

The Students' Handbook for Healthy Eating on a Budget.



Acknowledgements

The *Students' Handbook to Healthy Eating on a Budget* would not be a reality if not for the numerous contributions of so many people. Maureen McKay, a dietitian at the University Health Centre, envisioned the content of this handbook after listening to the needs of many students struggling to eat well on a budget. Her editing and suggestions for the handbook were invaluable. Melissa Charrois, a Coordinated Dietetic Intern at the University of Alberta, turned the ideas into reality, contributing countless hours of her time in the planning, development, design and editing. We would also like to thank Ron Ward and the Campus Food Bank for their support and assistance in the development of the handbook. The staff at the University of Alberta Health Centre were most valuable in providing their ideas for the handbook and reviewing the information. Last but not least, we would like to thank everyone who reviewed the handbook. Their time and input were helpful in its development.

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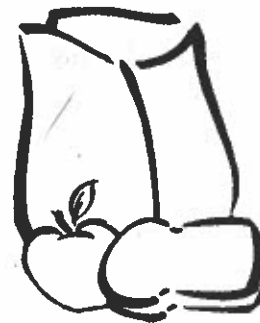
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Eating Well on a Budget:

Following a healthy style of eating is a challenge to most people. Trying to "eat healthy" when on a budget can seem impossible. Students with a limited income often find themselves in difficult financial situations. Many find it challenging to prepare their own food due to limited storage space or facilities to prepare food. Other students are out on their own for the first time and find they don't have a lot of food preparation knowledge or skills and are faced with the task of preparing meals for one person. Some students find it difficult to make time to prepare meals amid classes, papers, assignments and exams.

The Students' Handbook to Healthy Eating on a Budget, addresses issues students face by providing helpful tips to stretch the food dollar, low-cost and quick recipe ideas, a 7-day survival menu and principles for healthy eating. We hope this handbook provides tools to enable students to eat well on a budget.



Stretching the Food Dollar:

Here are some ideas to help cut food costs.



Shopping Tips:

- ✓ Avoid shopping on an empty stomach. Hungry shoppers buy more than they need.
- ✓ Try bulk food bins. They are often less expensive than packaged foods and you can choose the amount you want.
- ✓ Make a shopping list. Be sure to check what items you have on stock so you are not tempted to purchase extras you really don't need.
- ✓ Weigh the cost and value of purchasing convenience foods. For example, you will save ten cents a glass by purchasing juice from concentrate and adding your own water instead of paying someone to add the water for you.
- ✓ Store brands or generic products are often less expensive than brand name products with comparable quality. For example, brand name macaroni & cheese costs double the price of generic products.
- ✓ Be wary of gimmicks. End-of-aisle displays are not always specials.
- ✓ Examine the bottom and top of shelves. High ticket items are often at eye level.
- ✓ Compare prices by the unit to get the best bargain.
- ✓ Avoid buying at convenience stores. You pay extra for the convenience. An apple at the grocery store will cost around 30 cents compared to 75 cents at the corner store!
- ✓ Buy quantities you can readily use or easily store to prevent spoilage and food waste. Share purchasing larger quantities with your roommates.
- ✓ Use coupons only for products that you purchase regularly to prevent buying extras that you don't really need.



Home Tips:

- ✓ Eat breakfast at home or bring food with you to eat on the run. The cost of purchasing a muffin and coffee everyday can add up to \$50 per month! Breakfast is the most important meal of the day. It provides the energy to refuel your body and mind, increases the intake of fiber, vitamins and minerals, improves memory and performance and helps control appetite and body weight. To build a balanced breakfast, include foods from at least 3 of the 4 food groups in Canada's Food Guide to Healthy Eating.
- ✓ If storage is a problem, keep non-perishable food items on stock. Canned and dry goods are convenient, non-perishable and can be nutritious. See Nutritious Pantry Basics on page 7 for more ideas.
- ✓ Plan snacks & lunches to take to school. Planning ahead and packing nutritious snacks & lunches for the day can help save money and provide the constant supply of energy our body needs to run at peak performance. Choose food from Canada's Food Guide to Healthy Eating. If most of your meals and snacks are "other foods" (coffee, soft drinks, donuts, chips) then you are likely not getting all the nutrients you need.
- ✓ Check which food products you have on stock and be creative.
- ✓ Fill a plastic drink container with juice from home instead of buying individual juice boxes.
- ✓ Examine how often you eat out. Dining out is more expensive than preparing a meal at home.

Do you find it a challenge to make a quick, nutritious breakfast before you dash out the door? Here are some ideas:

- *Cereal, milk and juice
 - *Toast or bagel with peanut butter and milk
 - *Granola, yogurt and berries
 - *Trail mix made with dried fruit, nuts and cereal
 - *Leftover pizza
 - *Hard-boiled or scrambled egg with toast and juice.
- (Scramble 2 eggs in a mug and microwave 1 minute)

Snack Attack!

Pack raw veggies or fruit, dried fruit, yogurt, a muffin, dry cereal, bagels, crackers, hard cooked eggs, rice cakes, leftovers or a sandwich.

Canada's Food Guide to Healthy Eating

Canada's Food Guide to Healthy Eating classifies food into four food groups: Grain Products, Vegetables & Fruit, Milk Products and Meat & Alternatives. Each group contains similar nutrients or are from the same agricultural base. For example Grain Products includes food made with wheat, rice, rye and other grains whereas Meat & Alternatives contains foods which are a source of protein and iron.

