

CHEAP EATS

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Save money and eat well!

IDEAS

Make your own—save some dough

- take lunch, snacks and beverages to school or work—you'll save lots of \$\$\$
- make your own salads, sauces and desserts—you know what goes into them and it is cheaper than buying them pre-made
- make batches of granola, soups, casseroles, stews, chilis, lasagnas ... portion out individual servings and freeze for quick meals later on
- make your own latte—heat milk and add a spoonful of instant coffee or a teabag
- find *new* recipe ideas on the internet, in newspapers or old magazines (they are often free at the library), or look on food packages for inspiration

SHIFT TO THRIFTY

Be thrifty at the grocery store

- take a list of the foods you need when going grocery shopping—buy them first
- shop at grocery stores or supermarkets; they have better prices and more variety than convenience stores or specialty shops
- go shopping after you have eaten
- share the cost of family-size packages with friends—portion out among your group
- check store flyers online for sales—stock up on items you eat regularly or try something new

- use bulk bins to buy spices, pasta, rice, dried fruit, nuts...you can purchase just the amount you need
- check for store brands—to get the best value, compare unit prices on shelf tags
- many stores have loyalty cards that can give you deals

SHOP FOR VARIETY

Vegetables & Fruit

- buy only the amount you will use before spoilage, or use frozen or canned vegetables and fruits
- buy local, seasonal fruits and vegetables—they are often cheaper

Grain Products

- buy plain whole grain cereals—add your own dried fruit
- buy day old bread and bakery items—they can always be kept frozen

Protein Foods

- buy plain yogurt for versatility—make it sweet with fruit or savory as a dip
- buy cheese you can grate and freeze in an airtight container for later use
- buy eggs, tofu, beans or lentils to make a cheap meal
- buy family-size packages of meat and fish—they tend to be cheaper per pound, then separate what you need to use for the week and freeze the rest for future meals

Check out *Canada's Food Guide—Healthy eating on a budget* for more tips.

food-guide.canada.ca

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MEAL IDEAS

Here are some meal ideas that taste great and don't cost much!

Bean and Salsa Wrap

Makes 1 portion

Equipment needed: pot, grater, can opener, knife/cutting board

100 mL refried beans, canned

1 whole grain tortilla

50 mL cheddar cheese, grated

30 mL salsa

vegetables, chopped

(e.g. tomato, avocado, bell peppers, mushrooms, lettuce, etc.)

Heat refried beans. Warm the tortilla and spread the beans in a line on the tortilla. Add salsa, cheese and vegetables. Roll and enjoy!

Create your own wrap. Try using scrambled eggs in place of the beans for a breakfast burrito.

Rapid Ramen

Makes 1 large or 2 small portions

Equipment needed: pot, strainer, measuring cups and spoons, knife/cutting board, bowl (to serve)

50-80 g ramen noodle package—
or try soba noodles for something different

½ of ramen seasoning packet plus
375 mL water (or 375 mL low-sodium
vegetable broth)

250 mL fresh or frozen vegetables

175 mL sliced or cubed firm tofu

5 mL sesame oil

Cook noodles according to package directions. Drain and set aside.

Heat seasoned water or broth. Add vegetables and simmer for 2-4 minutes, or until tender. Add noodles and tofu to broth. Heat through and serve with drizzle of sesame oil.

Creamy Tuna Pasta

Makes 2 portions

Equipment needed: measuring cups, can opener, 2 pots, strainer

250 mL dry whole grain macaroni

284 mL can cream of mushroom soup

284 mL milk

213 g can tuna

250 mL frozen peas

salt and pepper to taste

Cook pasta in boiling water and drain. Mix milk, soup, tuna and frozen peas in separate pot. Heat on medium low, stirring often. Combine cooked pasta with tuna mixture. Season.

Pita Pizza

Makes 1 portion

Equipment needed: grater, knife/cutting board, oven-safe dish

1 whole wheat pita (or pizza shell)

15 mL tomato sauce

50 mL cheese, grated

125 mL mixed vegetables, chopped
(e.g. onions, mushrooms, peppers...)

Optional: 60 mL leftover grilled
chicken or tofu

Preheat oven to 350°F/175°C. Spread tomato sauce on the pita. Sprinkle on the toppings. Bake in the oven for 10-15 minutes. Serve with salad.

Simple Salad Dressing

Makes 2 portions

Equipment needed: measuring spoons, jar or sealable container

60 mL vegetable oil

30 mL red wine vinegar

5 mL dry or prepared mustard

5 mL white sugar, or to taste

salt and pepper, to taste

Mix and shake all ingredients in a jar. For a creamy dressing, add 30 mL of plain yogurt.



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455

www.nutritioneducationbc.ca

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