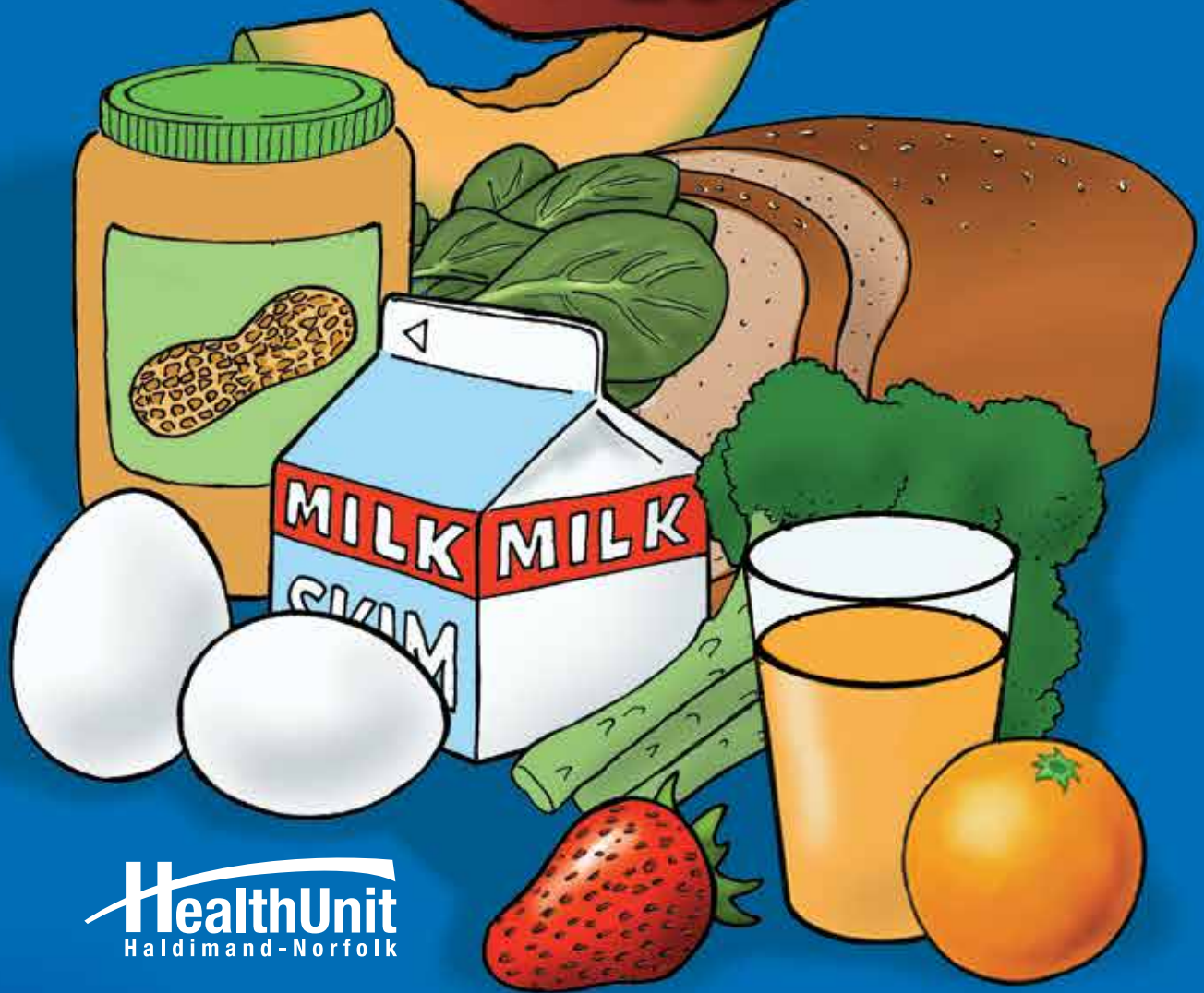


# Eat Well For Less!





# Who is this booklet for?

This booklet is for anyone who would like to spend less money and eat healthy foods. Healthy eating is important for all age groups. What you eat can affect your health, energy level and the way you feel about yourself.

This booklet will help you save money on food by providing tips and suggestions while following Canada's Food Guide.

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Updated January 2013



# 1. What is Healthy Eating?

**E**ating is one of the best things life has to offer. Food helps you celebrate with your family and friends. It nourishes your body. It gives you energy to get through each day. The right balance of food and activity helps you to prevent disease and maintain a healthy body weight. **Canada's Food Guide** is a tool to help Canadians make healthy food choices.

Each of the food groups listed in Canada's Food Guide is important because it provides its own set of nutrients. No food or meal is "good" or "bad". Healthy eating means having a variety of foods from each food group every day in moderate amounts.

## Canada's Food Guide is based on these guidelines to healthy eating:

- Enjoy a variety of foods.
- Emphasize vegetables, fruits and whole grains.
- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol and caffeine.



## 2. Food Group Basics

**Y**ou need to eat foods from each of the four food groups in **Canada's Food Guide** every day. The number of servings you need to eat from each food group depends on your age, gender and how active you are.

Let's look at each of the food groups, some best buys and money saving ideas when shopping for and preparing these foods.

<b>Recommended Number of Food Guide Servings per Day</b>									
	<b>Children</b>			<b>Teens</b>		<b>Adults</b>			
<b>Age in Years</b>	<b>2-3</b>	<b>4-8</b>	<b>9-13</b>	<b>14-18</b>		<b>19-50</b>		<b>51+</b>	
<b>Sex</b>	<b>Girls and Boys</b>			<b>Females</b>	<b>Males</b>	<b>Females</b>	<b>Males</b>	<b>Females</b>	<b>Males</b>
<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



# Vegetables and Fruit

## Examples of 1 serving:

1 medium fruit or vegetable  
(about the size of a tennis ball)

1/2 cup or 125 mL fresh, frozen  
or canned fruits or vegetables

1 cup or 250 mL salad

1/2 cup or 125 mL 100% fruit  
or vegetable juice



## Try to:

- Choose vegetables or fruit that are dark green or orange (such as broccoli, spinach, carrots, sweet potatoes, peppers, oranges, and cantaloupe).
- Eat whole vegetables and fruit more often than juice - they are healthier and keep you full longer.

