



# Everybody's Food Budget Book



# Are You...

...living on a limited income?

...a person just starting out on your own?

...a senior living alone?

...the caretaker of a family-style group home?

...a new Canadian?

If you are, then this booklet may be just what you are looking for to help you learn the basics about food selection, purchase, storage and preparation.

By following the seven steps outlined in this booklet, you should be able to get the best value from your food dollar. You will know that the food you choose is for your good health.

# Follow these seven steps to get the best value from your food dollar.

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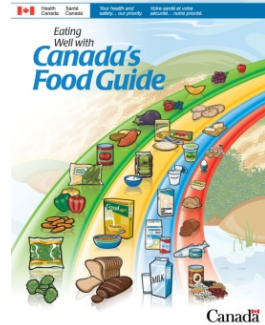
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# 1

## Follow *Eating Well with Canada's Food Guide*

***Eating Well with Canada's Food Guide*** describes what amount of food you need and what type of food is part of a healthy eating pattern. Canada's Food Guide is for healthy people 2 years of age and older.



What does Canada's Food Guide tell you?

- Eat at least one dark green and one orange vegetable each day.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two food guide servings of fish each week.
- Choose foods that have little or no added fat, sugar or salt.
- Satisfy your thirst with water.

Canada's Food Guide recommends how many **Food Guide Servings** people should eat from each of the four food groups. The recommended number of servings depends on your age and gender.

### Recommended Number of **Food Guide Servings** per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	1	1	1-2	2	3	2	3	2	3

## Everyday, choose:

### Vegetables and Fruit



#### What is One Food Guide Serving?

125 mL	vegetables or fruits - fresh, frozen or canned	1/2 cup
250 mL	raw, leafy vegetables	1 cup
125 mL	cooked, leafy vegetables	1/2 cup
125 mL	100% juice - fresh, frozen or canned	1/2 cup
1	medium-sized apple, potato, carrot, orange, banana	1



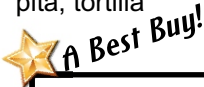
*Fresh Vegetables and Fruits in Season*

### Grain Products



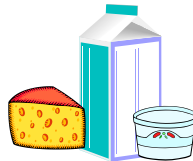
#### What is One Food Guide Serving?

1 (35 g)	slice bread	1
175 mL	cooked cereal	3/4 cup
30 g	cold cereal	1/2 - 3/4 cup
125 mL	cooked rice, pasta, couscous	1/2 cup
1/2 (35 g)	pita, tortilla	



*Day-old Bread*

### Milk and Alternatives



#### What is One Food Guide Serving?

250 mL	milk or powdered milk	1 cup
250 mL	fortified soy beverage	1 cup
175 g	yogurt	3/4 cup
50 g	cheese (cheddar, mozzarella)	1 1/2 oz



*Skim Milk Powder*

## Meat and Alternatives



### What is **One Food Guide Serving?**

75 g	cooked fish, shellfish, poultry, lean meat	2 1/2 oz
175 g	cooked legumes (beans, peas, lentils)	3/4 cup
2	eggs	2
30 mL	peanut or nut butters	2 tbsp
175 mL	tofu	3/4 cup



***Dried or Canned Beans, Peas, or Lentils***

## Oils and Fats



- Include a small amount — 30 to 45 mL (2 to 3 tbsp.) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Limit foods and beverages high in calories, fat, sugar or salt (sodium) such as:

- cakes, pastries
- chocolate, candies
- cookies, granola bars
- doughnuts, muffins
- ice cream, frozen desserts
- french fries
- potato and nacho chips
- salty snacks
- alcohol
- fruit flavored drinks
- soft drinks
- sports and energy drinks
- sweetened hot or cold drinks



# 2

## Plan a Menu

Menu planning is a very important step in helping you stick to your budget. It is easy when you use ***Eating Well with Canada's Food Guide***.

When planning your menu, aim at including at least ***One Food Guide Serving*** from three or four food groups for every meal.