The food groups are organized as arcs within a rainbow. The arcs are different sizes to emphasize how much we need from each food group. Within each arc there is a range of servings. More active people, such as athletes, or those who are growing, such as children, teenagers, young adults and pregnant women, will need more servings to meet their increased needs. We need food from all four food groups to meet our requirements. Each food group provides different key nutrients. Therefore if you eliminate a food group from your diet you may be eliminating key nutrients which could result in deficiencies.

Foods within each food group also provide different amounts of nutrients. For example oranges and broccoli contain more vitamin C and folate than apples and bananas. Therefore you need to choose a mixture of foods from all the food groups in order to obtain the 52 different nutrients our bodies need. Vitamin and mineral supplements only provide approximately 15 different nutrients; therefore we can not rely on supplements to meet our requirements.

Restricting fat is often the focus when people are trying to improve eating habits. It is important to be moderate with dietary fat since too much fat can increase your risk for heart disease, stroke and certain cancers. However, we need to include some fat in our diet to maintain good health. Fat is necessary for the absorption of vitamins and is an important and inexpensive source of energy. Some types of fats cannot be made by our body and must be provided by our diet. These essential fats are required for healthy skin, reproduction, brain and eye functioning. Build your diet around fruit, vegetables, legumes and grain products. Choose lower-fat foods more often, but don't become preoccupied with eliminating fat from your diet.

Each food group contains key nutrients that perform special functions within our body.

Grain Products: This group is an important source of carbohydrates, fiber, iron and vitamins & minerals. They energize our bodies and minds and keep our blood and digestive tract healthy. Build your meals around your favorite grain, pasta or rice. Choose whole grain products more often for the fiber and iron they provide.

Vegetables and Fruit: This group is rich in essential vitamins such as vitamin A and C and folic acid. They help our bodies use energy, fight infections, are important in growth and complete the glowing package with healthy skin, eyes and hair. Choose dark green, bright yellow and

orange vegetables and fruit more often for the special nutrients they provide. For example, apple juice contains trace amounts of folate whereas a glass of orange juice will meet approximately 50% of your folate requirements.

Milk Products: This group is an important source of calcium, which makes strong bones and teeth and helps our muscles function. Include 2 to 4 servings in your diet everyday.

Meat and Alternatives: This group is essential to build and repair muscle and tissue and maintain healthy blood. Include 2 to 3 servings in your diet everyday, even if you follow a vegetarian style of eating.

Healthy eating is the average of what you eat over time. It's not one meal or one day's intake. All foods can fit into a healthy pattern of eating.

Some foods don't fit into the four food groups. They are classified as "other foods" and include foods that are mostly fats and oils (margarine, butter, oil), foods that are mostly sugar (jam, honey, sugar), high fat and/or high salt snack foods (potato chips, pretzels, pastry), beverages (pop, coffee, tea, alcohol) and herbs, spices and condiments. They add to our taste and enjoyment of food. Some of these foods are "everyday foods" and others are "sometimes" foods and are enjoyed in moderation.



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CANADA'S Food Guide TO HEALTHY EATING

Enjoy a variety
of foods from each
group every day.

Choose lower-
fat foods
more often.



Grain Products
Choose whole grain
and enriched
products more
often.

Vegetables & Fruit
Choose dark green and
orange vegetables and
orange fruit more often.

Milk Products
Choose lower-fat
milk products more
often.

Meat & Alternatives
Choose leaner meats,
poultry and fish, as well
as dried peas, beans and
lentils more often.

Canada



CANADA'S

Food Guide TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER

Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

Grain Products 5-12 SERVINGS PER DAY	<table> <tr> <th>1 Serving</th><th>2 Servings</th></tr> <tr> <td> Hot Cereal 175 mL 3/4 cup Cold Cereal 30 g 1 Slice 1 Bagel, Pita or Bun </td><td> Pasta or Rice 250 mL 1 cup 1 Burger, Pita or Bun </td></tr> </table>	1 Serving	2 Servings	Hot Cereal 175 mL 3/4 cup Cold Cereal 30 g 1 Slice 1 Bagel, Pita or Bun	Pasta or Rice 250 mL 1 cup 1 Burger, Pita or Bun
1 Serving	2 Servings				
Hot Cereal 175 mL 3/4 cup Cold Cereal 30 g 1 Slice 1 Bagel, Pita or Bun	Pasta or Rice 250 mL 1 cup 1 Burger, Pita or Bun				
Vegetables & Fruit 5-10 SERVINGS PER DAY	<table> <tr> <th>1 Serving</th><th>2 Servings</th></tr> <tr> <td> 1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit </td><td> Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup </td></tr> </table>	1 Serving	2 Servings	1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit	Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup
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1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit 1 Medium Size Vegetable or Fruit	Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup				
Milk Products SERVINGS PER DAY Children 4-9 years 3-4 Youth 10-14 years 3-4 Adults 3-4 Pregnant & Breast-feeding Women 3-4	<table> <tr> <th>1 Serving</th><th>2 Servings</th></tr> <tr> <td> 250 mL 1 cup 3x1x1" 50 g 2 Slices 50 g 175 g 3/4 cup </td><td> 175 g 3/4 cup </td></tr> </table>	1 Serving	2 Servings	250 mL 1 cup 3x1x1" 50 g 2 Slices 50 g 175 g 3/4 cup	175 g 3/4 cup
1 Serving	2 Servings				
250 mL 1 cup 3x1x1" 50 g 2 Slices 50 g 175 g 3/4 cup	175 g 3/4 cup				
Meat & Alternatives 2-3 SERVINGS PER DAY	<table> <tr> <th>1 Serving</th><th>2 Servings</th></tr> <tr> <td> Meat, Poultry or Fish 50-100 g 1-2 Eggs Beans 125-250 mL 1/2-2/3 Can 50-100 g 100 g 1/3 cup Peanut Butter 30 mL 2 Tbsp </td><td> 175 g 3/4 cup </td></tr> </table>	1 Serving	2 Servings	Meat, Poultry or Fish 50-100 g 1-2 Eggs Beans 125-250 mL 1/2-2/3 Can 50-100 g 100 g 1/3 cup Peanut Butter 30 mL 2 Tbsp	175 g 3/4 cup
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Other Foods. Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.					



