



**SUMMerville**

Family Health Team



# Bites on a Budget

By: Natasha Paulic & Joanne Bak  
Registered Dietitians  
April 3, 2024



Ontario 



# Outline: **Bites on a Budget**

**01**

**Healthy Eating**

**02**

**Saving Money on Food**

**03**

**Reducing Food Waste**

**04**

**Meal & Snack Ideas**



# Canada's 2024 Food Price Report

**Table 1:**  
**2024 Food Price Forecasts**

Food Categories	Anticipated Changes %
Bakery	5% to 7%
Dairy	1% to 3%
Fruit	1% to 3%
Meat	5% to 7%
Other	2% to 4%
Restaurants	3% to 5%
Seafood	3% to 5%
Vegetables	5% to 7%
<b>Total Increase in Food Prices *</b>	<b>2.5% to 4.5%</b>

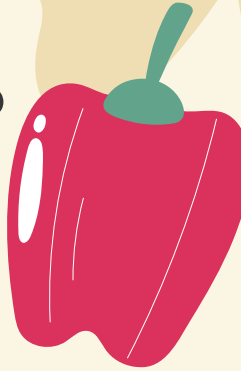
\* previous years, 10% increases



# Poll: How do you save money on groceries?

Choose all that apply

- I check store specials before grocery shopping
- I don't shop on an empty stomach
- I check my fridge, freezer and pantry to plan meals and snacks before I go to the store
- I make a list of items I need and stick to it when shopping
- I look at Unit Pricing to compare brands or package sizes to determine the best buy
- I eat less meats or dairy
- I buy fewer treats like sweets, chips or pop
- I eat out less often (e.g. restaurants, fast food, Uber Eats)





# Section 1: Healthy Eating

# What is Healthy Eating?

## Balanced Plate Meal Planning Method

### Veggies & Fruit

- Low calorie, fibre rich foods, loaded with vitamins & minerals

### Healthy Fats & Oils

- Use in moderation for flavour & satiety



Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

2019 Canada Food Guide

### Protein

- Helps keep you full between meals
- Supports muscles and immune system
- Animal and plant sources

### Water

- Aim for 8-10 cups total fluid daily, about half from water

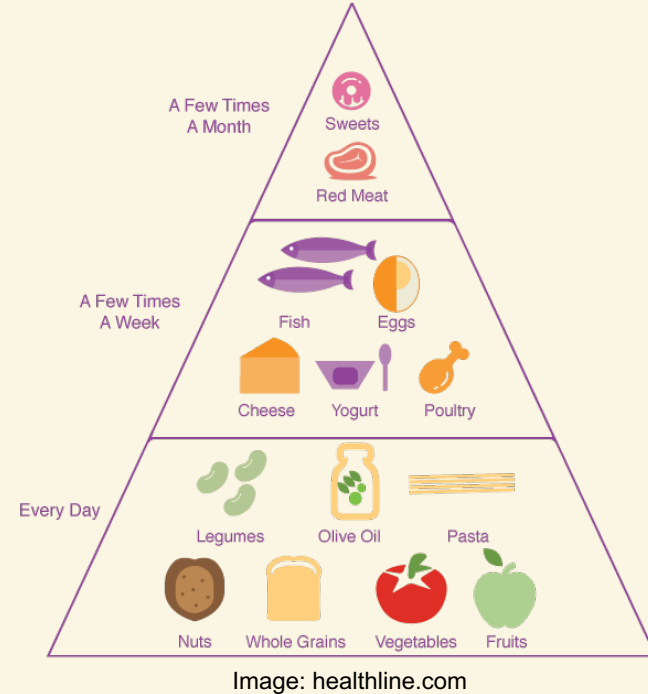
### Whole Grains & Starchy Carbs

- Important source of energy
- Fibre for digestive health & satiety
- B-vitamins & many minerals



# What is Healthy Eating?

- **Consider Mediterranean Lifestyle**
  - **health benefits:** heart disease, diabetes, cancer, mental health & well-being, weight control
  - **plant-based eating pattern** filled with veg, fruits, grains, legumes, nuts, olive oil, herbs & spices, smaller amounts of animal foods and limited red meats, ultra-processed foods & sweets
  - emphasizes physical activity and social connection
- **Parallels many other traditional cultural diets** such as
  - Asian, Latin American, Nordic, South Asian, African
- **Choosing wholesome foods, herbs /spices in keeping with cultural roots, food preferences, what's available**





# Protein Spotlight

## Why protein?

- muscle mass, reduce risk of falls
- healthy blood & immune system

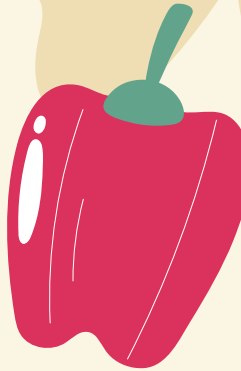
## How much do I need?