Helpful Hints:

- Check supplies at home to see what needs to be eaten first.
- If you have a newspaper or grocery store flyer, check for items that are on special, particularly foods from the Meat and Alternatives group. Also look for in-store specials.
- Add foods from the other food groups to complete the main meal.
- Plan breakfast and other meals next.
- Plan to use leftovers.
- Remember that snacks should be nutritious: choose snacks that are low in calories, fat, sugar and salt.
- Plan treats for birthdays or an *occasional* "take-out" or restaurant meal if budget permits. If you plan for it, you will stay within your budget.

Go to pages 11 and 12 to see a sample one week menu.





# 3

## Make A Shopping List

A shopping list will help you remember to buy all the items you need. Keep a list in the kitchen and write down items that you need to buy.

- ❑ Use your menu plan and the "Foods to Have at Home" list to see what you need to buy.
- ❑ How much you need to buy will depend on how many people you are shopping for and how many servings.

### Foods to Have at Home

All purpose flour	Canned fruit	Soy sauce
Whole wheat flour	Tomato paste	Salt, pepper
Natural bran	Raisins	Vinegar
Rice	Tea	Chicken, beef or vegetable bouillon cubes
Macaroni/pasta	Coffee	Chili powder
Rolled oats	Brown sugar	Garlic powder
Peanut butter	White sugar	Oregano
Onions	Soft margarine	Vanilla
Potatoes	Cooking oil	Cinnamon
Carrots	Cocoa	Salad dressing
Dried peas, beans, lentils	Baking powder	Mayonnaise
Frozen beans, peas	Skim milk powder	
Canned corn	Cornstarch	
Canned tomatoes	Worchestershire sauce	
Canned tuna	Dry mustard	
Canned salmon	Ketchup	



# SAMPLE SHOPPING LIST

This shopping list has been planned using the sample menu on pages 11 and 12.

## Vegetables and Fruit

applesauce	broccoli
100% fruit juice "on special"	garlic
fresh fruit in season	green pepper
canned pineapple	zucchini
canned peaches	mushrooms
bananas	lettuce
apples	cabbage
oranges	green beans
onions	tomato sauce
carrots	vegetable soup
potatoes	tomato soup
fresh tomatoes	spaghetti sauce with meat
celery	canned cream corn
cucumber	

## Grain Products

whole grain bread  
whole grain cereal  
rolled oats  
macaroni  
spaghetti  
rice  
oatmeal cookies  
whole grain crackers

## Milk and Alternatives

milk  
cheddar cheese  
low-fat yogurt  
skim milk powder

## Meat and Alternatives

eggs	canned beans
ground beef	canned chickpeas
chicken for roasting	peanut butter
chuck roast	sunflower seeds
canned tuna	
canned salmon	

