

WHAT DO YOU BUY?

Many students already find healthy eating to be a challenge. With the addition of time pressures, and lack of nutritional knowledge, making healthy food choices may seem impossible on a limited budget. But with principles to healthy eating and smart shopping strategies, any student could stretch their food-dollar.

FOOD GUIDE		
Food Group	Recommended Number of Servings	Examples of Affordable Healthy Food Choices
Grain Products	6 - 8	<i>Best Buys: whole grain rice; plain pasta or noodles made from whole grain; store brand whole wheat breads; rolled oats, and hot cereals like Cream of Wheat.</i> Buy from bakeries at the end of day for discounts. Avoid buying rice and pasta mixes – more expensive and usually high in fat and salt.
Vegetables and Fruit	7 - 10	<i>Best Buys: apples, bananas, grapefruit, oranges, potatoes, cabbage, carrots, canned tomatoes. Seasonal fruits and vegetables</i> No-name canned/frozen fruits and vegetables Frozen/Canned Juice from concentrate
Milk Products	2	<i>Best Buys: skim milk powder, processed slices, cheddar cheese, mozzarella, and plain yogurt.</i> Bags instead of cartons of milk “No-name” brand cheeses – in large blocks Buy plain yogurt in large tubs, and add your favourite fruit to flavour it.
Meat and Alternatives	2-3	<i>Best Buys: peanut butter, dried/canned beans or lentils, eggs, hamburger, blade or rump roast, canned tuna and or frozen fish.</i> Chicken legs and thighs rather than breasts Ground turkey and chicken. Trail Mix Try meals that don’t have meat a few times each week – i.e. vegetarian chili, bean and rice casserole, cheese and vegetable omelet, tofu and vegetable stir-fry.

When going Grocery shopping...

- ✦ Always shop with a list
- ✦ Add items to your shopping list as you run out of them
- ✦ Be aware of weekly specials
- ✦ If you have extra money, stock up on items that can be stored for future use
- ✦ Do not shop more than once a week
- ✦ Do not shop when you are tired or hungry
- ✦ Always check your receipt. Make sure the price you were charged is correct.

Tips when purchasing food

- ✦ Bread can be stored in the freezer to keep fresh
- ✦ Marked down produce is great if you are going to consume it immediately
- ✦ Compare per unit prices, larger packages are not always better
- ✦ Opt for no-name and store brands, they are generally cheaper
- ✦ Buy fresh produce in amounts you can use before they go bad – 5 carrots or 3 apples, if that is all you need. If you buy a bag, split the contents between friends.
- ✦ Buy cheaper cuts of meat and marinate them or cook them longer at a lower temperature.
- ✦ Be aware of items above and below eye-level, they are usually less expensive than items that are at eye-level
- ✦ Always check best-before dates when purchasing items