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Making choices for your health

What you eat on a regular basis matters for your health. Cost may be on your mind every time you grocery shop but eating well doesn't always have to cost more. The information found in this booklet will help you:

- Eat a variety of foods each day
- Plan your grocery shopping
- Compare and choose items for the best buy
- Compare and choose items by using nutrition labels
- Store food safely



Government of Canada, Canada's Food Guide: <https://food-guide.canada.ca>

Have plenty of vegetables and fruit

Vegetables and fruit are an important part of a healthy eating pattern. Aim for half of your meal to include vegetables and fruit.

Vegetables and fruit have fibre, which acts like an internal toothbrush for your body, and helps you feel full.

Tips to save money on vegetables and fruit:

- Buy fresh vegetables and fruit when they are in-season. You can freeze them to use later if you wish. For example, fresh berries will be more expensive in the winter months. During the winter, frozen or canned vegetables or fruit may be the best best buy, and they are just as nutritious as fresh ones.
- Choose frozen vegetables in bags and cook only as much as you need. If you have the freezer space, larger bags of frozen vegetables and fruit may have a lower unit price than smaller bags.
- Buy canned fruit packed in its own juice or canned in water. If canned fruit in heavy syrup is the item on sale, you can rinse with water before using to reduce the sugar content.
- Look for canned vegetables labelled 'no added salt' or 'low sodium'. If canned vegetables with added sodium is the item on sale, you can rinse with water to reduce the salt content.
- Add leftover or about-to-go-bad vegetables to soups, salads or casseroles. Freeze to enjoy at a later date. See [pages 25 to 35](#) for recipe ideas.
- If you have space, try growing your own vegetables such as carrots and lettuce. If you don't have a garden, try planting seeds in pots on your window sill or balcony.



Choose whole grain foods

Whole grain foods have important nutrients. Whole grain foods include all parts of the grain, making them full of fibre. Refined grains have some (or most) parts of the grain removed during processing, making them low in fibre.

Examples of whole grains:

- brown rice
- wild rice
- whole grain pasta
- whole grain bread
- barley
- corn
- rolled oats
- popcorn

Examples of refined grains:

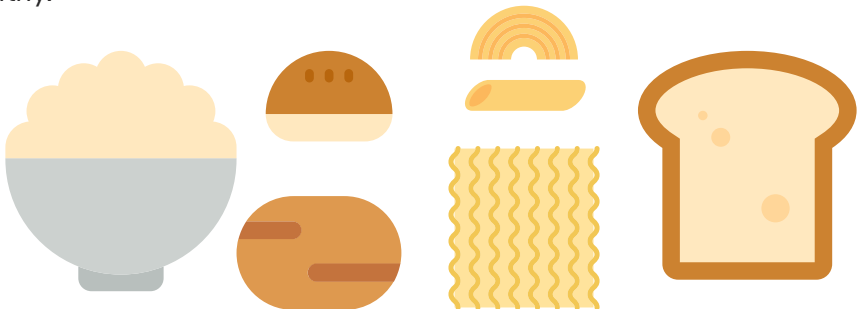
- white rice
- white pasta
- white and whole wheat bread
- white flour
- cream of wheat cereal
- white tortillas
- white pitas

For pasta and bread products, read the ingredient lists and look for ingredients listed as 'whole grain'.

Eating whole grain foods higher in fibre can help lower your risk of:

- stroke
- colon cancer
- heart disease
- type 2 diabetes

Fibre rich foods can help you feel full and keep your digestive system healthy.



Tips to save money on whole grains:

- Choose hot cereal instead of cold cereal. Hot cereals like oatmeal are a good buy. Try to choose the non-instant ones. Instant hot cereals in single serving packages are convenient, but usually more expensive and may be more processed.
- Buy day old bread. Use it right away or store it in the freezer for up to one month.
- Cook with whole grain noodles, pasta and rice. They are nutritious, delicious and inexpensive.
- Compare prices to see if you can buy whole grain breads, crackers and pasta at the same or a lower price.
- Packaged, seasoned rice and pasta side dish mixes often contain more sodium and fat. These may cost more than plain rice and pasta. Try adding your own low-sodium spices such as pepper, oregano, dill or chili powder.
- If you are able, try baking your own muffins more often than purchasing ready-made. They cost less, are much lower in fat than store bought ones and often taste better too!

How to include more whole grain foods:

- Start with something familiar. Switch to a whole-grain version of something you already eat. For example, try brown or wild rice instead of white rice. Replace white bread with whole grain bread for sandwiches and toast.
- Add whole grain cereal to a more refined, higher sugar cereal. Start by mixing it half and half to get used to the taste and gradually add more whole grain cereal and less higher sugar cereal.
- For breakfast or a snack, try a bowl of oatmeal or whole grain toast.
- Purchase whole grains when they go on sale. For example: oats, quinoa, brown rice, whole grain pasta and whole grain bread.
- Try adding barley, bulgur or quinoa to soups, salads and stir-fries.
- Use whole wheat flour instead of white all purpose flour, or mix half and half.
- Try popcorn as a snack (it's a whole grain!) It's a great substitute for potato chips and pretzels.

Eat protein foods

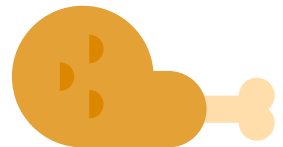
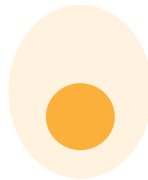
Protein foods include beans, nuts, seeds, fish, eggs, milk, cheese, yogurt and lean meats.

Foods such as milk, cheese and yogurt provide nutrients that are important for strong bones and decreasing the risk of osteoporosis. Some of these nutrients include:

- vitamin D
- calcium
- magnesium

Lean meats, eggs, and fish provide important nutrients such as:

- iron
- magnesium
- B vitamins



Tips to save money on protein foods:

- Make milk from skim milk powder and use it for cooking or baking. Keep in mind that although a bag of skim milk powder is more expensive than a carton of fresh milk, it will last much longer.
- Buy cheese less often. When you choose to buy cheese, buy in blocks and slice or grate it yourself versus buying pre-shredded bags. Sliced cheese may be cheaper at the deli counter than in packages.
- Freeze grated cheese and use it for baking or casseroles.
- Add beans, chickpeas 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.
- Buy less expensive cuts of meat like shoulder, blade and stewing meat. They will be tender if you cook them slowly for several hours in a liquid such as water, soup broth or tomato juice.
- Choose regular or medium ground beef. Brown it and then drain well to get rid of the extra fat.
- Buy a roasted whole chicken or large piece of meat and cut it into smaller pieces yourself.
- Shop for sandwich meat like turkey or roast beef at the grocery store deli (if available). It usually costs less than buying it pre-packaged.
- Stock up on canned tuna or salmon when it is on sale.
- Stock up on peanut butter or other nut butters when they are on sale. Spread on fresh fruits (apples) or vegetables (celery) for a simple snack.
- Use leftover meat or chicken bones to make soup.
- Make a stir fry or casserole that uses a small amount of meat and add lots of vegetables, noodles or rice. See [pages 25 to 35](#) for recipe ideas.



Buy cheese and meat less often. Choose lower priced/affordable options such as canned beans and lentils.

Make water your drink of choice

Water is a great way to quench your thirst and keep you hydrated. Remember that you need to drink more water in hot weather or when you are very active.

Try to:

- Limit beverages such as fruit flavoured drinks, soft drinks, sports and energy drinks, sweetened hot and cold drinks and juice.
- Limit alcoholic beverages.
- Choose vegetables and fruit more often than juice. If juice is on sale, you can dilute it with water to make it last longer.
- Coffee and tea contribute to your daily fluid needs. Be mindful of how much sugar and cream you use because this may add extra sugar and saturated fat.

Tips to save money on beverages:

- If possible, choose tap water over bottled water.
- Buy frozen containers of 100% concentrated fruit juice and add the water yourself.



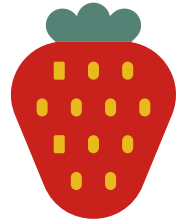
How to make water your drink of choice:

- Drink it hot or cold
- Aim to drink a glass of water with all your meals
- Ask for water with your food when eating out at a restaurant
- Carry a reusable water bottle with you
- Try a fruit and herb infused water or carbonated water if you don't like the taste of plain water
- Drink water during and after physical activity or playing sports
- Keep a pitcher of water in the fridge or on the kitchen table

Ways to add flavour to your water:

You can add fruits and herbs to your hot or cold water for flavour. Try these ideas:

1. blackberries + mint
2. raspberries + cucumber
3. strawberries + fresh basil
4. chopped apples + a cinnamon stick
5. pear slices + a drop of vanilla extract



To get the most flavour:

- Crush the berries
- Chop or tear herbs
- Cut fruit into cubes

Menu planning

Menu planning is the act of thinking ahead about what you'll make for meals and snacks and getting prepared.

Step 1: Start by reviewing your schedule. Think about your family's activities, work schedules, and paydays when you decide what foods to buy and what you'll prepare. You may want to set aside time each week and plan your meals for an entire week, or you may only want to plan for one or two days at a time.

Step 2: Check your cupboards, fridge and freezer to see what foods you already have and what needs to be used-up. Use these foods when planning your menu. Menu planning will help you from always asking "What should I have for supper today?"

Step 3: Make a grocery list based on your menu.

WEEKLY MEAL PLAN

WEEK OF: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

SUNDAY


WATER

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SHOPPING LIST

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Menu planning tips

- Post an ongoing grocery list somewhere where it's easy to see. Let everyone in the family know to add items to the list as you run out.
- Make shopping easier by listing foods under headings (produce, meats, etc.).
- Store menu plans in a binder or folder to use again.
- Plan to use leftovers for lunches or as part of another meal. For example, if you're cooking roast chicken with rice and vegetables for Sunday night's supper, then plan to make chicken sandwiches for Monday's lunch.
- Make planned extras. Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra pot of soup. If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other.
- Plan at least one meatless meal a week. Try using legumes (beans, lentils, dried peas), eggs, tofu, peanut butter and canned fish. See [pages 25 to 35](#) for recipe ideas.
- Determine "theme" nights for simpler meal planning (Meatless Mondays, Taco Tuesdays, Crockpot Wednesdays, etc).



Some recipes call for a special ingredient that you may not have. How much does that ingredient cost? Does it come in a small or big package? Can you use it in other recipes before it goes bad? It may not be worth the money to buy an ingredient if you are only going to use it once. Leave the ingredient out or try the recipe with an ingredient that you already have at home instead.

Sample one-week menu

	SUNDAY	MONDAY	TUESDAY
Breakfast	Scrambled eggs Whole grain toast Milk	Water Hot or cold whole grain cereal with milk, topped with chopped nuts	Milk Bannock made with oats Fresh, frozen or canned fruit
Snack	Fresh, frozen or canned fruit	Yogurt	Vegetables and dip
Lunch	Vegetable soup Salmon sandwich Orange Water	Leftover casserole Fresh fruit in season Milk	Leftover vegetarian chili Whole grain bread Yogurt Fruit juice
Dinner	Mix and match casserole* Carrots Apple oatmeal crisp*	Vegetarian chili* Whole grain bread Rice pudding*	Mustard baked chicken* Steamed broccoli Grandma's rolled oat cookies*
Snack	Toast Apple with peanut butter	Crackers Canned fruit	Cold cereal with milk

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit juice Hot or cold whole grain cereal with milk Toast	Peanut butter and jam on whole grain toast Milk	Fruit juice Boiled egg Bannock made with oats	Water Hot or cold whole grain cereal with milk A piece of fruit
Dried fruit and nuts	Fresh, frozen or canned fruit	Yogurt	Toast with peanut butter
Canned pea soup Whole grain bread Carrot sticks Milk	Leftover spaghetti Whole grain bread Yogurt	Leftover tuna casserole Carrot sticks Milk	Canned soup Cheese sandwich Milk Canned peaches
Spaghetti with meat (moose, caribou, or beef), and tomato sauce Whole grain bread Fresh fruit salad	Tuna casserole* Veggies and dip Banana muffin*	Easy stir-fry with chicken* Rice Fresh fruit in season	Take-out pizza Tossed salad Chocolate pudding*
Yogurt with granola	Cereal with milk	Cheese and crackers	Apple Sunflower seeds

* Recipes can be found on [pages 25-35](#).

Shopping tips

- Shop when you have time to look at the prices, and when you are not hungry or tired.
- Try to shop only once a week. Extra trips to the store usually mean you will spend more money.
- Try to shop during the week when stores aren't as busy so there is time to compare prices.
- Buy the foods on your shopping list first. If you have money left over, use it to stock up on non-perishable foods on sale that you can use later.
- Pick up your vegetables, fruit, bread, canned foods and dry foods first. Then get foods from the meat, dairy and freezer sections. These foods should stay cold and need to be put in your refrigerator or freezer as soon as you get home.
- 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 store brands. They usually cost less than brand names.
- Look high and low. Sometimes the most expensive items are placed at eye level to grab your attention and money.
- Don't be fooled by displays set up at the end of an aisle—it doesn't always mean these items are on sale. Often you will find a lower price from another brand in the centre of the aisle.
- Check the reduced shelf/counter for some good buys.
- Pay attention to the **Unit Price** per mL or gram. This will help you to find the better price.

Unit price

Sometimes it's difficult to know what is the better price when comparing two products. Unit price is the best way to compare the cost of similar food items. The unit price tells you the cost per 100 g, kilogram, pound, litre, or other unit of weight or volume. It's usually found on the shelf price tag.

When you compare the cost of one product to another, make sure you're comparing the same amount of food.

When the unit price for both products is the same amount (e.g. per 100 g) it is easier to compare prices.

Black beans	Unit price per 100 g
Brand A	\$0.76/100 g
Brand B	\$1.00/100 g

Brand A is the better buy.

Label reading

Benefits of using food labels

Food labels provide information you can use to make choices about food and drinks at the grocery store and at home. Food labels can help you:

- Compare and choose products more easily
- Know what ingredients a food product contains
- Choose products with a little or a lot of the nutrients that are of interest to you

How to use food labels

Different types of information may be available on food packages.

Nutrition facts table provides information on serving size, calories, certain nutrients and % daily values (% DV).

The % DV can be used as a quick guide to show you if the serving size has a little or a lot of a nutrient. Use the % DV to compare similar food products.

- **5% DV or less is a little**
Example: If a can of tomatoes has 4% DV of sodium, that is a little.
- **15% DV or more is a lot**
Example: If a can of tomatoes has 20% DV of sodium, that is a lot.

- **Ingredient list** includes all of the ingredients in a food product listed by weight. The list starts with the ingredient that weighs the most and ends with the ingredient that weighs the least.

Ingredients: Whole wheat, wheat bran, sugar/glucose-fructose, salt, malt (corn flour, malted barley), vitamins (thiamine hydrochloride, pyridoxine hydrochloride, folic acid, d-calcium pantothenate), minerals (iron, zinc oxide).

The ingredient list above is for bran cereal. The ingredient that is present in the largest amount is whole wheat, and the ingredient present in the smallest amount is minerals.

Nutrition claims may be on some food products and include nutrient content and health claims. A nutrient content claim can help you choose foods that contain a nutrient you may want more of. Look for these words:

- Source, high or excellent source. It might be written as: *high source of fibre or excellent source of vitamin A.*

A nutrient content claim can also help you choose foods that contain a nutrient you may want less of. Look for these words:

- Free, low or reduced. It may be written like *low in sodium or trans fat free.*

These nutrient claims are optional and only highlight one nutrient, so you still need to refer to the Nutrition Facts table to make food choices that are better for you.

Food allergen labelling provides information to help you avoid specific food allergens or sensitivities.

Date labelling provides information on how long your unopened food product will last and the safety of certain products. The most common types of dates are “best-before,” “packaged on” and “expiration” dates.

Sample nutrition facts tables

Nutrition Facts	
Valeur nutritive	
Per 3/4 cup (175 g) / par 3/4 tasse (175 g)	
Amount Teneur	%Daily Value %valeur quotidienne
Calories / Calories 150	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 2 g + Trans / trans 0.1 g	10 %
Cholesterol / Cholestérol 10 mg	3 %
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 21 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	15 %
Iron / Fer	0 %
Vitamin D / Vitamine D	25 %
Riboflavin / Riboflavine	20 %
Vitamin B ₁₂ / Vitamine B ₁₂	25 %
Phosphorus / Phosphore	15 %
Magnesium / Magnésium	8 %

Yogurt A

Nutrition Facts	
Valeur nutritive	
Per 3/4 cup (175 g) / par 3/4 tasse (175 g)	
Amount Teneur	%Daily Value %valeur quotidienne
Calories / Calories 100	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 10 mg	3 %
Sodium / Sodium 70 mg	3 %
Carbohydrate / Glucides 6 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	45 %

Yogurt B

These two yogurt labels show just how different two products may be! Use the Nutrition Facts table to help you make informed choices.

Step 1 – Check the serving size to compare

Step 2 – Take a quick look at the % DV

Step 3 – What nutrients are you looking for? Typically, you may want more fibre, vitamins and minerals and lower amounts of sodium, sugar, saturated and trans fats.

In this example both yogurts have the nutrition facts for the same serving size which makes it easier to compare.

Notice that while these are both yogurts, one has significantly more protein and less sugar.



Did you know? Listing some vitamins and minerals on labels is optional, so that is why they aren't always listed.

In Canada, most packaged foods must have a nutrition facts table. However, the following foods do not need to list the nutrition facts:

- Fresh vegetables and fruit
- Raw meat and poultry (except if ground)
- Raw seafood
- Foods prepared or processed in-store, made from ingredients in the store such as:
 - Bakery items
 - Salads
- Milk sold in refillable glass containers
- One-bite confections sold individually

For more information on food labels see: [food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels](https://www.food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels)

Eating habits

Healthy eating is more than just the foods you eat. It is also about how you eat.

- Cook foods from scratch more often
- Consider eating with others, when possible
- Be mindful of your eating habits

Cook more often

Benefits of cooking more often:

- Learn new skills
- Rely less on highly processed and pre-packaged foods
- Add your own amounts of sauces and seasonings
- Make foods that you and your family like and will eat

You can make cooking faster and easier. Use these ideas to help make cooking part of your routine:

- Cook enough for another meal. This doesn't mean that you need to eat the same meal twice.
- The same foods can be used for many meals. Chili one night turns into tacos the next and a topping for spaghetti another night.
- When preparing meals, chop or cook extra vegetables and fruits so you have some for snacks and meals the next day.
- Try batch cooking. Batch cooking means making meals and snacks in bigger batches and freezing them in meal-size portions for ready-to-eat meals.
- Keep non perishable options on hand (like soup broth, canned tuna or salmon, frozen or canned vegetables, or canned chickpeas and lentils...). If an item goes on sale, buy double.

Eat with others

Enjoying foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle.

You can:

- Enjoy time together
- Share food traditions
- Explore new foods that you might not normally try

You could:

- Plan a breakfast with friends
- Attend community celebrations
- Start a regular community meal with your neighbours
- Have lunch with a co-worker at work or friend at school
- Ask a local organization about groups or cooking classes you could join

For families

Mealtime is a great opportunity to bring the family together. Eating together as a family benefits everyone. It can help the whole family:

- Share and connect with one another
- Take time to enjoy and relax over a meal
- Talk about events that occurred during their day

Kids especially can benefit from regular family meals as they start to develop eating habits and behaviours. Eating together can help kids:

- Explore new foods
- Establish family routines
- Improve their overall eating pattern
- Explore cultural and traditional foods

As a parent or caregiver, you can be a positive role model. By practising healthy eating habits, you can help create a positive relationship with food for your family.

For seniors

Eating with others may help you feel connected and maintain your appetite. Your appetite may change as you age which can impact your intake of important nutrients.

By eating with others more often, you can:

- Make mealtime more sociable
- Spend more time eating and enjoying a meal
- Increase the amount of food you eat, which can help you get more of the important nutrients you need for health

Having a meal with friends or neighbours or participating in a community meal program are great ways to eat with others.



Foods from the land

Part of the enjoyment of eating is choosing foods that reflect your family culture and traditions. This may be getting out on the land and hunting, berry picking, fishing or growing your own food.

Cultures and food traditions can influence:

- How you eat
- What you eat
- When you eat
- Where you get food
- How you prepare food

Including traditional foods in your diet can:

- Improve diet quality
- Grow your skills and knowledge around preparing food
- Create a sense of community and foster connections
- Keep your cultural roots and food traditions alive by sharing them across generations and with others

Storing your foods

Cupboard	Fridge	Freezer
<ul style="list-style-type: none"> • breads and cereals • canned foods • dried peas and beans • dry foods (white flour, pasta, rice, etc.) • herbs and spices • peanut butter and other nut butters (Note: if using natural nut butters, store in the fridge to prevent oil from separating) • unopened condiments (ketchup, mustard, relish, etc.) • oil • potatoes and onions (in a cool dark place) 	<ul style="list-style-type: none"> • milk, yogurt, cheese • eggs • uncooked meat, fish and poultry (can keep up to 3 days if properly sealed) • cooked meat, poultry and casseroles that will be used in 1–2 days • most fresh fruits and vegetables • opened condiments (ketchup, mustard, relish etc.) • butter, margarine • whole grain or whole wheat flours • most leftovers (can keep up to 2–3 days) 	<ul style="list-style-type: none"> • all foods purchased frozen • all fresh meat, fish or poultry to be kept more than 3 days (make sure all the food is properly sealed) • bread (generally best if used within one month) • milk (generally best if used within 6 weeks)



Recipes

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

Salad dressing

- 2 tbsp (30 mL) canola, olive or soybean oil
- 2 tbsp (30 mL) lemon juice
- 2 tbsp (30 mL) orange juice
- 2 tbsp (30 mL) water
- green onions & herbs finely chopped to taste

Make an easy salad dressing using equal amounts of oil, lemon juice, orange juice and water (2 tbsp/30 mL of each). Add pepper with a pinch of salt. Finely chopped green onions and herbs such as basil or celery seed 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

- ½ lb (250 g) boneless pork chops or lean beef or chicken
- 1 clove of garlic, minced
- 1 tbsp (15 mL) low-sodium soy sauce
- ¼ cup (60 mL) low-sodium beef bouillon
- 1 tsp (5 mL) ginger
- 1 tbsp (15 mL) oyster sauce (optional)
- 1 tsp (5 mL) cornstarch
- 2 tbsp (30 mL) vegetable oil
- 1 cup (250 mL) thinly sliced carrots
- 2 cups (500 mL) broccoli pieces
- 1 medium onion, chopped
- ½ cup (125 mL) mushrooms, sliced (optional)

1. Remove any visible fat from the meat and cut into ¼ inch (5 mm) strips approximately 2 inches (5 cm) long.
2. In a bowl, combine garlic, soy sauce, beef bouillon, ginger, and oyster sauce (if using). 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 (if using); 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.

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 28)

Mustard Baked Chicken

Makes 4 servings

- 2 tbsp (30 mL) prepared mustard
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) dried tarragon
- 1 small clove of garlic, minced
- 1 or pinch of garlic powder
- 1 slice of whole wheat bread
- 4 skinless chicken breasts



An easy way to cut down on fat is to take the skin off the chicken. If you do this before cooking then you can put the seasonings right on the chicken and enjoy them.

1. Mix mustard, lemon juice, tarragon, and garlic. Crumble bread into crumbs.
2. Lightly oil or spray a baking dish with nonstick vegetable oil cooking spray. Place chicken in dish.
3. Spread the chicken with the mustard mixture, then sprinkle with crumbs
4. Bake at 350°F (180°C) for 45 to 55 minutes or until chicken is no longer pink inside.

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! Think about what ingredients you would like to add and how they will taste together.

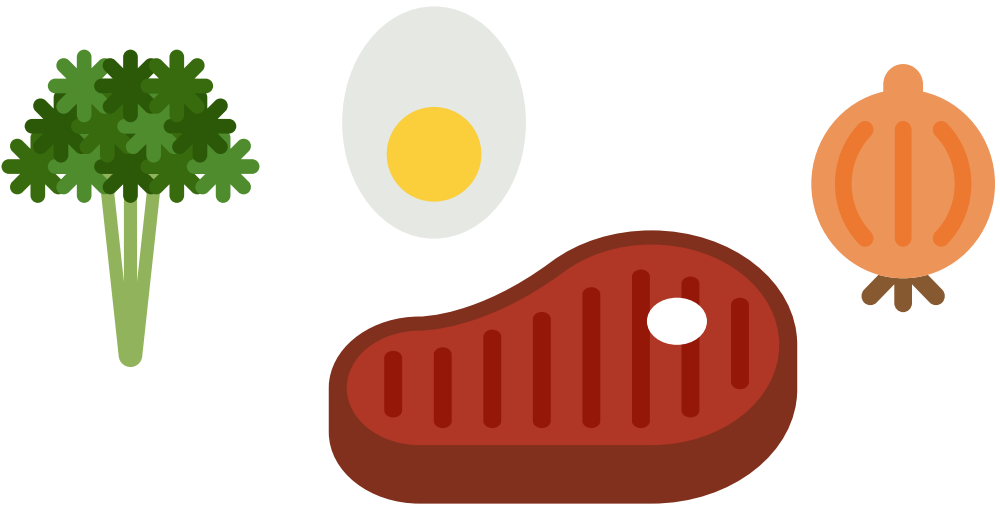
Grain	Vegetables	Meat and alternatives (optional)
<p>Choose one:</p> <p>⅔ cup uncooked rice</p> <p>1 cup uncooked or 2 cups cooked macaroni or other noodles</p> <p>1½ cups cooked rice or pasta</p>	<p>Choose one:</p> <p>1 cup of fresh/frozen/ canned or leftover vegetables such as broccoli, cabbage, carrots, cauliflower, celery, corn, green beans, mixed veggies, mushrooms, peas, peppers, potatoes, spinach, tomatoes, turnips, yellow beans, zucchini</p>	<p>Choose one:</p> <p>½ cup cooked leftover meat, ½ pound cooked ground meat, 7½ oz. can of tuna or salmon, 3 wieners, ¾ cup tofu (cubed), ½ cup canned beans, e.g. chick peas, lentils, 3 hard boiled eggs (sliced)</p>

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
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. 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.

Recipe pilot tested by the Peel Community Food Advisors.

Liquid/Soup	Seasonings	Toppings (optional)
<p>Choose one:</p> <p>10 oz. can of soup (tomato, cream of mushroom, cream of chicken, cream of celery soup, your favourite soup plus 1 can of water)</p> <p>1¼ cups soup stock</p> <p>2 cups milk (canned or powdered)</p> <p>2½ cups stewed tomatoes</p>	<p>Choose one:</p> <p>½ to 1 tsp of basil, celery powder, chives, dill, garlic powder, marjoram, minced garlic, onion powder, oregano, parsley, pepper, salt, thyme</p>	<p>Choose one:</p> <p>bran, breadcrumbs, cracker crumbs, croutons, crushed cereal, grated cheese, sesame seeds, tomato slices, wheat germ</p>



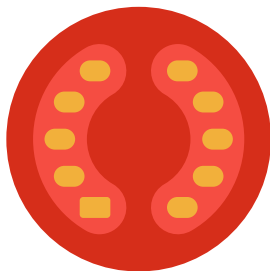
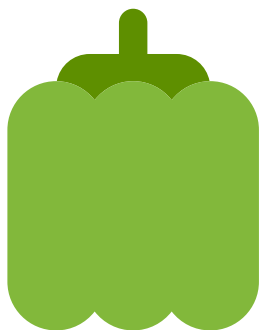
Vegetarian Chili

Makes 4 servings

- 2/3 cup (150 mL) bulgur (if available)
- 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 (60 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 chili powder (30 to 45 mL)
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 2 tsp (10 mL) Worcestershire sauce

1. Cover bulgur (if using) with hot water; let stand.
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. Stir in tomatoes, breaking up with a spoon; stir in tomato paste, chili powder, beans and Worcestershire sauce.
3. Cook for 10–15 minutes, stirring occasionally, until heated through. Stir in bulgur (if used). Season with hot pepper sauce to taste.

Recipe from *Cook Great Food* copyright 2002. Published by Robert Rose. Reprinted by permission of Dietitians of Canada. For more recipes and fact sheets on nutrition, visit www.dietitians.ca/eatwell



Banana Muffins

Makes 12 muffins

- ½ cup (125 mL) all purpose flour
- ½ cup (125 mL) whole wheat flour
- 2½ tsp (12 mL) baking powder
- ¼ tsp (1 mL) baking soda
- ¾ cup (175 mL) rolled oats
- ½ cup (125 mL) white sugar
- ¼ cup (60 mL) lightly packed brown sugar
- ½ cup (125 mL) raisins (optional)
- 2 medium, ripe bananas
- 1 egg
- ½ cup (125 mL) milk
- 3 tbsp (45 mL) margarine, melted



1. Turn oven to 375 degrees F (190° C). Lightly grease 12 large muffin cups.
2. 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.
3. Mash banana in a medium bowl. Add egg, milk, and melted margarine. Mix well.
4. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix. 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.

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



Homemade muffins make a simple snack and freeze well!

Creamy Rice Pudding

Makes 4 servings

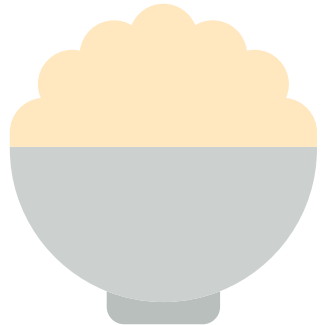
This is a delicious way to use leftover cooked rice. Add more raisins or berries if you like.

- 2 cups (500 mL) cooked rice*
- 1 ½ cups (375 mL) water
- 1 cup (250 mL) skim milk powder
- ¼ cup (60 mL) white sugar
- ¼ cup (60 mL) raisins or berries
- ½ tsp. (2 mL) ground cinnamon
- ¼ tsp. salt
- 1 ½ 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.

1. Put rice, water, skim milk powder, sugar, raisins or berries, 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.

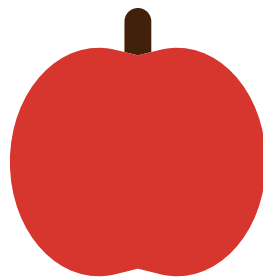
Recipe from *The Basic Shelf Cookbook*, City of York Health Unit, 1995.



Apple Oatmeal Crisp

Makes 8 servings

- 1½ lbs (750 g) cooking apples (e.g. McIntosh)
- 3 tbsp (45 mL) white sugar*
- ¼ tsp (1 mL) ground cinnamon
- 1½ cups (325 mL) rolled oats
- ¾ cup (175 mL) lightly packed brown sugar
- ¼ tsp (1 mL) baking powder
- ¼ tsp (1 mL) baking soda
- 1 cup (250 mL) skim milk powder
- ⅓ cup (75 mL) flour
- ½ cup (125 mL) margarine, divided



*add more or decrease the sugar according to the type of apples used and your preference.

1. Turn the oven to 350°F (180°C). Lightly grease a 13 x 9 x 2 inch (3.4 L) baking pan.
2. Peel apples. Cut apples lengthwise into quarters. Cut piece of apple into thin slices. Add sugar and cinnamon and toss lightly. Set aside.
3. Combine oats, brown sugar, baking powder and baking soda in a large bowl. Divide mixture in half. Add the skim milk powder to one half of the mixture. Add flour to the other half.
4. Use a pastry blender or 2 knives to cut half the margarine into skim milk powder mixture. Keep cutting until the mixture looks like fine crumbs. Next, cut the rest of the margarine into the flour mixture. Again, keep cutting until the mixture is crumbly.
5. Press the skim milk mixture into the bottom of the pan. Cover with the apple mixture. Using your fingers, crumble the flour mixture on top of the apples.
6. Bake in oven for 20 to 25 minutes or until golden brown.

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

Grandma's Rolled Oat Cookies

Makes 3 dozen filled cookies

Cookie

1½ cups (375 mL) all-purpose flour

1½ cups (375 mL) rolled oats

1 tsp (5 mL) baking soda

½ cup (125 mL) margarine

½ cup (125 mL) hot water

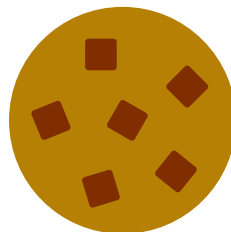
Filling

2 cups (500 mL) chopped dates

½ cup (125 mL) water

¼ cup (60 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.

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Chocolate Pudding

Makes 4-6 servings

- 1 square unsweetened chocolate
- 2 cups (500 mL) milk
- ½ cup (125 mL) sugar
- 2 tbsp (30 mL) cornstarch
- 2 tsp (10 mL) vanilla
- 2 tsp (10 mL) butter



A double boiler consists of two pots. One pot sits directly on the stove burner and contains water. The second pot sits on top and contains your ingredients. The heated water cooks your pudding without burning it.

STOVE TOP DIRECTIONS

1. Combine chocolate and milk in the top of the double boiler.* Cook over simmering water until chocolate is melted, stirring occasionally.
2. Measure sugar and cornstarch into a small bowl. Stir well together. Then gradually stir the sugar/ cornstarch mixture into the hot chocolate/ milk mixture.
3. Cook and stir over boiling water until thickened. This may take as long as 15–20 min. Remove from heat. Add vanilla and butter. Stir well.
4. Pour into dessert serving dishes and chill.

MICROWAVE DIRECTIONS

1. Coarsely chop chocolate. Place chocolate in a large (2 L) microwave safe bowl.
2. Add milk. Stir. Heat, uncovered, in the microwave using 100% power for 3–4 min. Then stir again.
3. Measure sugar and cornstarch into a small bowl. Stir well together. Then gradually stir the sugar/cornstarch mixture into the hot chocolate/ milk mixture. Stir well. Microwave, uncovered, at 100% power, 4–5 min. or until thickened. Stir at least once during cooking time.
4. Remove from microwave. Stir in vanilla and butter. Mixture should be thick. Pour into dessert serving dishes. Chill.

Recipe from the Community Food Advisor Training Binder, Ontario Ministry of Agriculture, Food and Rural Affairs, 1994.

Yukon emergency food resources

If in an emergency food situation, please call the Yukon government, Department of Health and Social Services. In Whitehorse call 867-667-5674; in other Yukon communities call the Regional Social Worker.

For more information on what food services may be available please visit the Yukon Anti-Poverty Coalition website at www.yapc.ca or call them at 867-334-9317. You can also check in with the following organizations who often provide meal services:

- The Whitehorse Food Bank
306 Alexander Street, Whitehorse
867-393-2265
- Whitehorse Emergency Shelter
405 Alexander Street, Whitehorse
867-455-2820
- Boys and Girls Club of Yukon
306 Alexander Street, Whitehorse
867-393-3824
- Victoria Faulkner Women's Centre
503 Hanson Street, Whitehorse
867-667-2693
- Skookum Jim Friendship Centre
3159 3rd Avenue
867-633-7680

Acknowledgments

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Notes:

Notes:



For more information on nutrition, call Yukon Health and Social Services Health Promotion unit at 867-456-6160 (within Yukon, call toll-free: 1-800-661-0408 extension 6160). You can also visit the healthy eating section of our website at Yukon.ca