# 4

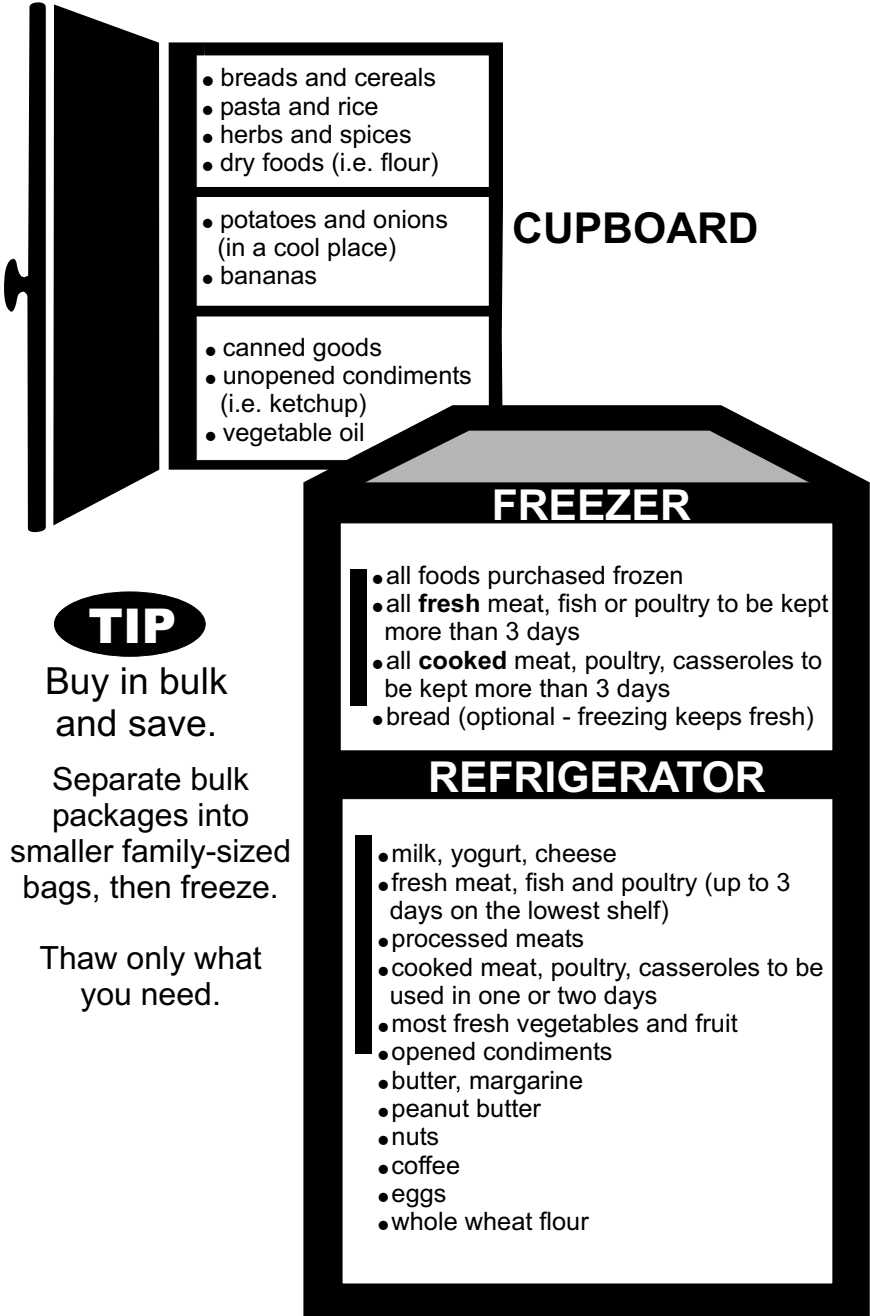
## Smart Shopping

Smart shopping will help you stay within your budget.

- ❑ Use your shopping list!
- ❑ Shop at supermarkets and fresh produce markets. Corner convenience stores are much more expensive.
- ❑ Try to shop alone and eat before you shop. Hungry shoppers buy more than they need. Children may pressure you to buy unnecessary items.
- ❑ "Featured items", which are often at the end of the aisle, are usually not a lower price.
- ❑ Shop around the outside aisles first. Higher priced convenience items are most often found in the centre aisles.
- ❑ Lower cost foods are often found on the top and bottom shelves.
- ❑ Look for and compare prices on store and "no name" brands.
- ❑ If you have extra money and storage space, buy items that you use often when you see them on "special".
- ❑ Unit pricing helps you to compare similar items of different sizes and brands and get the best price. Most stores show the unit price on the shelf below the product.

# 5

## Store it Right to Prevent Waste



### TIP

Buy in bulk  
and save.

Separate bulk  
packages into  
smaller family-sized  
bags, then freeze.

Thaw only what  
you need.

### CUPBOARD

- breads and cereals
- pasta and rice
- herbs and spices
- dry foods (i.e. flour)

- potatoes and onions  
(in a cool place)
- bananas

- canned goods
- unopened condiments  
(i.e. ketchup)
- vegetable oil

### FREEZER

- all foods purchased frozen
- all **fresh** meat, fish or poultry to be kept more than 3 days
- all **cooked** meat, poultry, casseroles to be kept more than 3 days
- bread (optional - freezing keeps fresh)

### REFRIGERATOR

- milk, yogurt, cheese
- fresh meat, fish and poultry (up to 3 days on the lowest shelf)
- processed meats
- cooked meat, poultry, casseroles to be used in one or two days
- most fresh vegetables and fruit
- opened condiments
- butter, margarine
- peanut butter
- nuts
- coffee
- eggs
- whole wheat flour

# 6

## Using Leftovers

Throwing out food that is not eaten is food and money wasted so **Cook Once, and Eat Twice!**

**Here are some tips on how to use your leftovers:**

- ❑ Add vegetables to your pasta, salads, casseroles, canned soups or spaghetti sauces.
- ❑ Add fruit to your yogurt or blend into your favorite milk shake or smoothie.
- ❑ Use stale bread for grilled cheese sandwiches, French toast or for croutons to top salads and soups.
- ❑ Add leftover meat or tofu to a tossed salad, stir-fry, casserole, omelet, spaghetti sauce or soup.

