oats in large packages or in bulk.
- ▶ Buy bread, English muffins, bagels, rolls, pitas and wraps on sale and store in the freezer.
- ▶ Stock up on pasta and cereal when on sale.
- ▶ Avoid instant cereals, seasoned rice and pasta mixes which cost more and are often high in sodium (salt).
- ▶ Buy lower fat and lower sodium (salt) crackers.
- ▶ Start your day with a bowl of oatmeal, whole grain cereal or whole wheat toast.
- ▶ Choose a cereal made with whole grains or bran, or one that contains a high source of fibre (greater than 4 grams per serving).

Make at least half of your grain products whole grain each day

Compare the Nutrition Facts Table on cereal boxes and buy those with more fibre, less sugar and less sodium (salt)



Milk and Alternatives

- ▶ Milk made from skim milk powder is cheaper than fresh milk; you can drink it, put it on your cereal, and use it for cooking and baking.
- ▶ Buy lower fat cheese in blocks and cut or grate it yourself (blocks of unopened cheese can be frozen for 6-8 weeks).
- ▶ Large containers or packages of yogurt usually cost less per serving than single portions.

Try fortified soy beverages if you do not drink milk

Look for milk and yogurt that has 2% milk fat (M.F.) or less

For best taste
prepare powdered milk according to package directions and chill before using



Meat and Alternatives

- ▶ Buy family-sized packs of meat or poultry and, if needed, separate into meal-sized portions and freeze.
- ▶ Try canned tuna, salmon or sardines in sandwiches, casseroles or salad.
- ▶ Plan meals with meat alternatives such as beans, lentils, dried peas, peanut butter and eggs which are great sources of protein and cost less.
- ▶ Buy dried beans, peas and lentils in a bag and prepare them yourself.
- ▶ Buy cheaper cuts of meat and try stewing, pot-roasting, or slow-cooking to make them moist and tender.

If you eat luncheon meats, sausages or prepackaged meats, choose those lower in sodium (salt) and fat

Rinse canned beans (e.g. kidney beans) to cut down on sodium (salt)

One Food Guide serving of meat, poultry or fish is 75 g or 2½ oz (about the size of a deck of cards or the palm of your hand)



Cooking...back

These quick meals can be made in a flash using leftover meat, chicken and vegetables.

Omelette

1. Break 2 raw eggs into a bowl and add 2 tablespoons of milk. Beat with a fork. Add pepper as desired.
2. Heat 1 tablespoon of oil in a frying pan over medium-high temperature.
3. Pour in egg mixture.
4. During cooking, lift edges and tip pan so uncooked liquid egg flows underneath. Do not stir. Cook until omelette is set.
5. Sprinkle half of omelette with a few spoonfuls of leftover cooked vegetables, or grated cheese. Fold over half of omelette and serve.



For more healthy
recipe ideas, visit
www.dietitians.ca

Stir Fry

1. Cut cooked meat or chicken into bite-sized pieces (approx. 2 cups). Prepare about twice as much bite-sized chopped vegetables (carrots, celery, red/green peppers, broccoli, onion, mushrooms, etc.) or use frozen mixed vegetables.
2. In a large frying pan, heat 1-2 tablespoons of oil. Add vegetables and cook until tender-crisp, stirring constantly. Get to know the different cooking times of vegetables since some take longer than others to cook. For example, add onions first for about 2 minutes, then add broccoli for about 4 minutes, then add red/green pepper and stir-fry for about 2 more minutes.
3. Add ½ cup of reduced sodium broth to the vegetables. Stir in a mixture of 2 tablespoons cornstarch and 1½ tablespoons reduced sodium soy sauce. Stir until it thickens.
4. Add cooked meat or chicken. Heat thoroughly.
5. Serve on brown rice or whole wheat pasta. Serves 4 people.

to the basics.

Here are some tips for making your own meals that are less expensive than buying ready-made items.

