

Healthy Eating While Spending Less – Adapted for South Asian Communities

Are you on a budget, managing a fixed or limited income, or simply trying to save money on food? Home cooking and limiting the amount you eat out helps a lot.

Keep reading for helpful tips on healthy eating well while spending less.



Steps you can take

Plan ahead

Meal planning helps prevent waste, stretches your food dollars, and helps to avoid impulse buys. Here are some meal planning tips:

- | Look for the week's specials in newspapers, store flyers and online.
 - | Get to know the regular price of food items to see if the special really saves you money.
 - | Buy food items you regularly need when they are on sale. It's only a bargain if you can use the food you buy.
 - | Try coupon or money-back smartphone apps such as Flipp-weekly Ads and coupons, or compare store flyers online, such as <http://www.flyertown.ca>
 - | Ask your cashier if you can receive coupons by email or mail and if the store you shop at does price matching.
- | Use recipes to plan meals or for menu ideas to use the items you found on sale.
 - | Avoid recipes that call for 'one-time only' ingredients you are not likely to use again. Instead, plan for ingredients you can use in a variety of ways like cracked wheat can be used to make hot cereal (dalia, upma) or haleem/stew.
- | Plan meals and snacks over several days, or even a weeks worth. Base your meal around the most expensive item, usually the meat.
- | Check your fridge and pantry to see what you have at home and then

write your grocery list.

Shop

- i Bring your own reusable shopping bags (plastic bags cost extra!).
- i Shop at discount grocery stores or supermarkets. Small convenience stores or South Asian grocery stores often have less variety and higher food prices for certain items like produce and dairy.
 - i Ask if your grocery store or supermarket has a loyalty program like a reward card to earn free groceries.
- i Shop above and below eye level for bargains. Products placed at eye level, are often the most expensive.
- i Compare prices of various foods and brands from different stores. No-name or store brands usually cost less and offer the same nutrition as high-end brands.
 - i Use unit pricing. Unit pricing shows the price of food for a specific amount, usually per 100 grams. It is often written on the same sign as the item price, and makes it easier to compare prices for the same amount of food.
 - n Larger amounts of products are usually cheaper.
 - n Here's an example of unit pricing on two different sized bags of whole-grain flour(Atta), showing the larger bag of flour is a better buy, even though it costs more:

| Size of Flour Bag | Cost Per Bag | Unit Price |
|-------------------|--------------|------------------|
| 9 kg bag | \$15.99 | \$0.18 per 100 g |
| 4.54 kg bag | \$8.99 | \$0.20 per 100 g |

- i Compare bulk bins prices. Buying bulk allows you to buy just what you need such (i.e. spices.)
- i Buy fresh vegetables and fruit while in season when they are cheapest. At other times during the year, try frozen. It is less expensive and the quality is excellent.
- i Stick to your grocery list to avoid buying food you do not need. Also avoid shopping when you're hungry or when you are rushed
- i Try to time your shopping when the store puts items on sale. This is

often near the end of the day or after a holiday.

- | Don't buy bottled water or pop. Drink tap water instead. It is healthier, less expensive and wasteful. Add slices of lemon or lime for extra flavor.
- | Shop mostly along the outer walls of the grocery store where you find more foods that are less processed.
- | Skip prepared foods as they often cost more than preparing foods yourself. For example:
 - | A block of cheese costs less than shredded cheese.
 - | A homemade salad costs less than a salad bar salad.
 - | Dry beans are less expensive than canned beans.
- | Look for a free grocery store tour led by a Registered Dietitian. These tours teach about healthy eating, reading labels and shopping for best value.

Cook

- | Prepare big batches of food that can be refrigerated or frozen for leftovers .
 - | For example buy ground beef on sale and make a big batch of minced meat curry for dinner and then freeze the rest to be used to make stuffed parathas for breakfast.
- | Use your slow cooker to prepare one-pot meals, including stews, casseroles, curries and soups. Cooking your meat slowly will help soften the meat. You can also add extras to extend the meal such as carrots and peas to rice and lentils to soups.
- | Go meatless a few meals a week. Try tofu, paneer, dried beans, peas or lentils.
- | Consider joining a community kitchen, or ask your family and friends to cook together so you can share the work and everyone gets to take food home!
- | Add leftover cooked vegetables or vegetables that are starting to wilt to soups, stews, or stir-fries.

Food Best Buys ...and what to do with them

Vegetables and Fruit

- | Buy extra produce in season or when on sale so you can freeze some for later use. Buy tomatoes in season and freeze them. You can use them to make curries, sauces, chutney or soups.
 - | Tip: write the date on the food you freeze!
- | Buy large bags of plain frozen vegetables and fruit if you have the freezer room. They are just as nutritious as fresh!
- | Try 'just past peak' fresh vegetables and fruits like bananas that are available in the discount produce section of the store. You can use these bananas to make a smoothie, lassi or fruit chaat.
- | Avoid buying prepared raw vegetables or fruit. Cut or wash them yourself.
- | Check to see if pre-bagged items, such as avocados or apples cost more in bulk or per item. Also think about if you can use all of a bulk item before it goes bad.
- | Use 100% frozen juice concentrates instead of boxed or bottled juices. Avoid fruit "drinks" which may be less expensive, they are also less nutritious.
- | Add raisins or cut up dates to muffins or loafs which are cheaper than many other dried fruits.
- | Make your own salad dressings – try 125 mL (½ cup) vegetable oil plus 125 mL (½ cup) vinegar or lemon juice plus your favourite herbs for seasonings.
- | Grow your own herbs or produce, or join a community garden in your community.
- | Join bulk buying programs for fresh produce to benefit from savings (such as Garden Fresh Box, Good Food Box or a community share agriculture (CSA)).