- Aim to include a protein rich food at most meals and snacks
- Pair protein with a carbohydrate rich food like fruit, yogurt, grains

➤ Ideas coming up!

## 10 Economical Proteins

- Peanut butter
- Eggs
- Tofu, extra firm
- Canned Tuna or Sardines
- Plain Greek Yogurt
- Sunflower or Pumpkin Seeds
- Cottage Cheese
- Whey Protein Powder
- Lentils
- Ground meats





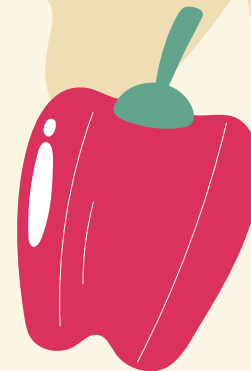


# Section 2: Saving Money on Food



# Saving Money on Food

- 12 Budget Friendly Foods
- 6 Tips to Save Money on Produce
- In the grocery store
  - Unit Pricing
  - POP (point of purchase marketing)
  - Shopping the perimeter
- Points, Flyers, Apps
- Online grocery shopping and delivery services
- Inexpensive healthy foods at Dollar Stores



# Saving Money on Food

## 12 Budget Friendly Foods

### PROTEINS

#### Eggs

- Versatile high quality source of protein

#### Dried beans, peas and lentils

- inexpensive source of protein, fibre, iron

#### Canned fish

- sardines, mackerel, tuna are inexpensive proteins, high in omega 3 fats

### GRAINS

#### Dry pasta

- Great base for adding veggies and protein to; usually enriched with B vitamins and iron

#### Oatmeal

- simple, fibre-rich, healthy breakfast
- substitute for bread crumbs, add to baked goods

# Saving Money on Food

## 12 Budget Friendly Foods

### VEGETABLES

**Carrots** – Good price throughout the year

**Potatoes** – Unfair bad rap – versatile & full of good nutrition (bake, boil, roast, mash)

**Spinach or Kale** – Mature leaves sold by the bunch, eat raw or cooked; freeze for smoothies/soups

**Cabbage** – Use in slaws, salads, soups, curries, fermented foods like sauerkraut

**Canned tomatoes** – Basis for many meals: pasta, pizza sauce, chili, curries, soups

### FRUITS

**Bagged apples** – Cost less per pound than loose

**Bananas** – Not affected much by inflation; overripe make delicious muffins

# 6 Tips to Save Money on Produce

## Shop in Season, when possible

- Spring is coming: strawberries and asparagus

## Buy Produce with a Longer Shelf Life in Bulk

- bags of onions, carrots, oranges, apples
- 3 apples weigh about 1 lb

## Frozen or Canned Veggies & Fruit

- Affordable, nutritious alternative to fresh
- No salt or sugar added – preferred
- If canned veg with salt are a better buy, rinse well first

## Prepare your own Fruits & Veggies

- Precut are convenient but more expensive
  - ❖ 3 lb bag large carrots (\$3.49) vs
  - ❖ 2 lb bag baby carrots (\$4.49)

## Produce discount shelf – use today

## Reduce food waste

- Ideas coming up!


Health Tip: try to have a fruit or veg with most meals & snacks

# UNIT PRICES

## Loblaws

February 2024


## No Frills



25 SERVINGS

Quaker,  
Quick Oats  
(1 kg)

**\$5.49 ea**  
\$0.55 / 100g



Quaker,  
Regular Instant  
Oatmeal

**\$4.79 ea**  
\$1.71 / 100g




Quaker,  
Peaches & Cream  
Flavour Instant

**\$4.79 ea**  
\$1.81 / 100g


For less than \$1.00 extra get **17 more** servings when you buy the **large bag of oatmeal** instead of the packets.

Bonus, no added sugar, salt or additives!