**Get the most out of your leftovers. Here's how:**

- ❑ Place in refrigerator or freezer within 2hrs after cooking.
- ❑ Store in plastic or glass air-tight containers.
- ❑ Remember to label and date containers/jars.
- ❑ Use leftovers within 2 to 3 days after cooking.
- ❑ Use only microwavable containers for heating leftovers in the microwave. Margarine or yogurt containers, for example, cannot be heated safely.

# SAMPLE ONE WEEK MENU

This menu has been included in this booklet to show you how easy it is to plan a menu. Your menu will be different from this one as it will be planned based on your family's tastes and needs.

	SUNDAY	MONDAY	TUESDAY
<b>BREAKFAST</b>	Fresh fruit Scrambled egg Whole grain toast Milk	Apple juice Cold whole grain cereal with milk	Orange Boiled egg Whole grain toast Milk
<b>NOON MEAL</b>	Vegetable soup Salmon sandwich Orange Milk	Beef sandwich Cole Slaw* Fresh fruit Milk	Tomato soup Grilled cheese sandwich Milk
<b>EVENING MEAL</b>	Chuck pot roast* Roast potatoes Carrots Whole grain bread Chocolate pudding*	Vegetarian Chili* Whole grain bread or cooked rice Vanilla pudding*	Couscous with Summer Vegetables* Fruit crisp*
<b>SNACK</b>	Whole grain toast Apple	Whole grain crackers Apple	Whole grain cereal and milk

\* Recipes in "Step 7: Cook Your Own"

## MENU PLANNING HINTS USED

- Leftovers from Sunday's Chuck Pot Roast are used to make sandwiches for Monday noon.
- Baked beans, pea soup, eggs and peanut butter are used to keep meat costs down.

**WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

Orange juice  
Hot oatmeal  
made with milk  
and topped with  
raisins

Fresh fruit  
Peanut butter on  
whole grain toast  
Milk

Apple juice  
Whole grain toast  
Cheddar cheese

Orange juice  
Cold whole grain  
cereal with milk

Corn chowder\*  
Whole grain bread  
Carrot sticks  
Milk

Quick macaroni  
and cheese\*  
Lettuce and  
tomato  
Apple juice

Tuna casserole\*  
Carrot sticks  
Banana  
Milk

Vegetable omelet\*  
Whole grain bread  
Canned peaches  
Milk

Roast chicken\*  
Baked potatoes  
Green beans  
Whole grain  
bread  
Yogurt

Stir fried chicken  
and vegetables\*  
Rice  
Oatmeal cookies  
Fresh fruit

Spaghetti with  
meat and tomato  
sauce  
Tossed salad  
Canned pineapple

Take-out pizza  
Tossed salad  
Frozen yogurt

Whole grain  
crackers  
Applesauce

Whole grain  
cereal and milk

Cheese  
Whole grain  
crackers

Apple  
Sunflower seeds

**\* Recipes in "Step 7: Cook Your Own"**

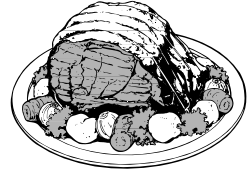
- Leftover chicken from Wednesday evening makes a delicious stir-fry dish on Thursday.
- Some seasonal fresh fruits and vegetables are a bargain at certain times of the year. At other times, frozen or canned are cheaper.
- This menu would be good for the week when the newspaper advertises roasting chickens and ground beef "on sale".

# 7

## Cook Your Own

Here are some ways to prepare meals that will be less expensive than those made from convenience items.

