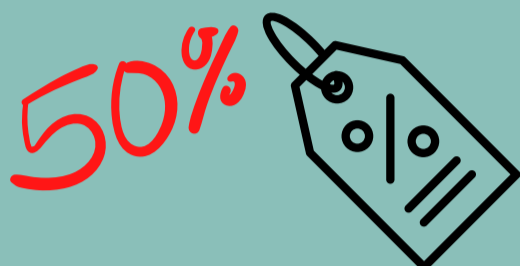


GET THE MOST OUT OF YOUR FOOD DOLLARS



1. Plan Ahead

- Check your work and activity schedule
- Check flyers for sales
- Choose meals for the week
- Check the pantry and fridge
- Make a grocery list



2. Discounts

- Reduced cost bins (50% off)
- Reward programs
- Check coupons

3. Compare Prices

- Look at price of generic and brand name foods
- Use unit price (found on shelf label)
- Compare prices with mobile applications



4. Shopping Produce

- Shop fruits & vegetables that are in-season
- Buy in bulk and freeze
- Frozen fruit and vegetables are just as nutritious

5. Processed Foods

- Choose low sodium canned vegetables
- Choose canned fruit packed in water or juice
- Compare prices of canned, frozen and fresh



6. Meat Alternatives

- Low-cost sources of protein: canned tuna, eggs, nut butters, dried or canned beans, lentils and chickpeas

Canada's Food Guide:
Healthy Eating on a Budget



02/23

Public Health

Prevent
Promote
Protect