## To save money:

- Buy fresh fruits and vegetables when they are in season. You can freeze them too. During the winter, frozen or canned vegetables or fruit may be the best buy. They are just as nutritious as the fresh ones.
- Buy locally grown vegetables and fruit in the summer. Sometimes a farmer's market is a good place to save money on these foods. Try picking your own produce at a local farm to save even more money. It's fun too!
- Choose frozen vegetables in bags and cook only as much as you need.
- Add leftover vegetables to soups, salads, or casseroles. See section 7 for recipe ideas.
- Try growing your own vegetables such as tomatoes, cucumbers, or beans.
- Buy larger bags of potatoes, onion and carrots - they are cheaper in bulk than as single items.



# Grain Products

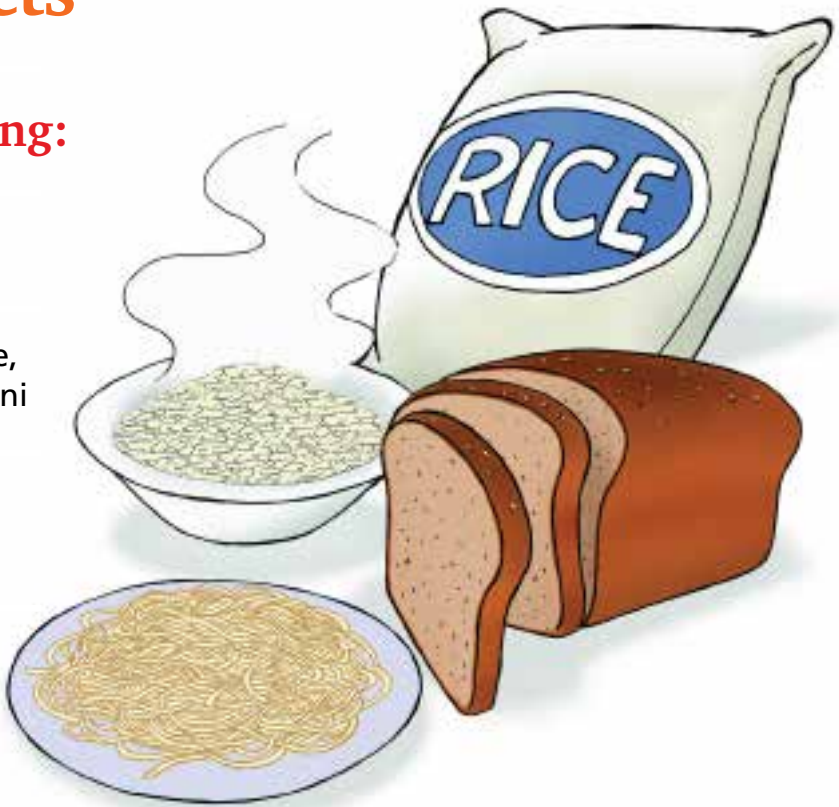
## Examples of 1 Serving:

1 slice bread or small bun

1/2 cup or 125 mL cooked rice,  
noodles, spaghetti or macaroni

3/4 cup or 175 mL hot cereal  
or cold cereal

1/2 pita or 1/2 12 inch tortilla



## Try to:

- Choose whole grain products more often.
- Eat at least 1 or 2 servings of grain products at each meal and snack.
- To see if a food is whole grain read the ingredients list and look for the words "whole grain."

## To save money:

- Serve cooked cereal for breakfast instead of cold cereal. Hot cereals like porridge are a good buy. Instant hot cereals in single serving packages are convenient, but usually more expensive.
- Buy day old bread. Use it right away or store it in the freezer for up to 1 month.
- Cook with noodles, pasta and rice. They are nutritious, delicious and economical foods.
- Try to bake your own muffins (see section 7 for recipe ideas), or other baked goods. They cost less and taste better too!

# Milk Products

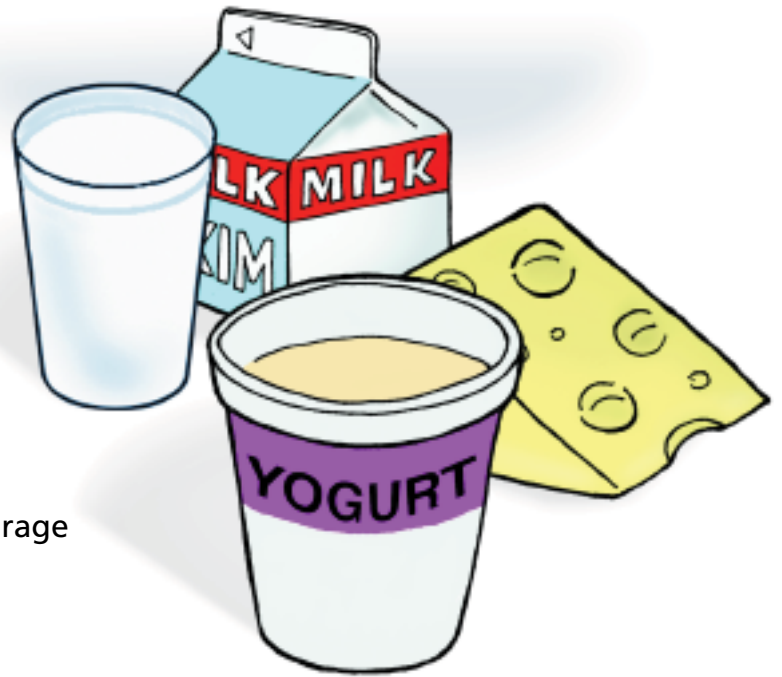
## Examples of 1 serving:

1 cup or 250 ml of milk

3/4 cup or 175 grams of yogurt

1 1/2 ounces or 2 slices of cheese

1 cup or 250 ml of fortified soy beverage



## Try to:

- For adults and children over 2 years old, choose lower fat milk products such as skim, 1% or 2% milk or yogurt, and choose lower fat cheese (20% milk fat or less).