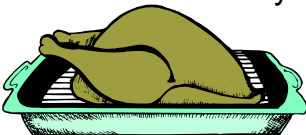
### How to Make a Pot Roast



- 1** Brown meat on all sides in a little hot oil in a big heavy pot.
- 2** Season with salt and pepper and add a small amount, about a 1/4 cup (50 mL) of liquid (water or soup stock). Cover tightly and simmer in a 325°F (160°C) oven or on the stove-top until tender (about 1 hour/lb. or 2 hours/kg). Vegetables can be added for the last half hour.

### How to Roast a Chicken

- 1** Remove neck and giblets from inside.
- 2** Place 2 or 3 garlic cloves and 1 large onion, chopped, in cavity of a 3 pound chicken.
- 3** Cook at 350°F (180°C) for about 1-1/2 hours (20-25 minutes per pound).
- 4** Baste occasionally with vegetable or olive oil. Chicken is done when bones separate easily from joints.





## How to Make a "Catch-all" Casserole from Leftovers

- 1** In a large pot, add cooked meat, fish or poultry (cut into bite-sized pieces), and an equal amount of cooked vegetables. You can also add cooked rice, macaroni or potato. Mix well.
- 2** Add one or more of the following to make it more moist: condensed cream soup, milk, vegetable broth, meat stock, tomato sauce or gravy.
- 3** Add a topping: bread crumbs, grated cheese or pastry.
- 4** Heat thoroughly at 375°F (190°C) for about 30 minutes.

## How to Make an Omelet

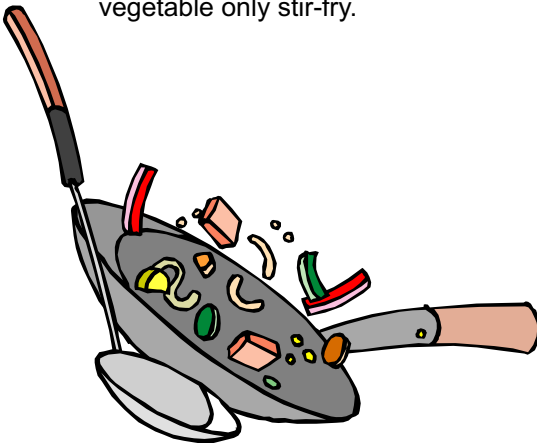


- 1** In a bowl, beat together 2 eggs and 2 tbsp. (30 mL) milk. Add a dash of salt and pepper.
- 2** Heat 1 tsp. (5 mL) vegetable oil in frying pan on medium high heat.
- 3** Pour in egg mixture. Cook at low heat.
- 4** During cooking, lift edges and tip pan so that uncooked mixture flows underneath. Do not stir. Cook until omelet is set.
- 5** Sprinkle half of the omelet with leftover cooked vegetables, tomato slices, pieces of onion, green pepper, or grated cheese. Fold the other half of the omelet over the other side.

## How to Stir-Fry

- 1** Cut cooked meat or tofu (2 cups or 500 mL) into bite-size pieces. Prepare an equal amount of cut-up vegetables (carrots, celery, zucchini, green peppers, onions, mushrooms, etc.)\* Mix together 2 tbsp. (30 mL) cornstarch and 1 ½ tbsp. (20 mL) soy sauce. Set aside.
- 2** In a hot frying pan or wok, heat 1-2 tbsp. (15-30 mL) vegetable oil. Add vegetables and cook until tender crisp, stirring constantly. For more flavor add 1 tsp. (5 mL) fresh ginger, minced and 1 clove garlic minced.
- 3** Add 1 cup (250 mL) beef, chicken or vegetable bouillon or water to the vegetables. Stir in cornstarch and soy sauce mixture. Stir until thickened.
- 4** Add cooked meat or tofu. Heat thoroughly. Serve with rice, noodles, or pasta.

\* Double the amount of vegetables (4 cups or 1 L) for vegetable only stir-fry.



# RECIPES

## pudding Mix

1 2/3 cup	cornstarch	400 mL
2 cups	sugar	500 mL
1 tsp.	salt (optional)	5 mL
8 cups	skim milk powder	2 L

1. Combine all ingredients.
2. Mix well enough to take out all the lumps.
3. Store in tightly covered jar or container.

## Vanilla Pudding

Makes 6 servings

2 cups	pudding mix	500 mL
3 cups	water	750 mL
2 tbsp.	margarine	30 mL
1 tsp.	vanilla	5 mL

1. Add water to pudding mix in saucepan over low heat.
2. Stir and cook until thickened (10-15 minutes).
3. Stir in margarine.
4. Cool slightly and add vanilla.