Enjoy eating well, being active and feeling good about yourself. That's VITALITY

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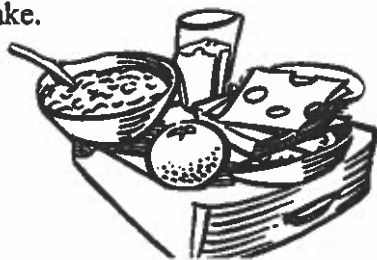
Nutritious Foods Don't Have to be Expensive.

You don't have to compromise adequate nutrition when finances are tight. Use Canada's Food Guide to Healthy Eating as a tool in meal planning to ensure a balanced, nutritious diet. Here are some tips to make your food dollar stretch!

Grain Products

Best Buys: whole grain rice, macaroni, bread, rolled oats and hot cereals.

- ✓ Choose pasta and rice made from whole grain or enriched flour to ensure you are getting their full nutritional value.
- ✓ Plain pasta shapes like macaroni and spaghetti are cheaper than fancy shapes.
- ✓ Buy from bakeries at the end of the day for discounts.
- ✓ Buy whole grain cereals instead of sugary ones. They are more economical and nutritious.
- ✓ Avoid buying rice and pasta mixes. They are ten times the cost of rice and pasta and are usually high in fat and salt.
- ✓ Long grain rice is half the cost of minute rice and only takes 15 more minutes to make.



Vegetables & Fruit

Best Buys: apples, bananas, grapefruit, oranges, rhubarb, frozen juices (especially orange), potatoes, cabbage, carrots, plain frozen veggies and canned tomatoes.

- ✓ Buy fresh berries in season and freeze to enjoy at a later date.
- ✓ Buy fresh produce in amounts that you can use before they go bad. Buy 5 carrots or 3 apples if that is all that you need.
- ✓ Buy plain, bagged frozen vegetables instead of vegetables that are boxed and packaged with added sauces. They are half the cost and are usually lower in fat and salt.
- ✓ Eat coleslaw more often. Cabbage is cheaper than lettuce and more nutritious.
- ✓ Pre-cut your own veggies. Keep them sealed in a container or zipper bag to prevent them from drying out.

Milk Products

Best Buys: Skim milk powder, milk, evaporated milk, processed slices, cheddar cheese, mozzarella and plain yogurt.

- ✓ Skim milk powder is inexpensive (approximately half the cost of fluid milk), is easy to store and is a good source of calcium and protein. Use skim milk powder for cooking and baking in sauces, puddings, casseroles, soups, hot cooked cereal, mashed potatoes and pasta dishes. Mix 1/3 cup (75 ml) of milk powder plus 1 cup (250 ml) water to reconstitute and use in place of fluid milk.
- ✓ Choose "no-name" brand cheeses.
- ✓ Substitute evaporated milk for cream.
- ✓ Buy plain yogurt and flavor it yourself.

Meat & Alternatives

Best Buys: peanut butter, dried/canned peas, beans and lentils, eggs, hamburger, blade or rump roast, canned tuna and utility grade chicken.

- ✓ Meats can be the most expensive item on the food budget. Buy cheaper cuts of meats and marinate them or cook at a low temperature for a longer period of time.
- ✓ Use dried or canned beans and lentils more often. They are an economical substitute for meat, are lower in fat and a good source of fiber.
- ✓ Purchase utility grade poultry. It may be missing a wing or a leg but otherwise it is okay.
- ✓ Plain frozen fish is less expensive than fresh or battered fish.
- ✓ Buy regular hamburger instead of lean, fry then rinse with warm water in a strainer or colander to remove excess fat.

Eating for Two. When pregnant or breast-feeding your requirements for certain nutrients are increased. To ensure you are meeting your requirements, take a prenatal vitamin & mineral supplement, include at least four servings of milk products every day, aim for the higher range of servings in Canada's Food Guide to Healthy Eating and emphasize dark green leafy vegetables and orange fruits.

Keep these foods on hand for quick and easy meal solutions.
Remember, buy only the foods that you use or have space to store.

Nutritious Pantry Basics:

- Canned salmon or tuna
- Canned or dried peas, beans and lentils
- Canned fruit, dried fruit, raisins
- Peanut butter
- Canned tomatoes, corn and soups
- Pasta, rice and other grains
- Skim milk powder
- Salt and pepper or other seasonings
- Bread, buns, bagels or pitas
- Apples, oranges or bananas
- Potatoes, carrots, onions, cabbage



Nutritious Refrigerator Basics:

- Eggs
- Milk, cheese and yogurt
- Margarine



Nutritious Freezer Basics:

- Frozen fruit juice concentrates (especially orange juice)
- Frozen vegetables, berries and rhubarb

Food Safety Tips:

1. Keep your hands and work surfaces clean.
2. Thaw meat, poultry or fish in the fridge or microwave.
3. Do not refreeze thawed meat. Cook first, then refreeze.
4. Wash utensils and surfaces with hot water and soap which are used for preparing raw meat, poultry or fish.
5. Avoid contact between raw meat, poultry or fish and raw or cooked veggies.
6. Keep cold foods cold and hot foods hot.
7. Cover leftovers and refrigerate as soon as possible.
8. Throw away leaky or bulging cans and unsealed jars.

