

eating on a budget

The goal is to buy inexpensive, healthy foods which are high in fibre, low in fat and low in sodium.



1 | menu plan

- Sit down one day a week and plan your 3 meals: breakfast, lunch, and dinner, and snacks for the week.
- Look for sales in the weekly flyer of your grocery store to help you plan.

2 | make a grocery list

- Make a grocery list of all the ingredients/foods that you will need to prepare your meals and snacks for the week.
- Use your meal plan to guide you.
- By keeping a grocery list, you will save money on your groceries as you will only buy the foods that you will eat. At the end of the week, you will have less food that you need to throw out.
- As you are shopping, stick to the list and don't get tempted by the snacks and treats aisles.

3 | look for fruits & vegetables on sale, local or frozen

- Buy fresh fruits and vegetables that are in season or on sale.
- Buy frozen vegetables - they are just as nutritious as fresh and will not spoil as quickly.
- Try to avoid canned fruits and vegetables, but if you do, buy canned fruit in its own juice and drain the juice.
- Rinse the salt off the canned vegetables before eating.

4 | buy in bulk

- Items are often less expensive when they are bought in bulk. If the food can be frozen, freeze whatever you don't need for this week. For example, buy a Club/family pack of chicken breasts, divide into portions and store in your freezer.
- Take a day to make large portions of food (i.e. chili, spaghetti sauce, soups or casseroles), package them by meal and freeze for quick, easy and affordable meals.

5 | make food vs. buying prepared foods

- It is less expensive to buy ingredients to make your own food than it is to buy pre-made food.
- When you make your own food, it is also much healthier as you are in control of what goes into the recipe.
- When making your own food, you will most likely consume less fat and less sodium than you would if you were buying prepared foods.