## To save money:

- Buy milk in bags instead of cartons. It can be frozen for up to 6 weeks. Thaw bags of milk in your refrigerator and shake it before you open it.
- Make milk from skim milk powder and use it for cooking or baking. Mix it with an equal amount of skim, 1% or 2% milk for drinking.
- Buy cheese in blocks and slice or grate it yourself.
- Freeze grated cheese and use it for baking or casseroles.
- Buy yogurt in larger containers instead of single portions.



# Meat and Alternatives

## Examples of 1 Serving:

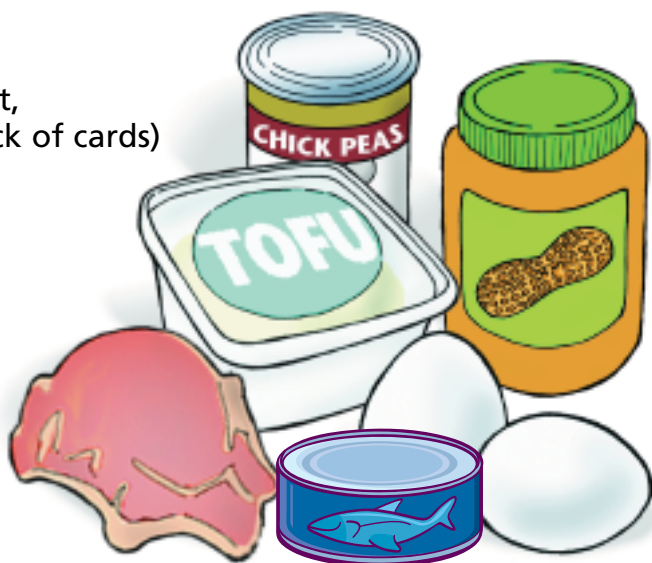
2 – 3 ounces or 50 – 100 grams of meat, chicken or fish (about the size of a deck of cards)

1 cup or 250 mL of cooked beans, split peas or lentils

2 eggs

2 tablespoons peanut butter

1/3 cup or 100 grams of tofu



## Try to:

- Choose meat alternatives such as peas, beans, lentils, tofu, peanut butter and canned tuna or salmon and eggs more often - they are nutritious, tasty and easy on the budget.

## To save money:

- Buy less expensive cuts of meat like stewing meat, outside, inside or eye of round, blade or flank steak, regular or medium ground meat, pork shoulder, chicken pieces (legs, thighs) or whole chicken, and plain frozen fish fillets. They will be tender if you cook them slowly for several hours in liquid such as water, soup broth or tomato juice.
- Choose regular or medium ground beef. Just brown it and then drain it to get rid of the extra fat.
- Buy a whole chicken or large piece of meat and cut it into smaller pieces yourself.
- Use leftover meat or chicken bones to make soup.
- Make a stir fry or casserole that uses a small amount of meat and add more vegetables and noodles or rice. See section 7 for recipe ideas.
- Add beans, chick peas or lentils to soups, casseroles or salads.
- Try eating a few meatless meals each week such as bean and rice casserole, cheese omelette, tofu and vegetable stir-fry or vegetarian chili. See section 7 for recipe ideas.

# Oils and Fats

Include a small amount of healthy fat each day - 30- 45 mL (2 to 3 Tbsp). This includes oil used for cooking, salad dressings, margarine and mayonnaise.

## Try to:

- Use vegetable oils such as canola, olive and soybean.
- Choose margarines that are free from trans fats.
- Limit butter, lard and shortening.



## To save money:

- Make your own salad dressing by mixing together some ingredients you have on hand. See section 7 for recipe ideas.

# Foods to Limit

These foods may not contain a lot of nutrients and may add too many calories and too much fat, sugar and sodium to your diet.

## Examples of foods to limit include:

cake, cookies, pastries, donuts and store-bought muffins

candy and chocolate

ice cream and frozen desserts

snack foods like potato chips

alcohol

soft drinks, fruit flavoured drinks, energy drinks and sports drinks

sweetened hot or cold beverages

fast food



## To save money:

- Remember, these add an extra cost to your grocery bill, so don't overdo it.
- Try to buy foods that offer the most nutritional bang for your buck like pudding made with milk.

### 3. Reading Labels

**R**eadng labels at the grocery store can help you choose the healthiest foods possible within your budget. The sample Nutrition Facts table below shows you what to look for.

<b>Nutrition Facts</b>	
Serving Size 1 slice (47g) Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 90
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Start here**

**Check the total calories per serving**

**Limit these nutrients**

**Get enough of these nutrients**

**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

If this was a label for bread, you would see that it is low in fibre because it has only 3% of the daily recommended fibre. Anything 5% or less is low. It is recommended that you choose breads higher in fibre and made from whole grains.

## 4. Basic Foods to Have on Hand

**M**aking your own meals can help you save money. Here are some basic ingredients to have on hand. You can use them to put together a quick and nutritious meal anytime. If you are just starting to put your “basic foods” together, don’t get overwhelmed! Buy these foods a few at a time and build your pantry over time.