Community Resources

Collective Kitchens

Collective Kitchens are small groups of people in the community cooking together. Members pool their knowledge, skills and money to make low cost, nutritious meals. They have sponsors such as churches or neighborhood agencies who provide a place to cook and financial support. Each person contributes \$2.00 per family member and working within a budget the group plans, shops for and prepares four to five meals each month. For more information phone:

CANDORA society of Edmonton 474-5011
Community Services – City of Edmonton 496-5860 (or 5910)
Amity House 478-5022

Food Co-op

Food Co-ops operate by purchasing food in bulk from wholesalers and local producers and passing the savings on to members. A \$5.00 annual membership fee plus \$15 and 2 hours of your time each month provides \$25.00 of food each month. Contact 413-4525 for more information.

WE-COPE (West End Community Outreach Program)

This program is a community garden available for low-income West End residents. WE-COPE provides the expertise, space, tools, seeds and transportation. Members plant and tend to a community garden, learn garden tips, swap recipes and share in the harvest. For more information call 944-5455 or 452-7895.

Campus Food Bank

0-40J, Students' Union Building
University of Alberta Phone: (780) 492-8677

Student Financial Aid & Information Centre

2-700, Students' Union Building
University of Alberta Phone: (780) 492-9607
E-mail: emergaid@ualberta.ca

University of Alberta Health Centre

2-200, Students' Union Building
University of Alberta Phone: (780) 492-2612

7 Day Survival Menu

The following menus were developed to provide ideas on menu planning when on a restricted budget. The menus were developed to include inexpensive foods, fast and easy recipes (included in the handbook) and meet Canada's Food Guide to Healthy Eating.

These menus are only a guide. Some students may only be cooking for one person. If a recipe makes more than one serving, leftovers may be used during the week or you may wish to prepare some meals with your roommates or friends. More active students or young adults who are still growing may need more food choices or larger portions in view of their increased needs.

The costing of the menus and recipes were calculated using May 1999 retail prices. The cost of skim milk powder was utilized in costing the menus, therefore the total cost will be higher if fluid milk is used.

* See recipes included in this handbook.

Day 1

Breakfast

1 cup bran flakes
1 cup milk
 $\frac{1}{2}$ cup orange juice

Lunch

1 egg salad sandwich
1 cup chowder*
1 banana

Dinner

tuna melt*
 $\frac{1}{2}$ cup bean salad*
1 apple

Snack

6 soda crackers
1 oz cheddar cheese
 $\frac{1}{2}$ cup orange juice

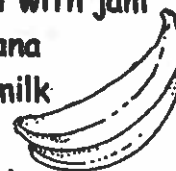
cost \$2.94

Grain Products: 6
Vegetables & Fruit: $5 \frac{1}{2}$
Milk Products: 2
Meat & Alternatives: $2 \frac{1}{2}$

Day 2

Breakfast

1 hard-boiled egg
2 slices toast with jam
1 banana
1 cup milk



Lunch

1 cup hamburger soup*
1 whole wheat roll
 $\frac{1}{2}$ cup orange juice

Dinner

1 cheese sandwich
1 cup coleslaw
1 cup milk

Snack

1 fruity bran muffin*
1 apple

Cost \$2.73



Grain Products: 7
Vegetables & Fruit: 5
Milk Products: 3
Meat & Alternatives: 2



Day 3

Breakfast

$\frac{1}{2}$ cup bran flakes
 $\frac{1}{2}$ cup yogurt
 $\frac{1}{2}$ cup canned fruit cocktail

Lunch

1 cup split pea soup*
1 pita
1 banana

Dinner

$\frac{1}{2}$ cup alfredo sauce*
1 cup pasta
1 cup cabbage with vinegar
1 whole wheat roll
1 cup milk

Snack

peanut butter and jelly sandwich
 $\frac{1}{2}$ cup orange juice

Cost \$2.51

Grain Products: $7 \frac{1}{2}$
Vegetables & Fruit: 5
Milk Products: 2
Meat & Alternatives: 2

Day 4

Breakfast

$\frac{3}{4}$ cup rolled oats with
brown sugar
1 banana
1 cup milk

Lunch

1 cup pasta & bean soup*
1 baked potato with plain
yogurt and margarine
 $\frac{1}{2}$ cup orange juice

Dinner

1 $\frac{1}{2}$ cups hamburger hash*
1 whole wheat roll
1 cup milk

Snack

1 cup carrot & celery
sticks
6 soda crackers
1 oz cheddar cheese

Cost \$2.78

Grain Products: 5
Vegetables & Fruit: 5
Milk Products: 2
Meat & Alternatives: 2



Day 5

Breakfast

2 slices toast with 2 Tbsp.
peanut butter
1 banana
1 cup milk



Lunch

1 bean & cheese burrito*
1 apple

Dinner

vegetable frittata
1 slice of toast
1 cup milk

Snack

1 fruity bran muffin
 $\frac{1}{2}$ cup orange juice

Cost \$2.51

Grain Products: 5
Vegetables & Fruit: 5
Milk Products: 2
Meat & Alternatives: 3

Day 6

Breakfast

$\frac{3}{4}$ cup rolled oats with
brown sugar
1 cup milk
1 orange

Lunch

1 cup macaroni and cheese
with 50 g tuna
 $\frac{1}{2}$ cup mixed vegetables

Dinner

1 cup ratatouille
1 cup rice
 $\frac{3}{4}$ cup bean salad

Snack

peanut butter and jelly
sandwich
1 cup milk
1 banana

Cost \$2.96

Grain Products: 7
Vegetables & Fruit: 5 $\frac{1}{2}$
Milk Products: 2 $\frac{1}{2}$
Meat & Alternatives: 2 $\frac{1}{2}$

