



# Plan, Shop, Cook, Enjoy! Planifier, magasiner, cuisiner, savourer!

## Healthy Food Choices: Buying Groceries on a Budget

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
- Buy in bulk: Buy more, save more!
  - 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
- Buy on sale and freeze meat, bread, vegetables, fruit

### Vegetables and Fruit

- Shop for Ontario-grown vegetables and fruits when in season
- Visit a pick-your-own farm
- Buy frozen or canned vegetables and fruit (without added salt or sugar)

### Grain Products

- Look for reduced, day-old whole grain bread, buns and pitas
- Buy the basics: Plain noodles, crackers and rice are less expensive than flavoured products
- Portion your own snacks: Buy in bulk and divide into single servings

### Milk and Alternatives

- Buy milk in bags instead of more expensive cartons or jugs
- Use skim milk powder in recipes and for drinking (just add water)
- Portion your own yogurt: Buy large containers and divide into single servings

### Meats and Alternatives

- Buy the basics: Plain meat, poultry and fish cost less than marinated and seasoned products
- Choose canned tuna, salmon, sardines
- Portion your own meat: Buy a whole chicken and cut into meal-sized servings
- Consider frozen meat, poultry and meat (unprocessed)
- Look for less-expensive cuts of meat (for example stewing meat, ground beef, minute steak)
- Dry and canned beans, lentils and peas are less expensive than meat – use them in pasta sauces, soups, casseroles, salads and sandwiches.



Look for a **Good Food Market** ([www.gfmottawa.ca](http://www.gfmottawa.ca)) or a **MarketMobile** ([www.marketmobileottawa.ca](http://www.marketmobileottawa.ca)) in your neighbourhood. Or join the **Ottawa Good Food Box** to access inexpensive, fresh fruit and vegetables. [www.ottawagoodfoodbox.ca](http://www.ottawagoodfoodbox.ca) or call 613.860.6767.