



# Stretch Your Food Dollars

## Plan... Why Plan Meals?

### To help you and your family be healthier.

- Make sure you include enough foods from each food group.
- Pay special attention to serving enough vegetables and fruits in family meals.

### To save money.

- If you plan before you go food shopping, you will know what you have on hand and what you need.
- Shopping from a list helps you avoid expensive "impulse" purchases.

### To save time and effort.

- You have foods on hand and make fewer trips to the grocery store.
- You make good use of leftovers. This can cut your cooking time and food costs.

## Shop...

### Before You Go Shopping

- Make a list of all the foods you need. Do this in your kitchen so you can check what you have on hand.
- Look for discounted prices in the newspaper ads for the stores where you shop.
- Plan meals around foods on special that week.

### While you shop

- Check if other name brands are on sale or compare with store or private label brands.



- Private label brands are usually cheaper than name brand products.
- Take time to compare fresh, frozen, and canned foods to see which is cheapest. If you do it once, you won't have to keep doing it.
- Buy only the amount that your family will eat before the food spoils. - Buy non-perishables in bulk.

## Make Use Of Label And Shelf Information

Nutrition Facts	
Serving Size: 1 cup (250 g)	
Amount per serving	
<b>Calories</b> 260	Calories from Fat 12
	<b>% Daily Value</b>
<b>Total Fat</b> 8g	13%
<b>Saturated Fat</b> 3g	17%
<b>Cholesterol</b> 130mg	44%
<b>Sodium</b> 1010mg	40%
<b>Total Carbohydrate</b> 22g	

- Read the Nutrition Facts label on packaged foods.
- Compare the amount of fat, sodium, calories, and other nutrients in similar products.
- Choose foods that have less fat, sodium or calories, and more vitamins, minerals, and fiber.
- Look for the unit price to compare similar foods and get the best price.

## Meal Planning Tip

Plan meals around whole grains, potato, dried peas/beans, breadfruit, and ground provisions (yam, cassava, sweet potato, pumpkin, etc), vegetables, and fruit. Use less meats, dairy, and oils/fats.

# Best Buys for Cost and Nutrition



## Grains

- Buy regular rice, oatmeal, and cereals instead of the instant and flavored types.
- Try whole-grain bread and brown rice to add nutrients and variety.

## Vegetables

- Look for large bags of frozen vegetables. They may be bargains and you can cook just the amount you need, close the bag tightly, and store the rest in the freezer.
- Avoid buying single servings since purchasing many small packages of produce is often more expensive than buying in larger amounts.

## Dry Beans and Peas

- Use these often instead of meat, poultry, or fish. They cost much less and provide many of the same nutrients. They are also lower in fat and higher in fibre.
- Buy these in their uncooked form instead of the processed and packaged versions, which cost more.

## Meats and Poultry

- Look for specials on the meat shelf. Buying cuts of meat on sale can mean big savings for you.
- Buy chuck or bottom round roast instead of sirloin. These cuts have less fat and cost less. They need to be covered during cooking and cooked longer to make the meat tender.
- Buy whole chickens and cut them into serving size pieces yourself. Remove skin rather than buying skinless cuts. Or buy pieces of chicken in bulk rather than single serving packages.
- Eggs are an inexpensive source of high quality protein.
- Canned fish in water is generally cheaper than fresh fish, such as salmon and tuna.

## Milk

- Nonfat dry milk is the least expensive way to buy milk.
- Buy fresh milk in large containers (gallon or 1/2 gallon). These generally cost less than quarts.
- Buy fat-free or lowfat milk.
- Note that children under 2 years of age should be given only whole milk.

## Eating on a Budget — The 3 P's

### PLAN

- Plan meals and snacks for the week according to an established budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fried dishes).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.

### PURCHASE

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- Buy store brands if cheaper.
- Find and compare unit prices listed on shelves to get the best price.
- Purchase some items in bulk or as family packs which usually cost less.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- Good low-cost items available all year include:
  - Protein — beans (garbanzo, black, cannellini)
  - Vegetables — carrots, greens, potatoes
  - Fruit — apples, bananas

### PREPARE

- Some meal items can be prepared in advance; pre-cook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- Try a few meatless meals by substituting with beans and peas or try “no-cook” meals like salads.
- Incorporate leftovers into a subsequent meal.
- Be creative with a fruit or vegetable and use it in different ways during the week.

## For More Information contact:

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# Smart Shopping = Saving Money & Eating healthy