Quaker,  
Quick Oats  
(1 kg)

**\$4.29 ea**  
\$0.43 / 100g



Quaker,  
Regular Instant  
Oatmeal

**\$3.29 ea**  
\$1.18 / 100g



Quaker,  
Peaches & Cream  
Flavour Instant

**\$3.29 ea**  
\$1.25 / 100g



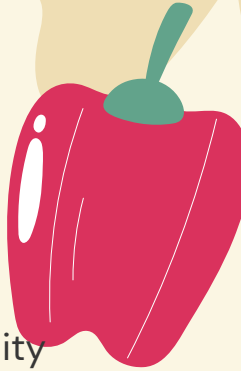
Quaker,  
Peaches & Cream  
Flavour Instant

**\$2.99 ea** ~~\$3.49 ea~~  
\$1.13 / 100g

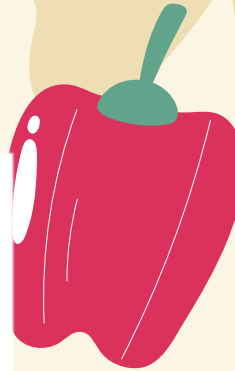
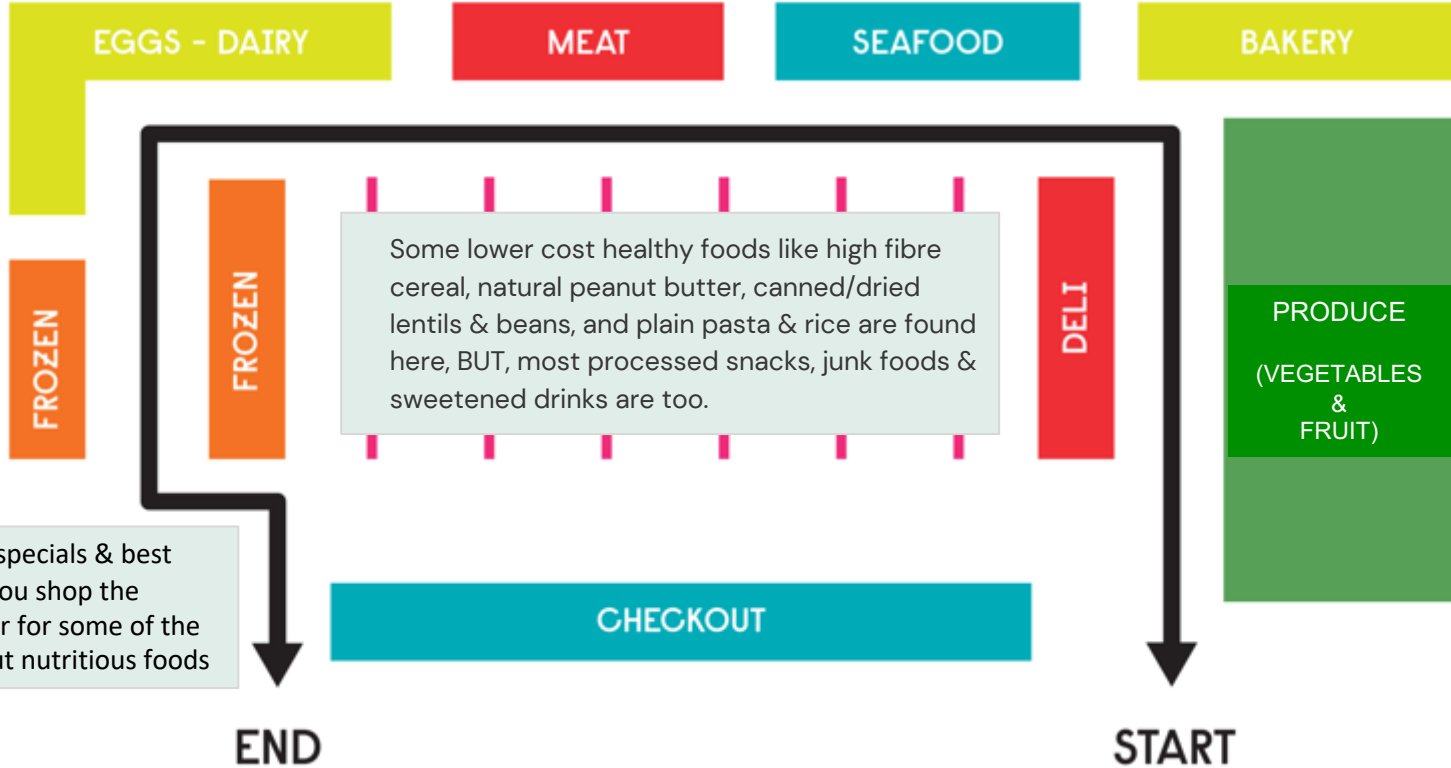
# Point of Purchase (POP) Marketing