### **Grain Products**

Rice  
Crackers  
Cereal  
Bread (whole grain)  
Pasta  
– Macaroni  
– Spaghetti  
– Lasagna  
Bread crumbs

### **Vegetables & Fruit**

Potatoes  
Onions  
Carrots  
Canned vegetables  
– Corn  
– Tomatoes  
– Mushrooms  
– Peas  
– Carrots  
Canned vegetable soups  
– Tomato  
– Mushroom  
Tomato paste  
Canned fruit

### **Meat & Alternatives**

Canned or dried beans,  
peas and lentils  
Peanut butter  
Canned tuna/salmon  
Eggs

### **Milk Products**

Skim or 1% milk

### **Fats & Oils**

Soft margarine  
Vegetable Oil

### **Baking Ingredients**

Flour  
Sugar  
– White  
– Brown  
Baking powder  
Baking soda  
Cornstarch  
Vanilla  
Rolled oats  
Raisins

### **Seasonings**

Salt  
Pepper  
Garlic powder  
Chicken bouillon cubes  
Soy sauce  
Vinegar  
Ketchup  
Herbs  
– Basil  
– Oregano  
– Thyme  
Spices  
– Paprika  
– Cayenne  
– Cinnamon  
– Chili powder  
– Cumin

*Buy just as much herbs  
and spices as you need  
from the bulk section*

## 5. Sample One Week Menu

	SUNDAY	MONDAY	TUESDAY
Breakfast	Scrambled eggs Whole grain toast Milk	Hot or cold whole grain cereal with milk Toast	100% fruit juice Whole grain toast Cheddar cheese
Snack (optional)	Fresh fruit in season	Yogurt	Fresh fruit in season
Lunch	Vegetable soup Salmon sandwich Orange	Chicken sandwich Fresh fruit in season	Leftover Vegetarian chili Whole grain bread Yogurt
Dinner	Baked chicken Carrots Roast potatoes Whole grain bread Apple oatmeal crisp* Milk	Vegetarian Chili* Whole grain bread Rice pudding*	Stroganoff style beef* Grandma's rolled oat cookies*
Snack (optional)	Raw veggies and dip	Crackers Canned fruit	Cold cereal with milk

### Menu Planning Hints Used:

- Leftovers from Sunday, Monday, Wednesday and Thursday are used to make lunch for the next day.
- Beans, lentils, eggs and peanut butter are used to keep costs down.
- Some seasonal fresh fruits and vegetables are a bargain at certain times of the year. At other times, frozen or canned are cheaper.
- For exact serving sizes, see Section 1, or use the balanced plate portion estimators on the next page for an easy serving size guide (1/2 plate vegetables and fruit, 1/4 plate grains, 1/4 meat and alternatives).



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hot or cold whole grain cereal with milk Toast	Peanut butter and jam on whole grain toast Milk	100% fruit juice Boiled egg whole grain toast	Breakfast burrito*
Applesauce	Fresh fruit in season	Yogurt	Raw veggies and dip
Canned pea soup Whole grain bread Carrot sticks	Leftover spaghetti Whole grain bread Yogurt	Leftover tuna casserole Carrot sticks Fruit Milk	Canned soup Cheese sandwich Milk Canned peaches
Spaghetti with meat and tomato sauce Whole grain bread Tossed salad Fresh fruit salad	Tuna casserole* Tossed salad	Easy stir-fry with chicken* Rice Fresh fruit in season	Take-out pizza Tossed salad
Air popped popcorn	Banana muffin*	Cheese and Crackers	Apple Sunflower seeds

**\* Recipes can be found in Section 7**



## 6. Smart Shopping Tips and Food Budgeting:

- Shop at larger grocery stores and fresh produce markets. Smaller convenience stores are usually more expensive.
- Try to shop only once a week. Extra trips to the store usually mean you will spend more money.
- Check supplies at home to see what needs to be used up.
- Check the supermarket flyer for items that are on special, particularly foods in the meat and alternatives group.
- Plan a few meatless meals per week using eggs, tofu, beans, chickpeas, lentils or peanut butter.
- Instead of buying instant, flavoured foods like pasta and rice, buy plain versions and flavour them yourself.
- Buy the foods on your shopping list first. If you have money left over, use it to stock up on sale items that you can use later.
- Buy only what you need and can use up. Food in large packages is sometimes a cheaper buy but you will not save money if you end up throwing food away.
- Look for No Name and store brands. They usually cost less than brand names and have the same nutrition.
- Look high and low. Sometimes the most expensive items are placed at eye level to grab your attention and money.
- Check the reduced shelf/counter for some good buys.
- Check the expiry dates on foods like milk, yogurt and meat.
- Buy foods from bulk bin isles or bulk stores, especially herbs and spices. Bulk foods are put in big bins, and you can buy as much or as little as you need.
- Bring a calculator or pen and paper to keep track of how much money you are spending.
- Watch the prices you are charged at the register. Sometimes mistakes are made!

## 7. Recipes

Cooking your own meals can help you save money. Here are a few recipes to get you started.



### Salad Dressing

Make up a low-calorie and easy salad dressing using equal amounts of oil, lemon juice, orange juice and water (2tbsp / 30mL of each). Add mustard and pepper with a pinch of salt. Finely chopped green onions and herbs such as basil can be added to taste.

\* Recipe from HeartSmart Cooking on a Shoestring, Heart and Stroke Foundation of Canada, 1991.

