



Eat Well, Spend Less: Healthy Eating on a Budget

There are many ways to save money when choosing healthy foods in the grocery store. Start with a plan and with a variety of best buys from each of the four food groups in *Canada's Food Guide**.

Plan Ahead

- Look at flyers to see what is on sale.
- Plan meals based on *Canada's Food Guide** each week.
- Check what foods you already have.
- Make a list of what you need.

Shop Wisely

- Control impulse spending and compare prices.
- Shop at full size grocery stores rather than small corner stores.
- Buy produce at a farmer's market or farmer's stand.
- Shop when you are rested and not hungry.
- Shop alone if possible.
- Buy foods on your shopping list first. If you have money left over, use it to stock up on sale items.
- Look on the upper and lower shelves for better prices.
- Carefully check prices on the end-of-the-aisle displays to see if they are truly sale items.
- Try no-name and store brand products.
- Buy foods in bulk. Bulk foods allow you to buy as much or as little as you need.

- Only use coupons for items you need to purchase.
- Compare prices on large and small packages for the best buy per serving.
- Use unit pricing information on the shelf, if available, for comparison shopping.
- Check the best before dates, and be sure that you can use the product in time.
- Check your receipt. Make sure the price you were charged is the right one.

Eat Well

For better health and a healthy body weight, purchase fewer foods and beverages that are high in calories, fat, sugar or salt (sodium). Spend less money on cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, French fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

* Available from Health Canada, www.healthcanada.gc.ca/foodguide or from City of Hamilton Public Health Services, 905-546-2424, ext. 3521.

Vegetables and Fruit

Select a variety of colours for a variety of nutrients. Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Best Buys	More Expensive Choices
Locally grown and seasonal fresh produce	Fresh produce sold out of season (apples in summer, lettuce in winter), organic produce
Potatoes, apples and carrots in bags	Potatoes and apples in self selected bins
Whole vegetables and fruit	Cut-up, pre-peeled, washed or ready to serve vegetables and fruit
Frozen or canned vegetables and fruit especially no name brands	Fresh produce out-of-season
Canned or frozen 100% juice	Fresh juice, juice in individual containers

Grain Products

Breads, cereals, pasta, and rice are low in cost but rich in nutrients and energy. Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Best Buys	More Expensive Choices
Whole grain, whole wheat or enriched breads	Artisan loaves, cheese loaves
Store brand breads	Name brands
Enriched or whole grain pasta or noodles, single grains such as barley	Flavoured mixes in a package
Plain brown or converted rice	Instant rice and boxed flavoured mixes
Bulk cereals such as oatmeal and cream of wheat	Single serving packages
Ready-to-serve cereals in family-size boxes and bags (only if you can use them before they go stale)	Single serving variety packages

Milk and Alternatives

For health, drink skim, 1%, or 2% milk each day. Select lower fat milk alternatives.

Best Buys	More Expensive Choices
Milk, 4 litres in bags or jugs	Milk in cartons
White skim, 1%, 2% milk	Milk that is fine filtered, milk with added calcium, omega 3 fatty acids or flavour, whole milk
Large blocks of cheese	Small blocks, shredded cheese
Processed cheese slices and deli cheese	Aged cheese
Large tubs of yogurt	Small individual containers of yogurt
Milk and pudding mix to make at home	Individual containers of pre-made pudding

Meat and Alternatives

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

Best Buys	More Expensive Choices
Dried or canned beans, peas, and lentils, nuts, seeds, eggs, tofu, and peanut butter	Meat, fresh fish, poultry
Canned light tuna, pink salmon, mackerel, and sardine fillets	Fresh fish, white tuna, sockeye salmon
Frozen fish	Fresh fish
Lean ground beef, stewing beef, simmering steaks, marinating steaks and pot roasts	Pre-formed ground beef patties, cooked meatballs Premium grilling steaks and roasts
Pork shoulder butt roasts or chops, back ribs, and shoulder picnic roasts	Tenderloin and loin chops and roasts
Chicken legs and thighs	Boneless and skinless chicken breasts and pieces
Utility grade chicken, frozen turkey	Grade A roasting chicken, fresh turkey