



## Shopping for One or Two: Using Eating Well with Canada's Food Guide to Help you Budget Wisely

It is possible to buy a variety of foods in small amounts without spending a lot of money. Listed below are tips to help you eat well and reduce your grocery bill.

### Vegetables and Fruit

- Buy fresh fruit and vegetables in season:

**Winter** - oranges, grapefruit, bananas, potatoes, turnips, onions, carrots;

**Spring** - strawberries, rhubarb, lettuce, beet greens, spinach;

**Summer** - cherries, melons, berries, peaches, corn, beans, tomatoes, cucumbers;

**Fall** - apples, pears, plums, grapes, cabbage, broccoli, beets, cauliflower, squash.

- Buy only three pieces of each kind of fruit: one ripe, one medium and one green. Eat the ripe one right away and use the others as they ripen.



- Look for Canada Choice canned fruits and vegetables, which are just as nutritious as Canada Fancy, vary only in appearance and are often less expensive.
- Buy frozen vegetables without added sauces and seasonings. They're a great buy, and you can use the exact amount you need. Compare the different styles; some cost more than others. For example, broccoli spears cost more than chopped broccoli.

#### Inexpensive buys:

- ✓ Cabbage, carrots, potatoes, turnips, onions, oranges, bananas, apples;
- ✓ Frozen orange juice;
- ✓ Fresh produce in season;
- ✓ Canned tomatoes.

### Grain Products

- To maintain freshness, keep bread in the freezer, well wrapped. Remove slices as needed.
- Stock up when pasta is on sale; it can be stored for several years if left unopened in a dark place.
- Buy plain ready-to-eat cereals rather than the more expensive pre-sweetened varieties, and add some fruit for sweetness, if desired.

#### Inexpensive buys:

- ✓ Parboiled or brown rice;
- ✓ Enriched macaroni, spaghetti, noodles;
- ✓ Hot cereals, plain ready-to eat cereals.



## Milk and Alternatives

- Buy plain yogurt and add your own fresh or frozen fruit.
- Mix skim milk powder with water according to package directions. You can drink it or add it to soups, gravies, casseroles, sauces, puddings, baked goods, or scrambled eggs.

### Inexpensive buys:

- ✓ Skim milk powder;
- ✓ Mild or medium cheddar cheese, cottage cheese;
- ✓ Plain yogurt.

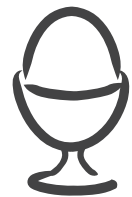
## Meat and Alternatives

- Buy only as much meat as you need. Two or three servings of meat, fish, poultry or meat alternatives per day is sufficient. A serving is 75 g (2½ oz) of cooked meat, chicken or fish, or the size of a deck of cards.
- Save money by buying canned light tuna and pink salmon, which cost less than other varieties.
- If you have freezer space, buy larger packages when meat is on sale. At home, immediately divide the meat into individual servings, rewrap in plastic wrap and freezer bags, label and date packages and freeze.
- Arrange to share a larger package with a friend.

- Ask your grocer to break open packages of wrapped meats and divide them into smaller quantities.
- Use less meat in casseroles, soup, stir-fries and spaghetti sauce and add more vegetables, pasta, rice or beans instead.
- Have one or two meatless meals a week. Try scrambled or hard-boiled eggs, omelettes, baked beans, tofu, or peanut butter sandwiches.

### Inexpensive buys:

- ✓ Less tender meat such as blade, chuck, flank, round, stewing meat (cook in liquid to make tender), ground beef;
- ✓ Whole poultry, Grade B or utility grade, chicken legs;
- ✓ Eggs;
- ✓ Dried or canned beans, lentils, peas, peanut butter;
- ✓ Liver and organ meats;
- ✓ Pork butt, loin or rib, pork chops;
- ✓ Canned fish.



## Other foods

- Limit purchase of high energy, low nutrient foods such as soft drinks, chocolate, chips and other snack foods. These are expensive and don't provide the vitamins and minerals necessary for a healthy diet.

For more nutrition information contact your local health unit, health centre or hospital.

Or visit [www.dietitians.ca](http://www.dietitians.ca)

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.



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