Day 7

Breakfast

1 scrambled egg
2 slices of toast
1 cup milk

Lunch

atlantic baked potato
1 cup coleslaw
1 apple



Dinner

1 cup chili
1 cup noodles
 $\frac{3}{4}$ cup cucumber slices with
dill & $\frac{1}{2}$ cup plain yogurt

Snack

1 cup carrot & celery
sticks

Cost \$2.99

Grain Products: 5
Vegetables & Fruit: 5
Milk Products: 2
Meat & Alternatives: 2 $\frac{1}{2}$



Salads

Color Your World! The different colors of fruits and vegetables reflect their rich variation of nutrients. Try choosing 3 different colors of fruits and vegetables each day!

Bean Salad – Quick and simple high protein salad.

10 oz can	cut green beans	284 ml
14 oz can	kidney beans	398 ml
12 oz can	corn	341 ml
1	onion, thinly sliced	1
1	green pepper, chopped	1
¼ cup	vinegar	50 ml
2 Tbsp.	oil	25 ml
3 Tbsp.	sugar	45 ml
	salt and pepper	

Drain and rinse canned beans. In a large bowl combine beans, corn, onion and green pepper. Mix vinegar, oil and sugar. Pour over salad and mix. Add salt and pepper to taste.

Makes 6 servings @ \$0.53 per serving.

Legumes, beans and peas contain complex sugars, which ferment in your gut and cause gas. To help minimize discomfort, gradually introduce them in your diet and drink plenty of water.

Cooking with Dry Beans:

You can save even more money by cooking with dry beans instead of canned beans. Dry beans are approximately half the cost of canned beans. To use dry beans you need to soak them before cooking. Soak 1 cup (250 ml) of dry beans in 3 cups (750 ml) of water for 12 hours. For quicker soaking, place beans and water in a pot and bring to a boil. Boil gently for 3 minutes, then remove from heat and let stand 1 hour.

Cabbage is an economical veggie loaded with vitamins and minerals and is a great source of vitamin C. Include cabbage as a salad, vegetable or in soups and casseroles. For quick preparation of cabbage, microwave 2 cups (500 ml) on high for 4 minutes. Flavor with dill & plain yogurt or vinegar & sugar.

Coleslaw – A fast and easy favorite loaded with vitamins A & C.

2 cups	cabbage, shredded	500 ml
1 cup	carrot, shredded	250 ml
½ cup	onion, sliced	125 ml
½ cup	plain yogurt	125 ml
¼ cup	mayonnaise	50 ml
2 Tbsp.	sugar	25 ml
	salt and pepper	

In a bowl combine cabbage, carrot and onion. In a small bowl stir together the yogurt, mayonnaise and sugar. Pour over salad and toss. Season with salt and pepper to taste. Cover and refrigerate. Makes 4 servings @ \$0.27 per serving.

Variations:

- ◆ Substitute 3 cups (750 ml) broccoli for cabbage and carrots.
- ◆ Add your choice of canned pineapple, shredded apple, sunflower seeds or raisins.



Potato Salad - *This family favorite is great served cold or warm.*

4	potatoes, large	4
2	eggs	2
1	onion, finely chopped	1
1	celery stalk, finely diced	1
½ cup	mayonnaise	125 ml
½ tsp.	mustard, prepared	2 ml
¼ tsp.	salt	1 ml

Peel potatoes and cut into even cubes. Place in a pot with eggs and cover with water. Bring to a boil. Reduce heat and let boil for 15 minutes. Remove from stove and drain water from pot. Remove eggs and rinse under cool water. Peel eggs and cut into quarters. In a bowl combine onion, celery, mayonnaise, mustard and salt. Mix dressing with eggs and potatoes. Serve warm or cold. Makes 4 servings @ \$0.33 per serving.

To boil potatoes, first peel and cut into even-sized pieces. Place in a pot. Add enough water to just cover potatoes. Bring to a boil, cover and reduce heat. Boil 15 minutes or until tender.

Grocery Bag Comparison - Get the Value for your \$

Grocery Bag 1			Grocery Bag 2		
Food	Amt.	Cost (\$)	Food	Amt.	Cost (\$)
Macaroni	900 g	1.62	Pasta & Sauce	138 g	1.69
Long grain rice	1 kg	2.19	Rice & Sauce	133 g	1.99
Frozen orange juice	355 ml	1.29	Orange drink	1 L	1.29
Banana	1 (114 g)	0.12	Fruit roll-up	110 g	2.79
Apple	1 (140 g)	0.30			
Potatoes	2.3 kg	1.69	Potato chips	180 g	1.29
Frozen mixed veggies	1 kg	2.29	Frozen veggies with sauce	500 g	3.60
			Pizza-ready made	655 g	6.99
Pitas	300 g	1.69			
Cooked ham	300 g	1.47			
Canned Pineapple	398 ml	0.89			
Total weight/cost	6.75 kg	13.26	Total weight/cost	1.72 kg	19.64

Grocery bag 1 is filled with a lot more food and healthier food choices for a lower cost. Weigh the cost and value when making food choices.

