



HEALTHY EATING ON A BUDGET



BUY FROZEN

Frozen fruit and vegetables are underrated. They come pre-chopped and ready to use, are just as good for you (try to avoid those with added salt, sugar or fat), and are often cheaper than fresh varieties.

Frozen vegetables are picked at the peak of freshness and then frozen to seal in their nutrients.

EAT MORE VEGETABLES

- **Meat is typically the most expensive food** ingredient on a shopping list.
- **Try adding vegetables to meat dishes** like casseroles to make your meals go further.
- **Try out some vegetarian meals** to keep costs down.
- **See Meatless Mondays website** for some meat-free recipes and inspirations.

WRITE A SHOPPING LIST

- **Draw up a weekly meal plan** using up ingredients you already have and make a shopping list of any missing items.
- **Try not to shop when hungry.** People who shop when hungry are more likely to spend more, especially on less healthy foods, such as high-fat and sugary snacks.

WASTE NOTHING

- **On average, almost \$100 of good food** is thrown away each month by a family with children.
- Be strict about buying only what you'll eat.
- **Plan your meals** so all the ingredients on your list get used.
- **Freeze any unused food.** Food storage bags and boxes will come in handy.

EAT LEFTOVERS FOR LUNCH

- **Cook extra portions for your evening meal** so you can have the leftovers for lunch the next day.
- **Any leftovers can be frozen for another day.** Eventually, you'll have a freezer full of homemade ready meals on hand.

FREEZE LEFTOVER BREAD

- Bread is one of the most wasted household foods.
- **Reduce waste by freezing bread, preferably pre-sliced** (for convenience) and when it's at its freshest (for taste).
- **Store bread in an airtight container** (such as a freezer bag).



CUT DOWN ON LUXURIES

If your regular shopping basket tends to include sodas, juice, chips, granola bars, cookies and cakes, try trimming down on these non-essential items.

Many of these are high in sugar and fat, so you'll be doing your waistline and your bottom line a favour.

Think about cheaper and healthier alternatives, such as water or fruit.

EAT TRADITIONAL FOODS

- **Our ancestors lived healthy lives** by eating food from the land, and by harvesting, hunting and fishing for it themselves.
- **When berries and cranberries are plentiful**, stock up and freeze extras in large ziplock bags to use in smoothies, or add to mush later on.
- **Freeze nettles and other greens by blanching** them quickly in boiling water, then freezing them in ice cube trays. Defrost to use in pestos or smoothies, or add to soups and stews.

EAT WITH THE SEASONS

- **Spring:**
 - Salmon Berries, Thimbleberries, their shoots
 - Spring Salmon, Seagull Eggs, Herring Eggs, Prawns, Mussels, Sea Urchins, Gooseneck
 - Nettles, Fiddleheads, Spruce Tips, Licorice Fern Roots, Cow Parsnip, Seaweed
- **Summer:**
 - Salal Berries, Blackberries, Thimbleberries, Blueberries, Huckleberries, Highbush Cranberries,
 - Sockeye Salmon, Coho Salmon, Chum Salmon, Halibut, Crab, Spring Salmon
 - Rose Petals, Fireweed Petals
- **Fall**
 - Salal Berries, Highbush Cranberries
 - Coho Salmon, Sockeye Salmon, Chum Salmon, Sea Urchins, Mussels, Crab, Clams
 - Elk, Deer, Moose, Duck
 - Crab apples, Rose Hips, Hazelnuts
- **Winter:**
 - Berry Preserves: Jams, Jellies, Fruit Leathers
 - Halibut, Clams, Crab, Shrimp, Mussels, Herring

COOK WITH LENTILS AND BEANS

- **Beans, lentils and peas are some of the cheapest foods on the supermarket shelf.** They can be purchased dried or canned.
- **They are low in calories and fat** but packed with fibre, vitamins and minerals, and also count towards your serving of vegetables.
- **Use them in dishes to replace some of the chicken or meat.** Try chilli with kidney beans or chicken curry with chickpeas.

TRY CHEAPER BRANDS

- There's not always much difference between value home-brands and premium ranges.
- **Let your taste buds be the judge**, not the shiny label.

EAT SMALLER PORTIONS

- **Try eating smaller portions by saying no to a second helping** or using smaller plates.
- **You'll have more left over for lunch the next day** and your waistline may benefit, too.
- **Try measuring out staples such as pasta and rice** when cooking to stay in control of portion size and reduce waste.

COOK FROM SCRATCH

- **Save money by cutting back on takeaways and eating out.**
- Preparing and cooking your own meals is generally cheaper than buying a takeaway or a ready meal, and because it's easier to control what goes into your dish, it can be healthier.

BUY CHICKEN WHOLE

- **The cheapest way to buy chicken is to buy a whole chicken.**
- From a whole chicken, you'll get 2 breasts, 2 thighs, drumsticks and wings, plus a carcass for making stock.

COMPARE PRE-PACKED WITH LOOSE

- **Fruit and vegetables sometimes cost more pre-packed** than loose.
- **Check the price per weight** (for example, \$/pound).
- Stores know that consumers want to buy in bulk, so they mix it up: sometimes the packed produce is cheaper, sometimes it's more expensive.
- **Also, pre-packed is not always the freshest** and you may end up with more than you need.

TODDLERS EAT THE SAME

- **If you have a toddler, get them used to eating the same meals** as you instead of relying on pre-prepared toddler food.
- **Simply blend or chop up their portion to suit their age** and freeze extra child-sized portions for later.
- **Make sure not to add any salt to their portions**, and be careful with spicy food.