- **POP Marketing – What is it?**
  - Marketing used in stores to increase visibility of specific products to encourage customers to buy
  - Main objective: to boost sales
- **Avoid possible POP marketing traps**
  - look high and low – eye level products often cost more
  - end of aisle ‘specials’ ?
  - at the Checkout – foods we don’t need but might want; easier to resist if we shop on a full stomach



# Shop the Perimeter





# Points, Flyers & Apps

- **Grocery Rewards Cards** – collect and redeem points with future grocery purchases
  - PC Optimum – Loblaws, No Frills, Wholesale Club, Real Canadian Super Store, Shopper's Drug Mart
  - Moi – Metro
- **Flyers**
  - Paper flyers in newspapers, in stores
    - coupon clipping or matching
      - Caution: may not save you money; many coupons are for pre-packaged meals and snacks that generally aren't good for us
  - On line
    - store websites
    - Flipp app



# Online Grocery Shopping

- Online grocery shopping has grown > 300% since the COVID-19 pandemic hit

## Options available include

- **Voila** – Sobey's
  - min \$35 order, delivery pass – \$9.99 per month, unlimited number of orders
  - temperature controlled vehicles
- **PC Express** – Loblaws, No Frills, Real Canadian Superstore, Zehrs, Wholesale Club
  - earn PC Optimum points
  - min \$10 order, pick up (\$3-5 fee) or delivery (partnership with Instacart)
- **Instacart** – not a grocery chain but a delivery company that partners with grocery stores like Walmart, Costco, Metro and more
  - \$3.99 delivery fee

## **Cost considerations** – are fees offset by reducing other expenses ?

- impulse purchases when shopping in person ?
- transportation: gas for car, money for the bus / taxi ?
- accessibility – do you rely on pricier convenience stores for some essentials like milk or bread ?

# Healthy Foods at Dollar Stores & Walmart

- Non-Perishable foods to get from Dollar stores (price range: \$1-3)
  - \*Canned beans, lentils, peas
  - \*Canned vegetables
  - Canned tomatoes (buy lower sodium if available)
  - Canned fruits
  - Pasta sauce with meat (note: sodium levels can be very high)
  - Grains: barley, rice, pasta noodles
  - High fibre cereals (e.g. Cheerios, Shredded Wheat, Oatmeal)
  - Canned fish – light canned tuna, mussels, sardines, clams
  - Nuts, peanut butter
  - Dried herbs & spices
  - Vegetable oil, Bouillon cubes



\* rinse canned beans and vegetables with water to reduce salt content

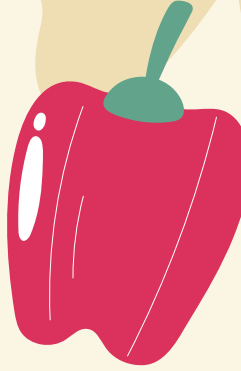


# Section 3: Reducing Food Waste



# Food Waste in Canada

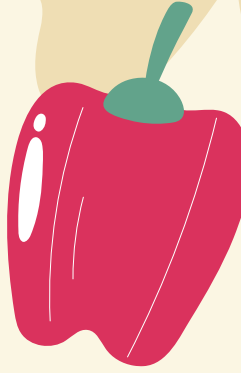
- The average Canadian household produces 79 kilograms of food waste per year
- Fruits and vegetables account for 45% of food waste
- 47% of food waste in Canada is generated at the household level
- Wasting this much food costs households over \$1,300 per year