Soups

Chowder - *This hearty soup is a simple and delightful favorite.*

2	potato, large, diced	2
1	onion, diced	1
1 cup	water	250 ml
14 oz can	cream corn	398 ml
1 cup	milk	250 ml
	(or 1/3 (75 ml) skim milk powder + 1 cup (250 ml) water)	
¼ tsp.	salt	1 ml

In a saucepan combine potato, onion and water and bring to a boil. Reduce heat and let boil for 10 minutes. Add corn, milk and salt. Let simmer another 10 minutes. Add salt and pepper to taste. Makes 4 servings @ \$0.34 per serving.

Variations:

- ❖ Fish Chowder: add ½ lb. (225 g) fish fillet.
- ❖ Add ¼ cup (50 ml) skim milk powder to boost the protein.
- ❖ Sprinkle on top ¼ cup (50 ml) shredded cheddar cheese.

Not all juices are created equally. When choosing a juice ensure that it is a juice not a drink. Drinks contain lots of sugar and little nutrition. The best buy is frozen orange juice concentrate.



Hamburger Soup – guaranteed to please.

½ lb.	ground beef	225 g
1	onion, chopped	1
1	potato, cubed	1
1	carrot, sliced	1
1 cup	cabbage, shredded	1
¼ cup	rice, barley or macaroni, uncooked	50 ml
6 cups	water	1.5 L
1	bay leaf	1
1 tsp.	salt	5 ml
¼ tsp.	pepper	1 ml
14 oz can	tomatoes	398 ml

Brown ground beef and onion in a large pot. Add potatoes, carrots and cabbage and simmer 5 minutes. Sprinkle rice over meat and vegetables. Add water and seasonings. Cover and simmer 20 minutes. Add tomatoes. Let simmer 10 more minutes. Makes 4 servings @ \$0.81 per serving.

Variation: Substitute 14 oz (398 ml) kidney beans for ground beef.

Split Pea Soup – hearty and good.

1	potato, diced	1
2	carrots, diced	2
2	celery stalks	2
1	onion, diced	1
6 cups	water	1.5 L
1 cup	split peas, dry	250 ml
2 tsp.	salt	10 ml
¼ tsp.	pepper	1 ml

Place above ingredients in a large pot. Cook for 40 to 50 minutes, or until peas are tender. Serve whole grain roll. Makes 6 servings @ \$0.18 per serving.

Pasta and Bean Soup – This is a quick & easy Italian favorite.

1 cup	macaroni, uncooked	250 ml
1	onion, chopped	1
1 Tbsp.	oil	15 ml
1 cup	carrots, diced	250 ml
2 stalks	celery, diagonally sliced	2
1 tsp.	basil	5 ml
½ tsp.	salt	2 ml
¼ tsp.	pepper	1 ml
14 oz can	kidney beans, drained	398 ml
14 oz can	tomatoes	398 ml

Bring 6 cups (1.5 L) of water to boil. Add macaroni. Cook for about 10 minutes or until tender but firm. Drain macaroni. In a saucepan sauté onion in oil for 1 minute. Add carrots and celery. Cook for 2 minutes. Add kidney beans, tomatoes, 2 cups (500 ml) water and seasonings. Bring to a boil and cook for 3 minutes. Stir in macaroni. Reduce heat. Cover and simmer for 7 to 10 minutes or until vegetables are tender. Add more water if liquid evaporates too quickly. Makes 4 servings @ \$0.47 per serving.

Skim Milk Powder:

Skim milk powder is an excellent source of protein and calcium. This pantry essential is more economical than fluid milk, saving 10 cents a glass. Substitute for milk by replacing 1 cup (250 ml) milk for 1/3 cup (75 ml) milk powder and 1 cup (250 ml) water. Extra skim milk powder can also be added to soups, stews, casseroles, muffins and hot cereals to boost the nutritional value.



The Main Event

Tuna Melt - *Serve this marine delight with tomato wedges & salsa*

6 ½ oz can	canned or leftover meat (tuna, chicken or turkey)	170 g
1 Tbsp.	mayonnaise	15 ml
1 Tbsp.	plain yogurt	15 ml
2 tsp.	onion, finely chopped	10 ml
2-3 slices	bread (your choice)	2-3
2-3 slices	processed cheese	2-3

Mix tuna, mayonnaise, yogurt and onion. Spread on bread. Top with cheese slice. Place under broiler or in microwave to melt cheese. Makes 2-3 servings @ \$0.55 per serving.

Bean and Cheese Burrito – *Enjoy this tasty Mexican dish*

14 oz can	baked beans	398 ml
1	onion, chopped	1
1 tsp.	oil	5 ml
4	9-inch (23 cm) flour tortilla	4
½ cup	cheese, shredded	125 ml
	shredded lettuce	
	salsa or taco sauce	
	sour cream or plain yogurt	

In a pan, sauté onion and oil for 2 minutes. Add beans and mash with potato masher or fork. Cook for 5 minutes. Thinly spread approximately ¼ of bean mixture over each tortilla. Sprinkle with cheese. Serve with shredded lettuce, salsa or sour cream. Makes 4 servings @ \$0.74 per serving.

Variation: Substitute baked beans for pinto, romano, or kidney beans.

The Dagwood is back! To add variety to your sandwiches, vary the choices of bread (bagel, tortilla, bun, pita), fillings (meat, egg, cheese or peanut butter), stuffing's (all veggies & pickles) and spreads (salsa, mustard, chutney and mayonnaise).

Freshen-up bread by putting it in the microwave for a few seconds.

To make your own personalized pizza, spread pizza sauce on your choice of bread, pita or bagel. Top as desired with meat, veggies or cheese. Microwave on medium-high for 1 to 2 minutes or place under the broiler for 5 minutes, or until cheese is melted.

