

CHEAP EATS

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Save money and eat well!

IDEAS

Make your own—save some dough

- take lunch, snacks and beverages to school or work—you'll save lots of \$\$\$
- make your own salads, sauces and desserts—you know what goes into them and it is cheaper than buying them pre-made
- make batches of granola, soups, casseroles, stews, chilis, lasagnas ... portion out individual servings and freeze for quick meals later on
- make your own caffè latte—heat milk and add a spoonful of instant coffee
- find new recipe ideas on the internet, in newspapers or old magazines (they are often free at the library), or look on food packages for inspiration
- take a list of the foods you need when going grocery shopping—buy them first

GO GRINCH

Go Grinch at the grocery store

- go grocery shopping after you have eaten
- shop the perimeter, or rim, of the store
- share the cost of case-lot or family-size packages with friends—portion out among your group
- stock up on sale items—try something you have never had before!
- use bulk bins to buy spices, pasta, rice, dried fruit, nuts...you can purchase just the amount you need

- check for store brands—compare unit prices
- use coupons for foods you usually purchase

BUY ALL FOUR

Shop the four food groups

Vegetables & Fruit

- buy only the amount you will use before spoilage, or use frozen or canned vegetables and fruits
- buy local, seasonal fruits and vegetables—they are usually cheaper

Grain Products

- buy day old bread and bakery items— they can always be kept frozen
- buy plain whole grain cereals—add your own dried fruit

Milk & Alternatives

- buy skim milk powder to add to casseroles, lasagnas, soups, etc.—you'll get more nutrition per bite
- buy cheese you can grate and freeze in an airtight container for later use

Meat & Alternatives

- buy eggs, tofu, beans, lentils or dried peas to make a cheap meal
- buy cheaper cuts of meat...they can be tenderized by marinating or slow cooking in stews or soups
- buy utility grades of poultry—they may have a missing part but they are just as nutritious as grade A poultry

EATING WELL

Check out 'Eating Well with Canada's Food Guide' to see how many Food Guide Servings from each food group are recommended for you.

www.healthcanada.gc.ca/foodguide

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MEAL IDEAS

Here are some meal ideas that taste great and don't cost much!

It's a Wrap

Makes 1 portion

Equipment needed: pot, grater, can opener

100 mL refried beans, canned

1 tortilla

50 mL cheddar cheese, grated

30 mL salsa

vegetables, chopped

(e.g. tomato, avocado, bell peppers, mushrooms, lettuce, etc.)

Heat refried beans. Warm the tortilla and spread the beans in a line on the tortilla. Add salsa, cheese and vegetables. Roll and enjoy!

Create your own wrap. Try using an egg in place of the beans for a breakfast burrito.

Penny Pinching Tuna Pasta

Makes 2 portions

Equipment needed: measuring cups, can opener, 2 pots, strainer

284 mL milk

284 mL can cream of mushroom soup

213 g can tuna

250 mL dry macaroni (or other pasta)

250 mL frozen peas

salt and pepper to taste

Cook pasta in boiling water. Mix milk, soup, tuna and frozen peas in separate pot. Heat, stirring often. Combine cooked pasta with tuna mixture. Season.

Veggie-Balls and Spaghetti Sauce

Makes 1 portion

Equipment needed: frying pan, bowl

1 veggie patty

15 mL vegetable oil

250 mL spaghetti sauce

30 mL parmesan cheese

Cut the veggie patty into quarters. Dip each quarter quickly into warm water and roll into a ball. Fry in oil until golden brown. Add spaghetti sauce and simmer for 10–15 minutes. Serve on pasta or rice. Top with parmesan cheese.

Pita Pizza

Makes 1 portion

Equipment needed: grater, knife/cutting board or plate

1 pita (or pizza shell)

15 mL spaghetti sauce

60 mL grated cheese

125 mL mixed vegetables, chopped
(e.g. onions, mushrooms, peppers...)

Optional: 60 mL meat (e.g. ham, lean pepperoni...)

Preheat oven to 350°F/175°C. Spread spaghetti sauce on the pita. Sprinkle on the toppings. Bake in the oven for 10–15 minutes. Serve with salad.

Save on Salad Dressing

Makes 2 portions

Equipment needed: measuring spoons, jar or sealable container

5 mL white sugar, to taste

3 mL dry or prepared mustard

60 mL vegetable oil

30 mL red wine vinegar

salt, to taste

Mix and shake all ingredients in a jar. For a creamier dressing, add 30 mL mayonnaise.



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455

www.bcdairyfoundation.ca