**Chocolate Pudding:** Make same as vanilla pudding but add 1/4 cup (50 mL) cocoa and 1/4 cup (50 mL) sugar to pudding mix before adding water.

**Fruit Pudding:** Make same as vanilla pudding but add 1 can (284 mL) of chopped and drained peach halves or other canned fruit to cooled pudding.

## Fruit Crisp

Makes 6 servings

4 cups	fresh, frozen or canned/drained fruit	1 L
3/4 cup	quick-cooking rolled oats	175 mL
2 tbsp.	water	30 mL
3 tbsp.	all-purpose flour (white or whole wheat)	50 mL
3 tbsp.	soft butter or margarine	50 mL
3-5 tbsp.	brown sugar	50-75 mL

1. Place fruit in a 1 1/2 quart (1.5 L) greased baking pan or casserole. Add water.
2. Combine flour, sugar, rolled oats and salt in another bowl. Add butter or margarine and mix until crumbly.
3. Sprinkle evenly over fruit.
4. Bake uncovered at 375°F (190°C) for approximately 30 minutes or until fruit is tender and topping is golden brown.

## Cole Slaw

Makes 6 servings

1	medium cabbage, shredded	1
1 cup	grated carrot	250 mL
1	small onion, finely chopped	1
1 cup	vinegar	250 mL
3/4 cup	sugar	175 mL
1/2 cup	vegetable oil	125 mL
1 tsp.	celery seed	5 mL
1/2 tsp.	salt	2 mL

1. Prepare vegetables and mix together in a large bowl.
2. In saucepan, combine vinegar, sugar, salad oil, celery seed and salt.
3. Heat to boiling point, reduce heat and simmer 3 minutes.
4. Pour hot dressing over vegetables, stir well, cover and chill in refrigerator. (Dressing may be re-used).

## Vegetarian Chili

1	19 oz (540 mL) can red kidney beans	1
1	19 oz (540 mL) can chickpeas	1
1	28 oz (796 mL) can diced tomatoes	1
1/2 cup	rice	125 mL
1	large onion, chopped	1
1	clove garlic, chopped	1
1 tbsp.	oil	15 mL
2 tbsp.	tomato paste	30 mL
1	stock cube	1
	Chili powder to taste	
	Salt and pepper to taste.	

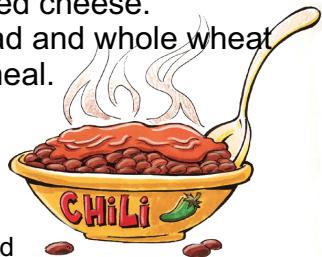
1. Drain then rinse kidney beans and chickpeas.
2. Heat large saucepan on medium heat for about 30 seconds. Add oil, chopped garlic and onion. Fry until softened\*.
3. Add all other ingredients except chilli powder and bring to boil.
4. Reduce heat and add chilli powder and salt and pepper and any other spices to taste. Simmer for about 1 hour, adding water if necessary.

Serve topped with grated cheese.

Enjoy with a green salad and whole wheat bread for a complete meal.

\*For Chilli con carne (chilli with meat) add ground beef when cooking the onions and garlic.

Other vegetables you could add are corn, chopped celery, pepper and/or chopped potato.



## Corn Chowder

Makes 6 servings

1 tbsp.	vegetable oil or margarine	15 mL
3/4 cup	onion, chopped	175 mL
1 1/2 cups	potatoes, chopped	375 mL
1 cup	water	250 mL
1 1/2 cups	milk	375 mL
1 tbsp.	flour	15 mL
2 tsp.	dried basil	10 mL
1	19 oz can (540 mL) cream style corn salt and pepper to taste	1

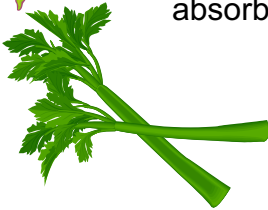
1. Melt margarine in a heavy pot over medium heat. Add onions. Cook until soft, about 5 minutes.
2. Add potatoes and water. Bring to a boil.
3. Turn heat to low. Cover and simmer until potatoes are almost soft, about 15 minutes.
4. Mix together milk, flour, and Italian herbs in a bowl.
5. Add milk mixture to potatoes.
6. Turn heat to medium-low. Cook until thick and smooth. Stir constantly.
7. Add corn and heat for 5 more minutes.
8. Add salt and pepper to taste.