Pot Roast

1. Heat 1 tablespoon of oil in a pan. Once oil is hot, add meat and brown on all sides. Add some pepper and other herbs/spices to the raw sides as desired.
2. Once the meat is well browned on the outside, transfer it to an oven-proof pot. Add a chopped onion if desired. Pour about $\frac{1}{2}$ cup of liquid (reduced sodium broth or water) into the pot, and cover tightly with a lid.
3. Place the pot either in the oven at about 325°F, or on the stove on low. Cook until tender (about 2 hours per kg or 1 hour per pound). If using a meat thermometer, internal temperature should reach 160°F (71°C). Thermometer should be placed midway into the roast, avoiding the bone.
4. Vegetables such as potatoes, carrots, and turnip can be added in the last half hour.

Whole Roasted Chicken

1. Remove chicken from its plastic wrap and remove the giblets and neck from inside the chicken. Rinse chicken with cold water.
2. Use a sharp knife to trim any large amounts of fat and loose skin.
3. Sprinkle with pepper and spices/herbs (e.g. savory) as desired on the outside as well as inside. Try adding onion, garlic and lemon to the roasting pan for more flavour.
4. Place the chicken in a roasting/baking pan with its breast-side up. Cover with lid or aluminum foil to keep moisture in.
5. Bake at 325°F for about 45 minutes per kg (20 minutes per pound). If using a meat thermometer, internal temperature should reach 185°F (85°C). Thermometer should be placed into the thickest part of the thigh, avoiding the bone. The chicken is done when the leg moves freely in the joint. For golden, crispy chicken, remove the cover for the last 5-10 minutes of cooking.
6. Serve with vegetables and rice or potato.

Food Safety in Your Home

The following are some simple food safety tips you should follow to prevent the risk of food poisoning in your home:

CLEAN

- ▶ Wash your hands frequently with soap and water, especially before handling food or eating, after handling raw meats, using the toilet, touching pets/animals and changing diapers.
- ▶ Wash counters, utensils, cutting boards, and other surfaces after they come into contact with raw meat.
- ▶ Wash all produce thoroughly before cooking or eating.

COOK

- ▶ Cook food thoroughly to kill harmful bacteria that may be present in or on the food. This is very important for poultry and ground beef.
- ▶ Keep all hot foods at 60°C (140°F) or more, to prevent the growth of bacteria.
- ▶ Use a kitchen thermometer to check cooking and storage temperatures.

CHILL

- ▶ Chill all leftovers promptly to keep them out of room temperature.
- ▶ Refrigerate all perishable foods at 4°C (40°F) or less, to prevent the growth of bacteria.
- ▶ Thaw frozen foods in a refrigerator, cold water, or a microwave oven, not at room temperature.

SEPARATE

- ▶ Use separate cutting boards for raw meats, and raw fruits and vegetables.
- ▶ Store raw meats below ready-to-eat foods, on lower refrigerator shelves, to prevent contamination caused by dripping.

Sample Shopping List

Vegetables and Fruit

- Bananas/apples/oranges
- Onions
- Carrots
- Potatoes
- Turnip
- Cabbage
- Romaine lettuce
- Frozen vegetables
- Tomato sauce
- Canned vegetables
- Applesauce
- 100% fruit juice
- Frozen fruit
- Canned fruit
- Dried fruit (e.g. raisins)

Grain Products

- Whole grain:
 - bread
 - bagels
 - cereal
 - rice
 - pasta
 - crackers
- Rolled oats
- Popcorn kernels
- Flour

Milk and Alternatives

- Powdered skim milk
- Lower fat block of cheese
- Lower fat yogurt
- Carton of milk (less than 2% M.F.)

Meat and Alternatives

- Lean ground beef
- Chicken
- Pork
- Canned tuna/salmon/sardines
- Dried or canned beans
- Dried split peas
- Peanut butter
- Eggs
- Unsalted nuts

Other Foods

- Oil-based salad dressing (e.g. vinaigrette)
- Vegetable oil (e.g. canola)
- Herbs and spices
- Soft non-hydrogenated margarine

So **ALL** Kids
Can Play!



Regional Wellness Coalitions



This resource has been developed in consultation with the regional nutritionists from the four regional health authorities