### Easy Stir-Fry

Makes  
4 servings

1/2 lb (250 g)	boneless pork chops or lean beef or chicken
1	clove of garlic, minced
1 tbsp (15 mL)	low-sodium soy sauce
1/4 cup (50 mL)	low-sodium beef bouillon
1 tsp (5 mL)	ginger
1 tsp (5 mL)	cornstarch
2 tbsp (25 mL)	vegetable oil
1 cup (250 mL)	thinly sliced carrots
2 cups (500 mL)	broccoli pieces
1	medium onion, chopped
1/2 cup (125 mL)	mushrooms, sliced (canned or fresh)

**A super low-cost meal that can be served with rice.**

1. Remove any visible fat from the meat and cut into 1/4 inch (5mm) strips approximately 2 inches (5 cm) long.
2. In a bowl, combine garlic, soy sauce, beef bouillon and ginger. Add meat and mix well. Let stand in refrigerator for 30 minutes while preparing vegetables. Drain meat and pat dry, reserving marinade. Mix cornstarch into marinade and set aside.
3. In a large skillet, pan or wok, heat oil until very hot. Add meat; stir-fry for 2 minutes. Remove meat from the pan and set aside.
4. Add carrots to pan (adding a small amount of oil if necessary); stir-fry for 1 minute. Add broccoli and onion; stir-fry for 2 minutes. Add mushrooms; stir-fry for 1 minute.
5. Return meat to pan. Add marinade mixture and cook, tossing, until vegetables and meat are glazed. Serve immediately.

\* Recipe from HeartSmart Cooking on a Shoestring, Heart and Stroke Foundation of Canada, 1991.

## Mix and Match Casserole

Makes  
2-3 servings

The word casserole describes a dish that is cooked in one pot.

This recipe uses foods that you probably already have on hand to make a quick, nutritious, delicious and economical meal. Mix and match the ingredients to get a different meal each time!

1. In a large skillet or fry pan combine 1 grain, 1 vegetable, 1 meat and alternative, 1 liquid/soup and seasonings from the list below.

(Choose 1) Grain	(Choose 1) Vegetables	(Choose 1) Meat and Alternatives
<ul style="list-style-type: none"> <li>• 2/3 cup uncooked rice</li> <li>• 1 cup uncooked or 2 cups cooked macaroni or other noodles</li> <li>• 1 1/2 cups cooked rice or pasta</li> </ul>	<p>1 cup of fresh, frozen/ canned or leftover vegetables such as:</p> <ul style="list-style-type: none"> <li>• broccoli, cabbage, carrots, cauliflower,</li> <li>• celery, corn,</li> <li>• green beans,</li> <li>• mixed veggies,</li> <li>• mushrooms,</li> <li>• peas, peppers,</li> <li>• potatoes,</li> <li>• spinach,</li> <li>• tomatoes,</li> <li>• turnips,</li> <li>• yellow beans,</li> <li>• zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup cooked leftover meat</li> <li>• 1/2 pound ground meat</li> <li>• 7 1/2 oz. can of tuna or salmon</li> <li>• 3 wieners</li> <li>• 3/4 cup tofu (cubed)</li> <li>• 1/2 cup canned beans (e.g. chick peas, lentils)</li> <li>• 3 hard cooked eggs (sliced)</li> </ul>

2. Bring the mixture to a boil. Reduce to low heat, then cover and simmer for 25–30 minutes. If the liquid dries up before the cooking time is complete, just add some water. Or, you can add extra liquid and turn your casserole into a soup or stew.

3. Add a topping before serving.

\*\* You can also bake the casserole in a glass dish in the oven at 350°F (180°C) for about 1 hour or until it is hot and bubbly.

(Choose 1) Liquid/Soup	(Choose 1) Seasonings (to taste)	Toppings (optional)
<ul style="list-style-type: none"> <li>• 10 oz. can of soup plus 1 can of water:</li> <li>• tomato, cream of mushroom, cream of chicken or cream of celery soup, or your favourite soup plus 1 can of water</li> <li>• 1 1/4 cups soup stock</li> <li>• 2 cups milk (canned or powdered)</li> <li>• 2 1/2 cups stewed tomatoes</li> </ul>	<p>1/2 to 1 tsp of:</p> <ul style="list-style-type: none"> <li>• basil,</li> <li>• celery powder,</li> <li>• chives, dill,</li> <li>• garlic powder,</li> <li>• marjoram,</li> <li>• minced garlic,</li> <li>• onion powder,</li> <li>• oregano,</li> <li>• parsley,</li> <li>• pepper,</li> <li>• salt,</li> <li>• thyme</li> </ul>	<ul style="list-style-type: none"> <li>• bran,</li> <li>• breadcrumbs,</li> <li>• cracker crumbs,</li> <li>• croutons,</li> <li>• crushed cereal,</li> <li>• grated cheese,</li> <li>• sesame seeds,</li> <li>• tomato slices,</li> <li>• wheat germ</li> </ul>

## Tuna Casserole

Makes  
2–3 servings

- 1 cup (250 mL) macaroni, uncooked
- 1 cup (250 mL) celery, diced
- 1 can of tuna, packed in water, drained
- 1 can of condensed cream of mushroom soup
- 1 can of water or milk
- salt and pepper to taste
- bread crumbs for topping (optional)

1. In a large skillet or fry pan combine macaroni, celery, tuna, cream of mushroom soup, milk or water, salt and pepper.
2. Bring the mixture to a boil. Reduce to low heat, then cover and simmer for 25–30 minutes. If the liquid dries up before the cooking time is complete, just add some water.
3. Sprinkle bread crumbs as a topping before serving, if desired.

\* Recipe adapted from the Mix and Match Casserole (page 16)

## Stroganoff-Style Beef

Makes  
4 servings

- 3/4 lb (375 g) ground beef
- 1/3 cup (75 mL) chopped onion
- 3 tbsp (45 mL) flour
- 1 cup (250 mL) milk (or made from skim milk powder)
- 1 can (10 oz/284 mL) sliced mushrooms, drained
- 1 beef bouillon cube\*
- 3 tbsp (45 mL) hot water
- salt and pepper
- cooked noodles or mashed potatoes

\* If your brand of bouillon makes 2 cups (500 mL) of broth per cube, use only 1/2 a cube.