Vegetable Frittata - *This delicious dish is perfect for any meal.*

2 cups	fresh or frozen mixed veggies	500 ml
3	eggs	3
¼ tsp.	salt	1 ml
¼ tsp.	basil	1 ml
1 Tbsp.	vegetable oil	15 ml
1	onion, sliced	1

In saucepan, bring 2 cups (500 ml) water to boil. Add vegetables and cover. When water returns to a boil, drain vegetables. Beat eggs with salt and basil. Heat oil in a non-stick skillet over medium heat. Add onion and sauté for 3 minutes. Add vegetables and sauté until hot. Pour eggs over. Reduce heat to medium low. Cover and cook until set. Serve with cheddar cheese and toasted whole wheat bread. Makes 2 servings @ \$0.61 per serving.

Buy vegetables & fruit fresh, frozen, canned or dried. They are all comparable in nutrient value.

The perfect boiled egg: Place eggs in a pot and cover with cold water. Bring to a boil. Boil for an additional 3 to 4 minutes for runny yolks and 8 to 10 minutes for hard-boiled eggs.

Alfredo Sauce - Fast & easy creamy sauce for pasta or veggies.

2 cups	milk	500 ml
(or 2/3 cup (150 ml)	skim milk powder plus 2 cups (500 ml) water)	
1 ½ Tbsp.	flour	20 ml
1 pkg.	chicken bouillon	1
¼ cup	parmesan cheese	50 ml
¼ tsp.	ground pepper	1 ml
½ tsp.	basil	2 ml
½ tsp.	parsley	2 ml

Whisk milk, flour and bouillon together. Heat in a saucepan, stirring constantly till slightly thick or microwave on high for 2 minutes. Add seasonings. Slowly stir in parmesan cheeses with a whisk. Reduce heat and let thicken or microwave on high for 1 minute. Serve with your choice of pasta.

Makes 4 servings @ \$0.25 per serving.

To prepare pasta al dente, bring a large pot of water to boil. Add 1 tsp. (5 ml) oil and pasta. Boil for 10 minutes, stirring occasionally to prevent sticking. Drain in a colander or strainer and rinse well with water.

Ratatouille - Simple and tasty.

2 cups	cabbage, shredded	500 ml
1	zucchini, diced	1
1	onion, sliced	1
2 Tbsp.	oil	25 ml
14 oz can	tomatoes	398 ml
½ tsp.	oregano	2 ml
	salt and pepper	

Sauté eggplant, zucchini and onion in oil until soft. Add tomatoes and oregano. Cover and simmer 10 minutes. Add salt and pepper to taste. Serve with pasta or rice and a sprinkle of parmesan cheese.

Makes 4 servings @ \$0.49 per serving.

Crafty Macaroni & Cheese: Macaroni & Cheese can be a quick and easy meal solution and is also an excellent source of many nutrients including iron, some B vitamins, protein and calcium. Here are some ideas to add variety to this staple for many students:

- * Add canned, frozen or leftover vegetables
- * Add canned tuna
- * Add tomato sauce, soup, salsa or canned tomatoes
- * Add a can of cream of mushroom soup

Mediterranean Linguine - A quick & easy meal solution.

5 oz	linguine or spaghetti	150 g
1 ½ cups	frozen mixed vegetables	375 ml
1-6 ½ oz can	tuna	170 g
2 Tbsp.	oil	25 ml
2 Tbsp.	parmesan cheese, grated	25 ml
	salt and pepper	

Bring 6 cups (1.5 L) water to a boil. Add pasta and boil for 6 minutes. Add vegetables and boil 4 more minutes. Drain and return to saucepan. Mix in tuna, oil and cheese. Season to taste. Makes 2 servings @ \$1.07 per serving.

Vegetarian diets can be healthy depending on the number of foods excluded and the variety of foods chosen. Base your diet on Canada's Food Guide to Healthy Eating. Be sure your diet contains a reliable source of protein, calcium, iron and vitamin B12 & D. Contact a registered dietitian for more information.



Potatoes are a versatile, nutritious, low-cost food. For centuries the potato has been a staple for many peoples. They are a great source of many nutrients especially vitamin C. Enjoy these quick and easy ideas to dress up the potato.

Stuffed Jacket Potato - *Be creative with your taters!*

Scrub potato, pierce skin with fork and microwave on high for 4 to 5 minutes. Split potato in half, scoop out center and mash with 1 tsp. (5 ml) margarine and your choice of toppings:

Traditional: sour cream and green onions

Corny: corn and grated cheese

Western: baked beans and grated cheese

Atlantic: tuna and mayonnaise

Italian: canned stewed tomatoes with parmesan cheese

Creamy: Canned cream of mushroom or chicken soup and green beans

Mexican: Combine taco seasoning and sour cream or plain yogurt. Top with green pepper, tomato and green onions.

1 large potato provides approximately:

<u>Nutrient</u>	<u>% RNI*</u>
Protein	10%
Iron	20%
Thiamine	20%
Niacin	20%
Folate	10%
Vitamin C	80%

*RNI = Recommended Nutrient Intakes



For Perfect Rice, rinse 1 cup (250 ml) uncooked long-grain rice with water to clean and prevent stickiness. In a saucepan, add 2 cups (500 ml) of water to rice. Bring to a boil. Reduce heat, cover and let steam 20 minutes.

