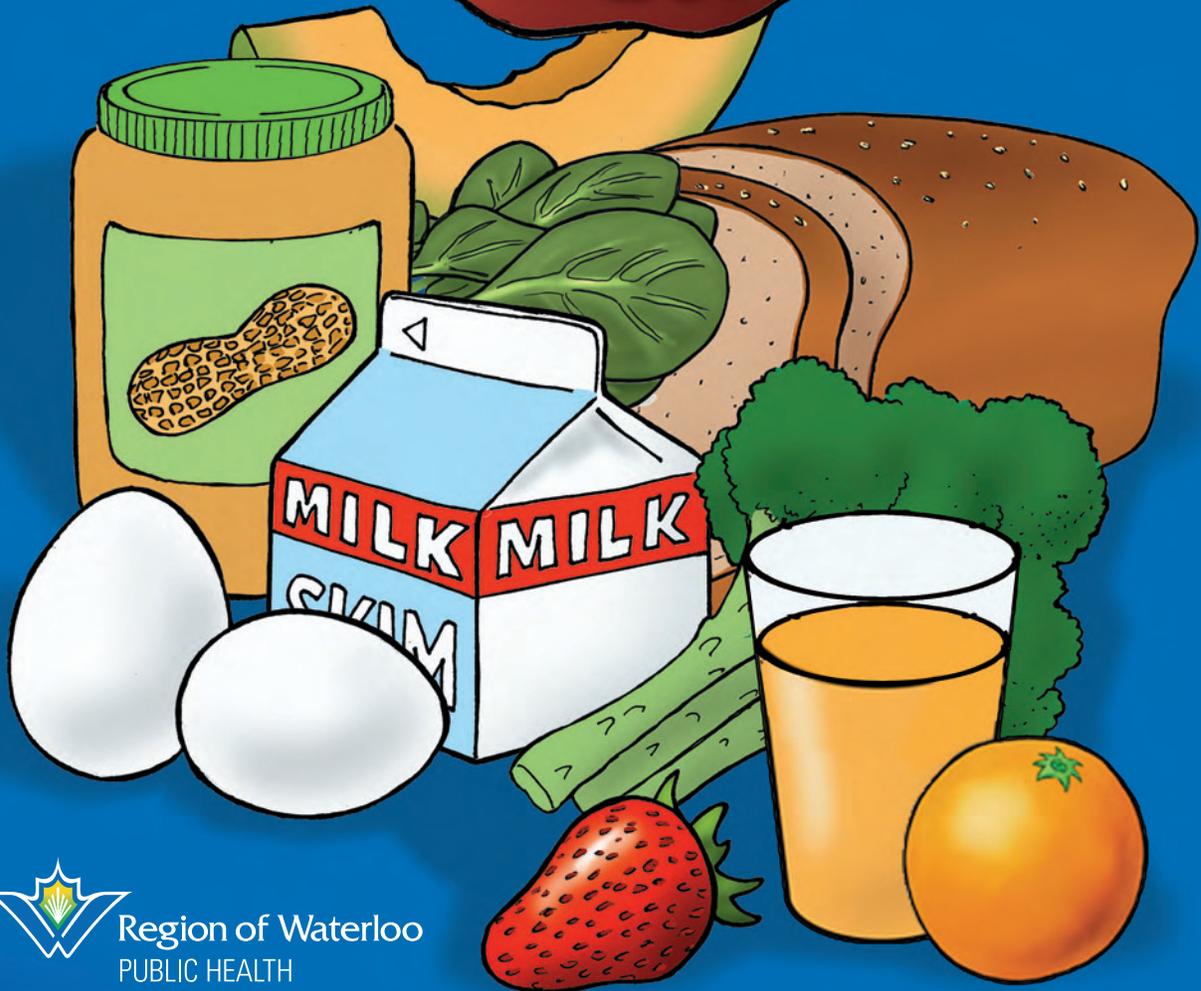


Eat Well For Less!



Region of Waterloo
PUBLIC HEALTH

Who is this booklet for?

This booklet is for anyone who would like to spend less money and eat healthy foods. Healthy eating is important for all age groups. What you eat can affect your health, energy level and the way you feel about yourself.

This booklet will help you save money on food by providing tips and suggestions while following Canada's Food Guide.

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1. What is Healthy Eating?

Eating is one of the best things life has to offer. Food helps you celebrate with your family and friends. It nourishes your body. It gives you energy to get through each day. The right balance of food and activity helps you to prevent disease and maintain a healthy body weight. **Eating Well with Canada's Food Guide** is a tool to help Canadians over the age of two make healthy food choices.

Each of the food groups listed in Canada's Food Guide is important because it provides its own set of nutrients. No food or meal is "good" or "bad". Healthy eating means having a variety of foods from each food group every day in moderate amounts.



2. Eating Well with Canada's Food Guide — Food Group Basics

You need to eat foods from each of the four food groups in **Eating Well with Canada's Food Guide** every day. The number of servings you need to eat from each food group depends on your age and how active you are.

Let's look at the food guide and money saving ideas when shopping for and preparing food.



Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

Vegetables and Fruit

Why do you need them?

Vegetables and fruit have important nutrients such as vitamins, minerals and fibre. They are also usually low in fat and calories and may help prevent heart disease and some types of cancer.