1. Turn on stove to medium-high heat. Cook and stir-fry the ground beef and onion in a large fry pan until the beef has browned. Drain off fat.
2. Add flour to meat mixture. Stir well.
3. Pour milk in slowly, stirring all the time. Add mushrooms.
4. Put bouillon cube and hot water into a cup. Crush the bouillon cube with the back of a spoon to break it up. Add water and bouillon cube to meat mixture.
5. Cook and stir the meat mixture until it boils and thickens. Add salt and pepper to taste.
6. Serve over cooked noodles or mashed potatoes.

\* Recipe from The Basic Shelf Cookbook, City of York Health Unit, 1995.



## Breakfast Burrito

Makes  
4 servings

- 1 tsp (5 mL) margarine
- 3 eggs
- 2 tbsp (30 mL) milk
- 4 tortilla wraps – white or whole wheat

### Optional Toppings:

Diced green or red pepper, tomatoes, avocado, mushrooms, green onion or any leftover cooked vegetables, salsa, grated cheese, sour cream.

1. Heat margarine in frying pan over medium heat.
2. Beat eggs and milk in a bowl.
3. When fry pan is hot, add egg mixture and cook. Stir with a rubber spatula or wooden spoon until the eggs are scrambled.
4. Place some egg in the middle of tortilla and add any additional toppings. Roll and eat like a burrito.

**This can recipe also makes a quick supper or lunch meal!**

## Vegetarian Chili

Makes  
4 servings

- 2/3 cup (150 mL) bulgur or rice
- 1 tbsp (15 mL) vegetable oil
- 1 medium onion, diced
- 1 or 2 cloves garlic, minced
- 1/2 cup (125 mL) each diced celery and carrots
- 1/4 cup (150 mL) diced green bell pepper
- 1 can (28 oz/796 mL) tomatoes
- 1 can (5 1/2 oz/156 mL) tomato paste
- 2 to 3 tbsp (25 to 45 mL) chilli powder
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 1/2 tbsp cumin
- hot pepper sauce

1. Cook bulgur or rice according to package directions.
2. Meanwhile, in a large saucepan, heat oil over medium heat; cook onion, garlic, celery, carrots and green pepper, stirring for 3–5 minutes or until softened.
3. Stir in tomatoes, breaking up with a spoon; stir in tomato paste, chilli powder, beans and cumin. Cook for 10-15 minutes, stirring occasionally until heated through. Stir in bulgur or rice. Season with hot pepper sauce to taste.

Enjoy leftover chili on top of a baked potato, in a salad or in a tortilla wrap the next day for a fast lunch or supper.

## Mom's Fried Rice

2 tbsp (30 mL)	oil
½	onion, chopped
¾ cup (180 mL)	sliced carrots
3 cups (750 mL)	assorted vegetables*
2	cloves of garlic – chopped finely
4 cups (1000 mL)	cooked rice (white or brown)
2	large eggs, beaten lightly
¼ cup (60 mL)	soy sauce

\*for assorted vegetables you can use any leftover vegetables you have, like corn, peas, green pepper, broccoli, cauliflower, green beans, etc. You can also add in any leftover cooked meat like chicken, beef or pork.

1. Cook rice using directions on the package. Let rice cool.
2. Heat 1 tbsp of the oil in frying pan over medium heat.
3. Add onion and carrots, stirring often until they begin to soften (about 5 minutes).
4. Add other assorted vegetables and garlic.
5. Add the rice and cook, stirring until heated through (3-5 minutes).
6. Make a well in the centre of the rice mixture and add the other tablespoon of oil and the eggs. Stir until the eggs are scrambled.
7. Stir in soy sauce and serve.

## Barley Lentil Soup

1 tbsp (15 mL)	vegetable oil	1 onion, chopped
2 tsp (5 mL)	garlic powder	
1	large carrot, peeled and chopped	
1	large stalk celery, chopped	
1 tsp (5 mL)	pepper	
2 tsp (10 mL)	dried thyme	
4 cups (1000 mL)	chicken stock – made from bouillon cubes	
2 cups (500 mL)	water	
1 cup (250 mL)	brown or green dried lentils, rinsed	
¼ cup (62.5 mL)	pot or pearl barley	

1. Heat oil in frying pan over medium heat and fry onion, carrot and celery until vegetables are softened. About five minutes.
2. Scrape vegetables into slow cooker. Add thyme, garlic powder, pepper, broth, water, lentils and barley. Stir to combine.
3. Cover and cook in slow cooker on low heat until lentils and barley are tender. About 6-7 hours.
4. If the soup needs more liquid at the end, add a bit of water or broth as desired.

Note: if you do not have a slow cooker, cook in pot on medium to low heat, covered for about 30- 45 minutes or until lentils and barley are tender.

## Chickpea Curry

Makes  
4 servings

- 1 can chickpeas (rinsed)
- 2 medium potatoes, diced into cubes about 1 inch wide
- 1/2 onion, diced
- 2 cloves garlic, crushed
- 1 can crushed tomatoes
- 1tbsp vegetable oil
- 1 tbsp cumin
- 1 tsp chili powder
- 2 tsp curry powder
- Salt and Pepper to Taste
- Hot sauce (optional)

1. In a medium sized pot, sautee garlic and onion in vegetable oil on medium heat for about 5 minutes until soft.
  2. Add potatoes, crushed tomatoes, chickpeas, curry, cumin and chilli powder, cover and cook on medium heat for about 20 minutes or until potatoes are tender.
  3. Season with salt, pepper and hot sauce to taste.
- \* Chickpea curry freezes well. Recipe can also be made in a crockpot - just add all ingredients to crockpot and cook on medium heat for about 4 hours.