Mexican Rice - *Fast and tasty.*

1	medium onion, chopped	1
2	cloves garlic, minced (or ¼ tsp. garlic pdr)	2
1 cup	frozen or canned corn	250 ml
14 oz can	stewed tomatoes	398 ml
14 oz can	kidney beans	398 ml
½ tsp.	chili powder	2 ml
	salt and pepper	
4 cups	rice, cooked	1 L

Prepare 4 cups cooked rice as per package directions. Sauté onion and garlic in 2 Tbsp. (25 ml) water. Add corn, tomatoes, kidney beans and seasonings. Simmer 5 minutes. Stir bean mixture into prepared rice and serve.

Makes 4 servings @ 0.70 per serving.

Rice Flavoring Ideas:

- ❖ soya sauce, chili, sautéed mushrooms, stir-fried vegetables, dry vegetable or onion soup mix, salsa, stewed tomatoes, cheese slice, any type of canned beans.
- ❖ Replace cooking water with tomato juice or broth or add a package of bouillon for a change.



Chili – *This hearty chili can be frozen and enjoyed anytime.*

14 oz can	tomatoes	398 ml
14 oz can	kidney beans	398 ml
12 oz can	brown beans with molasses	341 ml
19 oz can	black beans	540 ml
1	potato, large, diced	1
1	celery stalk, chopped	1
10 oz can	corn	284 ml
12 oz can	mushrooms	341 ml
1	onion, chopped	1
1 tsp.	garlic powder	5 ml
1 tsp.	Worcester sauce	5 ml
2 tsp.	chili powder	10 ml
1 tsp.	Italian seasonings	5 ml

Combine above ingredients. Cover and let simmer 1 to 2 hours.
Makes 8 servings @ \$0.73 per serving.

Hamburger Hash *This quick and easy casserole is sure to please*

½ lb.	ground beef	225 g
1	onion, chopped	1
2 cups	hash browns	500 ml
12 oz can	cream soup (mushroom, celery, etc.)	341 ml
½ cup	milk	125 ml
½ tsp.	salt	2 ml
dash	pepper	dash
1 cup	vegetables (fresh, frozen or canned)	250 ml

Brown ground beef and onion in a large pan. Add hash brown to frying pan. Heat 2 minutes. Mix soup with milk and stir into mixture. Add veggies and season. Heat mixture, stirring often until mixture is hot and vegetables are cooked.

Makes 4 servings @ \$0.84 per serving.

Variations:

- ❖ Replace beef with 6 ½ oz can (170 g) tuna.
- ❖ Replace hash brown with 1 cup (250 ml) cooked rice or noodles.

**Muffins and Desserts****Fruity Bran Muffin** – *Great for packed lunches!*

¾ cup	sugar	175 ml
1 ¾ cups	natural bran	425 ml
1 cup	flour	250 ml
½ cup	chopped dates, apricots or raisins	125 ml
2 tsp.	baking soda	10 ml
½ cup	vegetable oil	125 ml
1	egg	1
1 ¼ cups	buttermilk	300 ml

Preheat oven to 375°F (190°C). Grease muffin tins or line with paper baking cups. Combine sugar, bran, flour, dates and baking soda in a bowl. Mix together oil, egg and buttermilk in a separate bowl. Stir into dry ingredients until moistened. Spoon batter into muffin cups. Bake 20 minutes or until golden brown. Freeze extras to keep fresh. Makes 18 muffins @ \$0.10 each.

Variations:

- *To make your own sour milk add 1 Tbsp. (15 ml) of vinegar or lemon juice to 1 cup (250 ml) milk.
- *Spice Muffins: Add 1 tsp (5 ml) cinnamon and ½ tsp. ginger
- *Orange Muffins: Substitute ¼ cup (50 ml) orange juice for ¼ cup (50 ml) milk and add 1 tsp. (5ml) grated orange rind.

Rhubarb Compote – *Tart and tasty dessert.*

3 cups	rhubarb (fresh or frozen)	750 ml
1 cup	sugar	250 ml
½ tsp.	lemon juice	2 ml
½ cup	water	125 ml

Combine above ingredients in a saucepan and bring to a boil. Cover and let cook for 3 to 5 minutes or until rhubarb is soft. Take off stove. Cool and refrigerate.

Makes 6 servings @ \$0.20 per serving.

Carmel Apple – fast and simple dessert.

1 tsp.	margarine	5 ml
1	apple, cored or chopped	1
1 Tbsp.	brown sugar	15 ml
1 Tbsp.	raisins	15 ml
pinch	cinnamon (optional)	pinch

Place apple in center of microwaveable dish. Dot margarine on apple and sprinkle brown sugar, raisins and cinnamon. Cover with saran. Microwave on high for 5 minutes. Let cool and serve with yogurt if desired.

Makes 1 serving @ \$0.41 per serving.

All apples are equal in nutrient content, so buy the least expensive when on a tight budget.

Rhubarb Crisp – a family favorite.

3 cups	rhubarb (fresh or frozen)	750 ml
½ tsp.	lemon juice	2 ml
½ cup	sugar	125 ml
¼ tsp.	cinnamon	1 ml
½ cup	rolled oats	125 ml
½ cup	brown sugar	125 ml
¼ cup	flour	50 ml
¼ tsp.	cinnamon	1 ml
¼ cup	margarine	50 ml

Combine fruit, lemon juice, sugar and cinnamon. Place fruit in a 9 x 9 inch (2L) pan. In a small bowl combine oats, brown sugar, flour and cinnamon. Cut margarine into mixture until it resembles course crumbs. Sprinkle crumb mixture over fruit. Bake in 350°F (180°C) oven for 40 to 45 minutes.

Makes 6 servings @ \$0.27 per serving.

Variations:

- ❖ Substitute rhubarb with apples, pears or peaches.
- ❖ Substitute rolled oats with 1/3 cup (75 ml) flour for a crumble.

