

Nutrition Month 2021

WEEK 1: GROCERY SHOPPING AND COOKING ON A BUDGET



PLAN AHEAD

Planning meals ahead of time saves you money not only because you'll eat out less, but you'll also buy less when shopping for ingredients. When you have a plan, you're less likely to stray off course and buy whatever looks tasty in the moment or eat out for lunch if you didn't have time to prepare something the night before. Pre-planning also allows you to choose good quality ingredients and foods that are beneficial for your health.



GET CREATIVE

One great way to save money on healthy eating and cooking is to use similar ingredients or "bases" that can work with a variety of recipes. By having these staple ingredients on hand, you'll save money by not having to restock your fridge and pantry every time you try a new recipe. Staying creative and using similar bases is entirely possible by changing the types of spices, sauces, and proteins used. Find out more [here](#).

NAVIGATING GROCERY STORES

Eating healthy does not have to be expensive; there are plenty of options that provide us the nutrients we need without emptying our wallets. Two key tips: shop in season and choose produce that is grown locally. This will ensure ripeness and reasonable pricing since the fruits and vegetables you're choosing aren't being shipped from out of the country. Another way to enjoy your favourite produce without worrying about food waste is to buy frozen options. These are usually less expensive than the fresh varieties, and in fact are just as nutrient-dense (1). Canned vegetables and legumes such as corn, crushed tomatoes, chickpeas, and others are also a great way to add density and flavour to nearly anything - from soups and stews to salads and snacks.



ACTIVITY: MAKE IT AND TAKE IT

This week's newsletter activity will be a "make it and take it" recipe challenge. Try out our recipe of the week, take a creative snapshot of it and send it in to us to be entered to win one of four \$25 gift cards! Check out [this Vegetarian Butternut Squash Chili recipe from EatingWell](#). It's loaded with plant proteins and fibre, and can be prepared for a dinner with family and friends, or made ahead of time for lunches. Pro tip: add in some ground turkey or lean ground beef for an extra pack of protein.

*send your recipe snapshot to eab032@usask.ca

DID YOU KNOW?

Services of a Registered Dietitian may be covered by your insurance.

Check out this link to see what services you are covered for:

<https://wellness.usask.ca/benefits/plans.php>

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