## Pan-Fried Chicken

Makes  
4 servings

### *in Peanut Sauce*

- 2 cups chicken (any parts), chopped into bite-sized pieces, skin and fat removed
- 2 tbsp vegetable oil
- 1/2 cup peanut butter
- 2 tbsp soy sauce
- 1 clove garlic, minced
- 2 tbsp lemon or lime juice
- 1/3 cup water

1. Heat vegetable oil in a frying pan over medium heat. Add chicken pieces and pan-fry until golden brown.
2. Meanwhile, combine rest of ingredients in a bowl and whisk until smooth.
3. Pour over chicken in frying pan. Serve over rice, noodles or salad.

You can also make tofu in this way. Tofu is a cheap and healthy alternative to meat. Buy the extra-firm kind, then drain and slice into bite sized pieces and fry the same way you would chicken.

# How to Cook Dried Beans

Beans, split peas, chick peas and lentils all belong to the legume family. Legumes are plant foods which are high in protein, iron and fibre and low in fat. You can use legumes instead of meat to save money. Canned beans are cooked and ready to use. Just drain and rinse them first. Dried beans (except split peas and lentils) need to be rinsed and soaked before cooking, but are the least expensive.

## How much to cook

Remember that beans double in size when cooked. Use this chart to help you figure out how much to cook.

If the recipe calls for....	Use...
1 cup (250 ml) cooked beans	½ cup (125 ml) raw dried beans
2 cups (500 ml) cooked beans	1 cup (250 ml) raw dried beans
3 cups (750 ml) cooked beans	1 ½ cups (375 ml) raw dried beans
4 cups (1 L) cooked beans	2 cups (500 ml) raw dried beans

## Step 1 – Rinse Dried Beans

Rinse beans in a strainer and sort out any grit (like stones or branches) before you soak them.

## Step 2 - Soak Dried Beans

Put beans in a large pot. Add about 3 cups of water for each cup of beans. Then follow one of the soaking methods below.

**Overnight soaking method** – let soak for 8-12 hours or overnight. Drain.

**Quick soaking method** – turn on stove to high heat and bring beans to a boil without the lid. Once boiling, lower heat and simmer for 2 to 3 minutes. Turn off heat, cover pot and let stand for at least one hour. Drain.

## Step 3 – Cook Dried Beans

Turn stove to high heat. Put rinsed and soaked beans in large pot. Add 2 ½ cups (625 ml) of water for each cup of beans and bring to a boil. Once boiling, turn down heat to low, cover and simmer until beans are tender. Use a fork to check if bean is soft. Cooking times vary. Most beans take 1 ½ to 2 hours to cook.

## Banana Muffins

Makes  
12 muffins

1/2 cup (125 mL)	all purpose flour
1/2 cup (125 mL)	whole wheat flour
2 1/2 tsp (12 mL)	baking powder
1/4 tsp (1 mL)	baking soda
3/4 cup (175 mL)	rolled oats
1/2 cup (125 mL)	white sugar
1/4 cup (50 mL)	lightly packed brown sugar
1/2 cup (125 mL)	raisins (optional)
2	medium, ripe bananas
1	egg
1/2 cup (125 mL)	milk
3 tbsp (45 mL)	margarine, melted

\* Recipe from The Basic Shelf Cookbook,  
City of York Health Unit, 1995.

1. Put the all purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, brown sugar and raisins. Set aside.
2. Mash banana in a medium bowl. Add egg, milk, and melted margarine. Mix well.
3. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
4. Turn oven to 375 degrees F (190 C). Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
5. Bake in oven until tops are firm when lightly touched with your finger, about 18–20 minutes.
6. Remove muffins from the tin and cool.

## Creamy Rice Pudding

Makes  
4 servings

2 cups (500 ml)	cooked rice*
1 1/2 cups (375 ml)	water
1 cup (250 ml)	skim milk powder
1/4 cup (50 ml)	white sugar
1/4 cup (50 ml)	raisins
1/2 tsp.(2 ml)	ground cinnamon
1/4 tsp	salt
1 1/2 tsp.(7 ml)	vanilla
for garnish	ground cinnamon

\* If you don't have 2 cups (500 ml) of cooked rice, put 1 cup (250 ml) rice, 2 cups (500 ml) water and 1 tsp (5 ml) salt into a medium saucepan. Turn on stove to high and heat to boiling. Turn heat to low, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed.

This is a delicious way to use leftover cooked rice. Add more raisins if you like.

1. Put rice, water, skim milk powder, sugar, raisins, cinnamon and salt into a medium saucepan. Mix well.
2. Turn stove on to low heat. Cook and stir until pudding is creamy. This will take about 20 minutes.
3. Stir in vanilla. Sprinkle with additional cinnamon.
4. Serve warm.

\* Recipe from The Basic Shelf Cookbook,  
City of York Health Unit, 1995.

## Apple Oatmeal Crisp

Makes  
8 servings

6	apples, any kind
1 cup	rolled oats
1/3 cup	whole wheat or white flour
1/2 cup	brown sugar
1/2 tsp	cinnamon
1/3 cup	butter

1. Peel apples and cut into slices. Set aside.
2. Combine rolled oats, flour, brown sugar and cinnamon. Cut in butter with a knife. Work the mixture with your hands until the butter is the size of coarse crumbs.
3. Turn oven to 350 F. Put sliced apples in a 9 x 9 square baking dish. Crumble the oatmeal mixture on top. Bake for about 30 minutes or until the apples are tender when poked with a fork. Serve warm with or without milk.

