



Best Buys at the Grocery Store

Tips for filling your grocery cart with healthy, money-smart choices:

- Look for store brands: They are usually cheaper than popular brands.
- Watch for sales: make your grocery list using flyers, coupons and rebates.
- Make water your drink of choice and avoid buying bottled water. Ottawa's tap water is among the cleanest in the world.
- Buy in bulk and save!
 - Bags of apples, oranges, carrots, onions and potatoes.
 - Multi-packs of meat, fish and poultry.
 - Large boxes of cereal and crackers.
 - Large bags of nuts, seeds and other snacks.
 - Milk in bags instead of boxes or cartons.
 - Cheese in large blocks and portion into "sticks" or slices.
 - Large containers of yogurt and divide into single servings.



Canada's food guide recommends eating a variety of vegetables and fruit, whole grains and protein foods every day.

Vegetables and Fruit

- Shop for local vegetables and fruit when in season or visit a pick-your-own farm.
- Buy frozen or canned vegetables and fruit (without added sugar or salt).

Whole Grains

- Look for products that say "whole grain" on the label and ingredient list. Terms such as multigrain and organic are not always whole grain and are more expensive.
- Buy plain whole grain cereals and add your own toppings like fruit and yogurt.

Protein Foods

- Milk powders are less expensive. Simply add water or add directly to meals for a calcium and vitamin D boost.
- Choose dried or canned legumes such as beans, chickpeas and lentils. Compare brands for prices when buying canned.
- Choose canned tuna, salmon and sardines.
- Buy plain frozen fish instead of breaded or fried.
- Buy whole chickens and cut them up yourself. Store in plastic bags and freeze for up to 6 months.