Save Money on Food

Plan

1. Decide how much money you have for food each week.

   Tip: At the beginning of the month fill 4 or 5 envelopes or jars with grocery money for each week.

2. Check what foods you have in your fridge, freezer and cupboards – plan to use up foods you have, especially fresh foods.

3. Look at store flyers for the lowest food prices and sales.

   Tip: Grocery stores and supermarkets usually have lower prices than convenience stores.

4. Plan what you and your family will eat that week.

5. Write a grocery list of foods you need to buy.

Shop

1. Don't shop when you are hungry. You will spend more money on foods you don't need.

2. Buy most of your foods from the 4 food groups in *Canada's Food Guide*:
   Vegetables and Fruit
   Grain Products
   Milk and Alternatives
   Meat and Alternatives

3. Buy frozen or canned vegetables and fruit when fresh are more expensive.

4. Compare brands.

   Tip: Grocery store brands like *No Name*, *Great Value*, *President's Choice*, *Sensations* and *Co-op Gold* are usually cheaper.
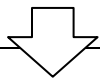
5. Buy large packages of dry, canned or frozen food that you eat often.

   Tip: Some fresh foods like meat, poultry, fish, some vegetables, cheese or breads can be divided and stored in the freezer.

Cook

Eat

1. Cook your meals at home. Eating meals in restaurants will cost you more.

1. To save money, eat less meat. Instead eat eggs, beans or canned fish. They are healthy too!

   Tip: Try to have meat free meals every week.

2. When you cook, make enough for 2 to 3 days to save time and money.

   Tip: Freeze extra leftovers if you will not eat it within 3 days.

2. Do not waste food. Plan to use foods you have while they are fresh. Buy only what you need.

3. Plan two meals in one. Buy a whole chicken, fish or larger cut of meat and cook two meals from it.

   Tip: Roast a whole chicken instead of chicken pieces and use the leftovers in soup, sandwiches or other meals.

3. Drink tap water and milk or milk alternatives. Juice and pop have a lot of sugar and add extra money to your food budget.

For more information please contact:

Food security resources in your community: