

NUTRITION BITS AND BITES

Eating on a Budget



Budget Bites for the Family:

1. Opt for cheaper proteins such as beans, lentils, peanut butter, canned fish and eggs.

2. Frozen fruit and vegetables are just as nutritious and cost less than fresh, especially in the winter.

3. Check out store brand products; they are usually cheaper and nearly identical to national brand items.

Stretching our food dollar

It's no surprise to anyone that our money doesn't go as far in the grocery store anymore. Inflation, food shortages, and increasing costs of fuel and farming are leading to higher prices at the grocery store. Feeding your family and staying on budget is harder than it ever has been. Here are some tips to help you stay on budget without sacrificing nutrition:

- ✓ Start out by creating a menu and a grocery list. This will help you avoid any unnecessary meals out or groceries that you don't need.
- ✓ Shop around to get the best deals. If possible shop at different stores or do price matching to get the best deals. Stock up on non-perishables that are on special such as canned goods or frozen fruit and vegetables.
- ✓ Check out produce or dairy products that are nearing their best before date. These foods are safe to consume but much cheaper. Just plan to use them up quickly.
- ✓ Purchase in bulk. Usually the bigger the package the cheaper the unit price. Store the extras for another time or split with family or friends.
- ✓ Focus your food dollars on nutrient dense foods. Limit the purchase of extras such as pop, candies and chips.



Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Beef and Lentil Burgers

This recipe will help stretch your protein budget by utilizing lentils with the hamburger.

Makes 4 Servings

Ingredients:

3/4 cup cooked or canned green lentil
3/4 lb lean ground beef
1 small zucchini, coarsely grated
1 egg
1/4 tsp salt
1/4 tsp freshly ground black pepper
canola oil cooking spray

Instructions:

Step 1

In a large bowl, place lentils, beef, zucchini and egg. Season with salt and pepper. Mix until well combined. Shape into 4 patties. Place on a baking tray. Cover and place in the fridge for 10 minutes to chill.

Step 2

Spray a barbecue grill or chargrill with oil and heat on medium high. Cook the patties for 4 minutes each side or until lightly charred and cooked through.



If you are having trouble feeding your family there are community supports to help. Contact your primary care provider to talk about resources in your area.

Scan the QR code for tips on planning meals on a budget



For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team 1-204-856-2055

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