# Tips for Reducing Food Waste

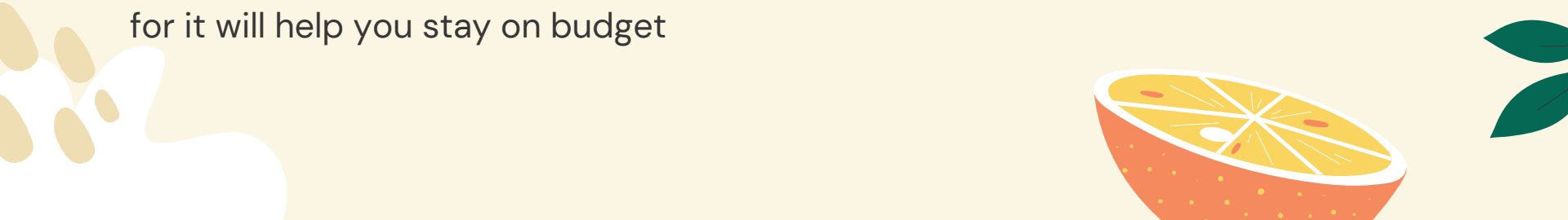
1. Make a meal plan
2. Batch cooking
3. Eat veggies root to tip
4. Store fruits & veggies properly
5. Try new fruits & veggies
6. Freeze or preserve your extras





# Reducing Food Waste: Meal Planning

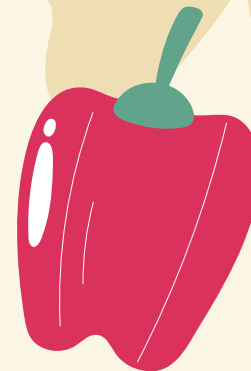


- Check supplies at home
  - Check supermarket flyers for sales, store specials when at the store
  - Plan to use leftover for meals the next day – breakfast, lunch or dinner
  - Snacks – nutritious options; limit treats
  - Make a grocery list of foods you need to buy and stick to it
  - Shop smart – Dollar stores have variety of shelf stable foods available for a lower cost
  - Plan treats such a birthdays, or eating out if budget permits. Planning for it will help you stay on budget
- 



# Reducing Food Waste: Batch Cooking

- Big batch cooking is a great way to prepare meals in advance
- Make soups and stews full of veggies and freeze them in individual containers
- Most leftovers stored in the fridge can be stored for 3-4 days
- Most leftovers stored in the freezer can be stored for 2-6 months

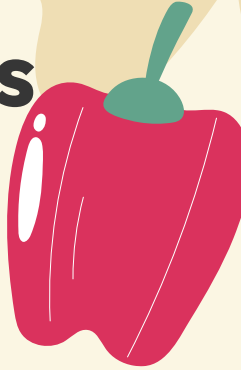






# Reducing Food Waste: Eat Veggies Root to Tip

- Using the entire vegetable can save you money and reduce food waste
- Some parts of vegetables you didn't know you can eat:
  - ✓ Broccoli stems
  - ✓ Broccoli leaves
  - ✓ Pepper leaves
  - ✓ Celery leaves
  - ✓ Carrot tops
  - ✓ Leek tops
  - ✓ Cauliflower stems
  - ✓ Beet greens





# Reducing Food Waste: Store Fruits & Vegetables Properly

## PRODUCE STORAGE GUIDE

### Countertop

Ripen at room temperature, before placing in the fridge. This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!




AVOCADOS BANANAS KIWIS MANGOES MELONS







ORANGES PEARS PEACHES TOMATOES

### Fridge

Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.





APPLES BERRIES CHERRIES GRAPES LEMONS / LIMES







ASPARAGUS BEANS BEETS BROCCOLI BRUSSELS SPROUTS

CABBAGE | CARROTS | CAULIFLOWER | CELERY | CORN | CUCUMBERS | EGGPLANT  
HERBS | LEAFY GREENS | MUSHROOMS | PEAS | PEPPERS | ZUCCHINIS

### Pantry

Store the following in a cool, dry, and dark place. Keep onions away from other vegetables, as onions release a natural gas called ethylene, which could spoil other produce.








