

# Eat Well, Spend Less

## Tips for Newcomers



## Plan your shopping

- Decide how much you will spend per week or month on groceries.
- Check flyers, mobile apps and websites for deals on food.
- Plan your menu around specials and take inventory of the foods you already have at home.
- Make a grocery list and stick to it.
- Avoid grocery shopping on an empty stomach. You may be tempted to buy foods you don't need.

## At the grocery store

- Get to know the cost of food. When possible, compare the unit price on the label to find the cheapest product.
- Look on all shelves. The less expensive products are sometimes found on the top or bottom shelves.
- Keep track of your spending by using a calculator.
- Choose seasonal vegetables and fruits, they are usually cheaper. Canned or frozen fruits and vegetables can also be healthy and economical choices.
- Buy in bulk or large format to save.

## At home

- Prepare your meals at home! Highly processed ready-to-eat meals cost more and are less nutritious.
- Cook more often with foods such as legumes (beans, lentils, chickpeas), eggs, tofu, peanut butter or canned fish.
- Cook in larger quantities when you find the ingredients on sale. Freeze the extra in meal-size portions.
- Use leftovers. You can add leftover meat, rice, pasta or vegetables to your favorite dishes. For example, use leftover chicken to make sandwiches.
- If possible, grow some of your own food at home, or in a community garden.
- Drink tap water. Make water your beverage of choice!

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**Cooking at home saves money, develops new skills and adds to the pleasure of eating!**  
**Experiment with traditional recipes from different cultures to find tasty dishes at low prices.**

### Find recipe ideas:

[Canada's Food Guide – Food Guide Kitchen](#)



### For a food guide in different languages:

[Food guide snapshot – Other languages – Canada.ca](#)

