

## Nutrition on a Budget Toronto

You don't have to spend a lot of money to eat well. In fact, the opposite is true. Packaged, prepared, brand name, imported, out of season, and convenience foods will eat up your grocery budget in no time. Here are some healthy shopping tips to get you well on your way to a healthier lifestyle no matter what your dietary needs are.



- Grow your own – cherry tomatoes, herbs, lettuces, and small peppers can be grown in pots on your deck during the summer months.
- Buy the whole chicken and cut it up yourself. Freeze a portion for another day, if eating alone.
- Eat more vegetarian meals – meat is very expensive and the average Canadian consumes up to 4 times the amount of necessary animal protein daily.
- Buy in bulk, avoid packaging.
- Cook more – eat out less.
- Prepare in quantity – invest in a slow cooker (Cost is approx. .50¢ to operate for 8 hours) or pressure cooker.
- Buy in season and buy locally – to avoid transportation costs.
- Take your lunch to work/school.
- Make your own coffee – or better yet, drink green tea instead.
- Eat nutrient dense food – you'll be less hungry.
- Stock up on sale items.
- Shop late on Saturday night or early Monday morning and take advantage of the marked down meats and produce.
- Join a food co-op – see list on next page.
- Check out weekly grocery store flyers.
- Be aware of the “unit” price. A less expensive product may also be a smaller quantity.
- Use coupons - but remember, coupons are usually for name brands. Even with a coupon the generic brand often still costs less.
- Don't throw out wilted veggies – these make beautiful soup stock that can be frozen and used later.
- Don't spend too much time in the grocery store – you're apt to spend more.
- Be aware that foods at eye-level in the grocery store tend to be more expensive.



- Don't succumb to advertising – taste the samples but don't buy – these are rarely sale items.
  - Avoid “ready-to-eat” foods. Buying basic food items will save you money and will be healthier for you and your family.
  - Read labels – be sure you're getting the best nutrition for your food dollar
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- Foods that have a Nutrition Facts label will also have an "ingredients" list. The ingredients are listed from "most" to "least" - in other words, if sugar is the first ingredient, you know that the food is mostly sugar!
  - Shop wisely by using a shopping list, compare prices, and look at labels.
  - Shop alone if you can, and be sure that you aren't hungry when you go - hungry shoppers find it hard to stick to the list!
  - Be flexible -- if you see an unadvertised special that is too good to pass up, change your plan -- add that food to your list.
  - Plan meals ahead, know what you have on hand and think about what you would like to cook.
  - Make a food budget, and stick to it!

### Resources

**Field to Table** – Non- profit organization 416-363-6441 delivers “Organic Box” weekly or monthly! [gfbbox@foodshare.net](mailto:gfbbox@foodshare.net)

\$32.00 for a large box and \$22.00 for a small box

**Front Door Organics** – Custom fresh box delivery. Weekly \$40.00 or a standard box for \$35.00 at [www.frontdoororganics.com](http://www.frontdoororganics.com)

**Eat Organics** – Standard organic box delivery \$35.00 @ 647-393-3005 or check out their website at [www.eatorganics.net](http://www.eatorganics.net)

**Green Earth Organics** – An expanding organic grocery line.

\$36.00 for a harvest box and \$46.00 for the family harvest.