GARLIC ONIONS POTATOES SWEET POTATOES WINTER SQUASH

### Freezer

Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use. Try to prepare the following:








FROZEN PIECES OF FRUITS FROZEN GRAPES FROZEN VEGETABLES FROZEN VEGETABLE SCRAPS FOR BAKED GOODS FROZEN BANANAS FOR BAKED GOODS





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[@halfyourplatecanada](#)
 To find more recipes and easy tips visit [HalfYourPlate.ca](#)


# Reducing Food Waste: Try New Fruits and Veggies

## Seasonal Produce Guide in Canada **Fruits\***



January	February	March	April	May	June	July	August	September	October	November	December

### Canadian Greenhouses

In-Season For Most of The Year



Cucumbers  
Lettuce  
Peppers  
Strawberries  
Tomatoes

### International

Available in Canada All Year Long



Avocados  
Bananas  
Cassava  
Clementines  
Dragon fruit  
Grapefruit  
Grapes  
Kiwis  
Lemons  
Mangoes  
Oliva  
Oranges  
Pineapple  
Pomegranates



\*This table lists average availability only. It does not include crops, which may be offered year-round, and may vary between regions for seasonal production. For a complete list of available and unavailable crops, visit [HalfYourPlate.ca](http://HalfYourPlate.ca).

## Seasonal Produce Guide in Canada **Vegetables\***



January	February	March	April	May	June	July	August	September	October	November	December

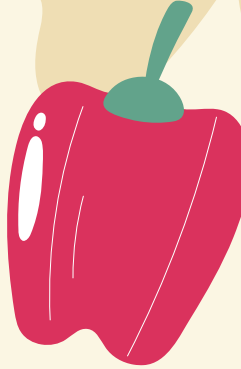


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# Reducing Food Waste: Freeze & Preserve your Extras

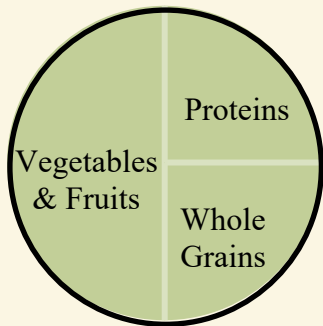
- Most fruits freeze really well so buying on sale and freezing is a great way to preserve seasonal flavour
- Making preserves is also a really easy way to lock in that delicious taste and get the most out of your budget





# Section 4: Meal & Snack Ideas

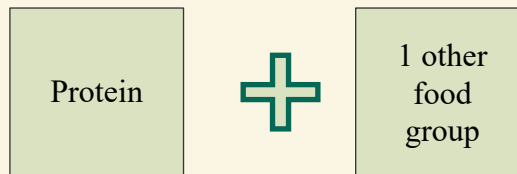
# Sample Meals



Some  
Healthy  
Fats

	Vegetable & Fruits	Proteins	Whole Grains & Starchy Carbs	Healthy fats
<b>Breakfast</b>	Sauteed veg (left over) or sliced tomatoes	2 eggs - omelet	Whole grain toast	Olive oil, canola oil (limit butter, ghee, lard)
	Fruit – fresh, frozen or canned	milk, yogurt or soy milk	Oatmeal – quick cook, large flake or steel cut	Add ¼ - ½ avocado Sprinkle nuts/seeds
<b>Lunch</b>	Green salad with veggies/fruits	Canned tuna or sardines	Leftover roasted sweet potato	Drizzle oil & vinegar on salads or cooked vegetables
	Leftover cooked vegetables Salsa topping	Legumes: chickpeas, kidney beans, black beans, edamame	Leftover rice	Choose proteins with healthy fats: fish, chicken (no skin), lean meats
<b>Dinner</b>	Steamed fresh, frozen or canned, rinsed vegetables	Chicken – whole or pieces, baked	Baked potato	Use plant proteins more often: tofu, edamame, lentils & beans
	Coleslaw mix	Fish, pan fried or baked	Corn tortillas/tacos	

# Snacks or Mini Meals



	Vegetable & Fruits	Protein	Whole Grains & Starchy Carbs
<b>Snacks</b>	Fruit – fresh, frozen or canned	Yogurt or Cottage Cheese	High fibre cereal or raw oats and a few nuts
	Raw veggies such as carrots, cucumber or pepper strips	Hummus	-
	Apple or celery sticks	Peanut Butter	-
	-	Cheese or Hard Boiled Egg	Whole grain crackers – Triscuits, Melba Toast

# Using Inexpensive Items to Make a Balanced Meal

- Kraft dinner – Add frozen veggies and edamame to add fibre and protein
- Instant noodles – use less seasoning, add veggies, add tofu/egg for inexpensive protein
- Canned tuna – add a Tbsp mayo, chopped celery, add to whole wheat wrap with greens
- Rice – add cooked black beans, sautéed peppers and onions, salsa, and sprinkle of shredded cheese for a burrito bowl
- Pasta – use canned tomato, garlic, onion, and seasoning to create an inexpensive tomato sauce that is lower in sodium
- Canned beans – add mixed canned beans, chopped celery, chopped carrots, canned diced tomato, pasta shells into a large pot to create a minestrone soup