Grains

- | Cook your own rice, pasta, barley, or whole grain. It is cheaper and healthier than packaged mixes, which are often higher in sodium (salt), fat and lower in fibre.
- | Buy on sale or day-old whole grain products like bread, naan, roti or

whole wheat pita and freeze what you won't eat right away. Use for garlic naan pizza, roti/pita chips to add to salad or eat with hummus.

- | Try making roti or chapatti at home from whole grain flour. You can also make idli or dosa from homemade batter.
- | Make homemade muffins and loaves rather than buying from the store. Freeze what you don't need for later use.
- | Buy bulk, plain hot cereals like oatmeal and add your own fruit rather than single serving packages.
- | Make your own snack by popping popcorns at home. You can sprinkle chat masala for added flavour.
- | Try adding cracked wheat to haleem/stew or barley to soup.



Protein Foods

- | Try eggs as they are a good source of protein and can be used in many ways, such as omelets, scrambled eggs with onions and tomatoes or egg curry.
- | Choose peanut butter, hummus or dhal chutney instead of meat in sandwiches or with whole grain crackers.
- | Use legumes (beans, peas, and lentils) more often by adding them in pasta or rice, salads, soups, or stews.
- | Choose cheaper cuts of meat for stews and cut it up yourself.
 - | Try beef chuck, bottom roasts, round steaks, pork loin, or rib chops.
- | Use canned tuna or salmon in sandwiches, casseroles, roti rolls or salads.
- | Buy plain frozen fish. Add a teriyaki or lemon sauce you make yourself to give it flavor.
- | Buy chicken backs and thighs rather than breasts, which are cheaper. Or, roast a whole chicken and use the leftovers for sandwiches, stir-fries and then make soup or stock with the bones.
- | Use firm tofu in stir-fries or casseroles, or add cubed tofu to salad instead of more costly meats or fish.
- | Add chopped peanuts, sunflower seeds, or sesame seeds to cookies



or salads. They are cheaper than many other nuts and seeds and are a good source of protein and healthy fats.

- | Buy the largest size you can store of milk, cheese and yogurt. Milk bags or most hard cheeses can be frozen for later use. Avoid single portions of cheese or yogurt as they usually cost more.
- | Use skim milk powder instead of fresh milk. Drink it, or add it to soups, gravies, casseroles, sauces, puddings, or baked goods.
- | Make lassi and raita fresh at home from plain yogurt to save money.
- | Make your own yogurt and use sour yogurt to make pakora karri.



Try this Tofu scramble for supper one evening as an alternative to a meat entrée.

Tofu Scramble (yields 4 servings)

| Ingredients | | |
|-------------|---------------------------|---------|
| 7 oz | Extra Firm Tofu, crumbled | 200 g |
| 1 | Onion, finely chopped | 1 |
| 3 | Garlic cloves | 3 |
| 1 | Tomato, chopped | 1 |
| 2 | Green chilies | 2 |
| ½ tsp | Tumeric powder | 2.5 mL |
| ½ tsp | Cumin powder | 2.5 mL |
| 1 tsp | Garam masala | 5 mL |
| 1 Tbsp | Olive oil | 15 mL |
| ¼ cup | Coriander leaves | 62.5 mL |
| | Salt and pepper to taste | |

1. Heat olive oil in a heavy bottomed pan.
2. Sauté onions and garlic in oil. Add tomatoes and green chilies until they become soft. Then add turmeric powder, cumin powder and garam masala powder and stir for a few seconds. Finally stir in the crumbed tofu, salt and pepper. Combine well.
3. Cover the pan, simmer for a few minutes, and turn off the heat.
4. Finally stir in chopped coriander leaves and serve warm. Makes 4 servings

| Nutrients per serving (¼ of the total recipe) | | | |
|-----------------------------------------------|--------------------|-----------------|--------------|
| Calories: 125 | Carbohydrate: 3.7g | Calcium: 200 mg | Fat: 12.4 g |
| Sodium: 23.2 mg | Protein: 18 g | Fiber: 0.4 g | Iron: 2.1 mg |



Additional Resources

- | Eating Well with Canada's Food Guide www.healthcanada.ca/guide
- | My Menu Planner www.eatrightontario.ca/menu
- | Recipes www.eatrightontario.ca/recipes
- | "Good and Cheap" Cookbook PDF www.cookbooks.leannebrown.com/good-and-cheap.pdf

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Notes

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