



EATING WELL ON A BUDGET

01

Plan what you can

Choose a grocery store. Make a list & buy only what you need.

02

Find Sales and Discounts



Price-Match

SALE

Shop on Student/ Senior Discount Days

Choose discounted items like imperfect produce & no name brands

03

Buy in Bulk



Check the cost '**per unit**' found on the shelf price

04 Buy in Season



Fresh is cheaper in-season

05

Consider Canned & Frozen



Just as nutritious as fresh
Packaged at peak ripeness

WHEN IT COMES TO NUTRITION

Eat a variety of foods

- Fresh/frozen/canned

Get fibre and protein

- Try a variety of grains & plant-based proteins

Pay attention to sodium

- Read food labels and choose low sodium

Enjoy your Meals!

- Eat with family and friends

06

Plant-Based Proteins

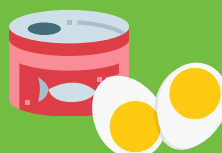


Fibre & protein
to keep you satisfied



Choose dried or canned lentils, pulses, or beans

Nuts & Seeds also have healthy fats and some protein



Or mix it up with canned fish or eggs as good sources of protein