# Meal Ideas under \$5 per serving

- Baked beans (1/2 can) + 2 slices whole grain toast + margarine + apple + glass of milk
  - \$2.80 per serving, 23 g protein, 670 mg sodium
- Sardines + 5 whole grain melba toast crackers + carrot sticks + Ranch dressing + ¾ cup Greek yogurt
  - \$4.38 per serving, 39 g protein, 652 mg sodium
- PC breaded wild cod fillet + ¾ cup parboiled rice + 1 cup frozen mixed vegetables + margarine + ¾ cup frozen yogurt
  - \$3.18 per serving, 29 g protein, 415 mg sodium
- Roast chicken + baked potato + margarine + broccoli + baked pear
  - \$4.76 per serving, 33 g protein, 550 mg sodium
    - Note: a whole chicken provides about 4 servings, prices vary from \$7-16
    - Freeze the bones for future soup (about 3 carcasses makes a good broth)

NOTE: most food items were priced at Walmart

# Veggies Multiple Ways

- Steamed
- Raw
- Oven roasted
- Air fried
- Sauteed
- Blended
- Barbecued



# Home Delivery – Meals & More

- Home cooked, balanced meals for seniors
  - **Heart to Home**
    - frozen meals, free delivery, < \$10 meals, special diets and more
    - accept Veterans Affairs Allowances
  - **Meals on Wheels** (seniors or persons with disabilities)
    - Hot or frozen meals, \$7.25 full meal
    - Register:
      - online <https://von.ca/en/locations/peel>
      - for Mississauga residents call: 905-821-3254 ext. 4330
- **Odd Bunch** – fresh produce misfits <https://www.oddbunch.ca/>
  - up to 40% cheaper than the grocery store; free subscription

Small Box (Mixed) - \$28.00 on sale for \$20.00



This Week's Harvest (10 Items) March 25th - March 31st



- Red Delicious Apples - 3 pieces
- Fresh Squash - 1 whole
- Fresh Mini Potatoes - 1lb
- Fresh Corn - 2 cobs
- Fresh Bartlett Pears - 3 pieces
- Fresh Hothouse Tomatoes - 3 pieces
- Fresh Sweet Potatoes - 1lb
- Fresh Lemons - 2 pieces
- Fresh Clementines - 1lb
- Fresh Asparagus - 1 bunch

\$5.00 delivery fee



# Poll: What is something new you learned today to help save money on groceries? Choose all that apply



- Check store specials before grocery shopping
  - Avoid shopping on an empty stomach
  - Check my fridge, freezer and pantry to plan meals and snacks before I go to the grocery store
  - Make a list of items I need and stick to it when grocery shopping
  - Look at Unit Pricing to compare brands or package sizes to determine the best buy
  - Eat less meats or dairy and more plant proteins such as soy foods, lentils & beans, instead
  - Buy fewer treats like sweets, chips or pop
  - Eat out less often (e.g. restaurants, fast food, Uber Eats)
  - Other?
- 
- 

# Resources & More

- Half Your Plate [Free Resources – Half Your Plate](#)
- Preserve Seasonal Produce <https://www.halfyourplate.ca/blog/5-simple-ways-to-preserve-seasonal-produce/>
- [Best Buys Using Canada's Food Guide](#)

## Food Banks & Community Kitchens

- Feed Ontario [Find A Food Bank | Feed Ontario](#)
- Community Kitchen <https://www.sevafoodbank.com/communitykitchen>
  - Includes learn how to cook videos

## Food Delivery Services

- Odd Bunch (fresh produce) <https://www.oddbunch.ca/>
- Heart to Home <https://www.hearttohomemeals.ca/>
- Meals on Wheels <https://www.mealsonwheels.ca/>
- Instacart, Voila, PC Express – google for websites

## Recipes

- One Dish Kitchen <https://onedishkitchen.com/recipe-landing/>
- Budget Bytes <https://www.budgetbytes.com/category/recipes/vegetarian/>
- Batch Cooking <https://www.heynutritionlady.com/batch-cooking-for-a-healthy-week/>
- Frozen vegetables <https://www.eatingwell.com/gallery/7763344/frozen-vegetable-recipes/>