## Grandma's Rolled Out Cookies

Makes 3 dozen  
filled cookies

	Cookie
1 1/2 cups (375 mL)	all-purpose flour
1 1/2 cups (375 mL)	rolled oats
1 tsp (5 mL)	baking soda
1/2 cup (125 mL)	margarine
1/2 cup (125 mL)	hot water

	Filling
2 cups (500 mL)	chopped dates
1/2 cup (125 mL)	water
1/4 cup (50 mL)	granulated sugar
1 tsp (5 mL)	vanilla

1. Cookie: Combine flour, oats and baking soda. Cut in margarine until mixture resembles coarse crumbs. Add sufficient water to shape the dough into a roll. Wrap in waxed paper; refrigerate overnight.
2. Preheat the oven to 325 F (160 C). Cut cookie dough into thin wafers (1/8 inch/3 mm). Place on lightly greased or non-stick cookie sheet. Bake in preheated oven for about 10 minutes.
3. Filling: Cook dates, water and sugar on low heat for about 30 minutes, stirring occasionally. Stir in vanilla.
4. When cookies and filling are cool, spread about 1 tbsp (15mL) date filling between 2 cookies.

\* Recipe from Cook Great Food copyright 2002. Published by Robert Rose. Reprinted by permission of Dietitians of Canada.



## 8. Recommended Cookbooks

- A) Your local library will have many good cookbooks.
- B) The Basic Shelf Cookbook  
By: City of York Health Unit, 2011  
Contact: Canadian Public Health Association  
\$7.50 plus shipping and handling  
<http://www.cpha.ca>
- C) For budget-friendly recipes, visit [www.eatrightontario.ca](http://www.eatrightontario.ca) or call a dietitian for free at 1-877-510-5102
- D) Visit [www.supercook.com](http://www.supercook.com) for an interactive recipe site where you enter all the ingredients you have at home and it will tell you what recipes you can make!

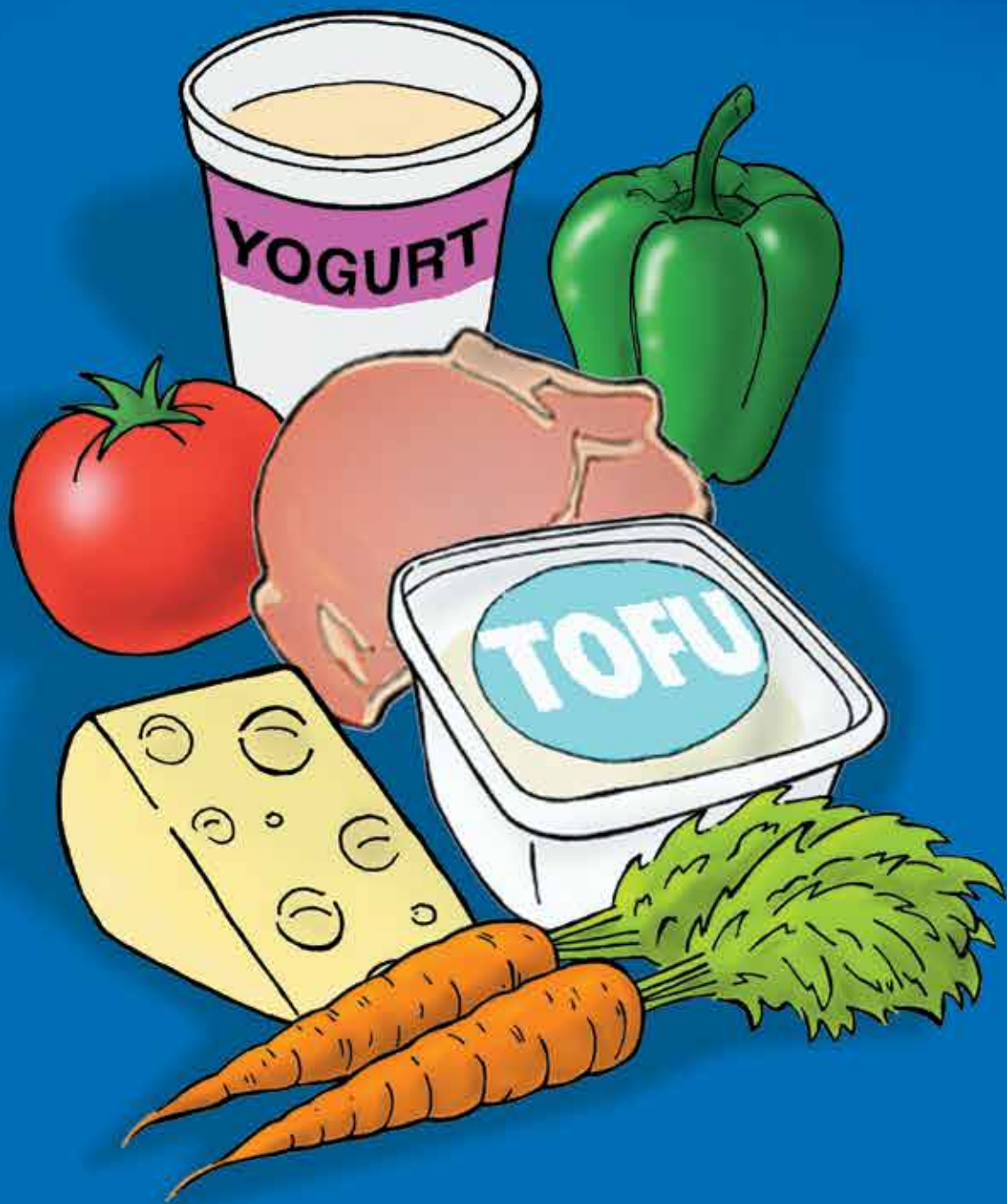
## 9. Emergency Food Resources

In an emergency food situation please call the Haldimand-Norfolk Health Unit at 519-426-6170 or 905-318-6623 and they can direct you to the nearest Food Bank program or visit the Health Unit's website for an up-to-date list by going to [www.hnhu.org](http://www.hnhu.org) and searching "food bank".

## 10. Acknowledgements

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