From the New Thrifty Kitchen,  
The Surrey Food Bank Advisory Council, 1998

## Couscous with Summer Vegetables

Makes 8 servings

2 tbsp.	vegetable oil	30 mL
3	stalks celery, chopped	3
3	carrots, chopped	3
2	zucchini, chopped	2
1 tbsp.	dried basil	15 mL
	salt and pepper to taste	
1 1/2 cups	couscous, uncooked	375 mL
2 cups	vegetable stock	500 mL



1. Heat oil in a large pot over medium heat.
2. Add celery and carrots. Cook until softened but not browned, about 7 minutes. Stir often.
3. Add zucchini and cook until slightly softened, about 4 minutes.
4. Add basil, salt and pepper.
5. Add couscous to pot and gently stir to mix well.
6. Gently stir in vegetable stock. Bring to a boil.
7. Cover pot and remove from heat. Let couscous stand still until it is tender and all liquid is absorbed, about 5 minutes.

From the New Thrifty Kitchen,  
The Surrey Food Bank Advisory Council, 1998

Couscous is a delicious, mild tasting grain originally from North Africa. It is available in bulk or in the pasta aisle of your supermarket.

## Quick Macaroni and Cheese

Makes 4 servings

1 cup	dry macaroni	250 mL
4 cups	boiling water	1 L
1/8 tsp.	salt	1/2 mL
2 tbsp.	flour	30 mL
1/4 tsp.	dry mustard	1 mL
1/8 tsp.	pepper	1/2 mL
1 cup	milk	250 mL
1 tbsp.	onion, finely chopped	15 mL
1 cup	cheddar cheese , grated	250 mL

1. Cook macaroni in boiling, salted water until tender.
2. Mix flour, mustard and pepper with 1/2 cup (125 mL) of the milk until smooth. With the remaining milk, mix together the onion and cheese. Stir into macaroni.
3. Cook over low heat, stirring to prevent sticking until sauce thickens, about 10 minutes.

From **Eating Better...A Basic Shelf Cookbook**  
City of York Health Unit, 1987



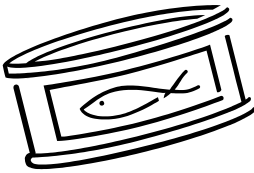
## Tuna Casserole

Makes 5-6 servings

2	6 oz. (170 g) can tuna	2
2 1/2 cups	rice, cooked	600 mL
1 or 2	14 oz. (398 g) can peas, drained	1 or 2
4 tsp.	margarine	20 mL
1 cup	onion, chopped	250 mL
7 tsp.	flour	35 mL
1 1/4 cup	milk	300 mL
1 tsp.	Worcestershire Sauce	5 mL
1/2 tsp.	pepper	2 mL
1 cup	cheddar cheese, grated	250 mL

1. Drain and flake tuna.
2. Place cooked rice in bottom of a well-greased baking dish.
3. Add peas and tuna.
4. Fry onion in margarine until soft; add flour.
5. Add seasonings to milk and add to flour mixture.
6. Stir until thick. Pour over ingredients in baking dish.
7. Top with cheese. Bake in 375°F (190°C) oven for 25 minutes.

Adapted from *Eating Better...A Basic Shelf Cookbook*  
City of York Health Unit, 1987



**Want to budget better?**

## **The Basic Shelf Cookbook**

Available in Ottawa at:

Canadian Public Health Association  
1565 Carling Avenue, Suite 400  
Ottawa ON K1Z 0R1

Tel: (613) 725-3769 / (613) 725-9826

**Cost: \$7.50 +GST +Shipping**

(prices subject to change)

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