How much do you need?

| Age | Number of Food Guide Servings of Vegetables and Fruit per day |
|-------------------------------------|---|
| Toddlers 2–3 years | 4 |
| Children 4–8 years | 5 |
| Youth 9–13 years | 6 |
| Teens (female) 14–18 years | 7 |
| Teens (males) 14–18 years | 8 |
| Adults (females) 19–50 years | 7–8 |
| Adults (males) 19–50 years | 8–10 |
| Adults (females) 51 years and older | 7 |
| Adults (males) 51 years and older | 7 |

Examples of 1 serving:

1 medium fruit or vegetable (about the size of a tennis ball)

½ cup or 125 mL fresh, frozen or canned vegetables

½ cup or 125 mL juice

1 cup or 250 mL salad



Vegetables and Fruit

Try to:

- Eat at least one dark green and one orange vegetable each day (such as broccoli, spinach, romaine lettuce, carrots and squash)
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Have vegetables and fruit more often than juice



To save money:

- Buy fresh fruits and vegetables when they are in season. You can freeze them too. During the winter, frozen or canned vegetables or fruit may be the best buy. They are just as nutritious as the fresh ones.
- Buy locally grown vegetables and fruit in the summer. Sometimes a farmers' market is a good place to save money on these foods. Try picking your own produce at a local farm to save even more money. It's fun too!
- Choose frozen vegetables in bags and cook only as much as you need.
- Add leftover vegetables to soups, salads or casseroles. See section 8 for recipe ideas.
- Try growing your own vegetables such as tomatoes, cucumbers or beans.

Grain Products

Why do you need them?

Grain products, especially whole grains, are a source of fibre and usually low in fat. Fibre rich foods can help you feel full and whole grains may also help to prevent heart disease.

How much do you need?

| Age | Number of Food Guide Servings of Grain Products per day |
|-------------------------------------|---|
| Toddlers 2–3 years | 3 |
| Children 4–8 years | 4 |
| Youth 9–13 years | 6 |
| Teens (female) 14–18 years | 6 |
| Teens (males) 14–18 years | 7 |
| Adults (females) 19–50 years | 6–7 |
| Adults (males) 19–50 years | 8 |
| Adults (females) 51 years and older | 6 |
| Adults (males) 51 years and older | 7 |

Examples of 1 serving:

1 slice of bread

$\frac{1}{4}$ of a naan bread

$\frac{1}{2}$ of a pita or tortilla

$\frac{1}{2}$ cup or 125 mL cooked rice, noodles, spaghetti or macaroni

$\frac{3}{4}$ cup or 175 mL hot cereal or 30 grams of cold cereal



Grain Products

Try to:

- Make at least half of the grain products you eat every day whole grain choices
- Choose grain products that are lower in fat, sugar or salt



To save money:

- Serve cooked cereal for breakfast instead of cold cereal. Hot cereals like porridge are a good buy. Instant hot cereals in single serving packages are convenient, but usually expensive.
- Buy day old bread. Use it right away or store it in the freezer for up to 1 month.
- Cook with noodles, pasta and rice. They are nutritious, delicious and economical foods.
- Try baking your own muffins (see section 8 for recipe ideas). They cost less, are much lower in fat than store bought ones and taste better too!

Milk and Alternatives

Why do you need them?

The Milk and Alternatives food group provides important vitamins (like Vitamin D) and important minerals (like calcium and magnesium) which are important for developing strong bones and decreasing the risk of osteoporosis.

How much do you need?

| Age | Number of Food Guide Servings of Milk and Alternatives per day |
|---------------------------|--|
| Toddlers 2–3 years | 2 |
| Children 4–8 years | 2 |
| Youth 9–13 years | 3–4 |
| Teens 14–18 years | 3–4 |
| Adults 19–50 years | 2 |
| Adults 51 years and older | 3 |

Examples of 1 serving:

1 cup or 250 mL of milk

1 cup or 250 mL of soy beverage fortified with calcium and Vitamin D

$\frac{3}{4}$ cup or 175 grams of yogurt

1 $\frac{1}{2}$ ounces or 2 slices of cheese



Milk and Alternatives

Try to:

- Drink 2 cups (500 mL) of skim, 1% or 2% milk every day
- Drink 2 cups (500 mL) of soy beverage fortified with calcium and Vitamin D every day if you don't drink milk
- Select lower fat milk alternatives like cheese and yogurt



To save money:

- Buy milk in bags instead of cartons. It can be frozen for up to 6 weeks. Thaw bags of milk in your refrigerator and shake it before you open it.
- Make milk from skim milk powder and use it for cooking or baking. Mix it with an equal amount of skim, 1% or 2% milk for drinking.
- Buy cheese in blocks and slice or grate it yourself. Sliced cheese may be cheaper at the deli counter than in packages.
- Freeze grated cheese and use it for baking or casseroles
- Try making your own milk pudding. See section 8 for recipe ideas.

Meat and Alternatives

Why do you need them?

Foods from the Meat and Alternatives food group provide important nutrients such as iron, magnesium, B Vitamins and protein.

How much do you need?

| Age | Number of Servings of Meat and Alternatives per day |
|-------------------------------|---|
| Toddlers 2–3 years | 1 |
| Children 4–8 years | 1 |
| Youth 9–13 years | 1–2 |
| Teens (female) 14–18 years | 2 |
| Teens (males) 14–18 years | 3 |
| Adults (females) 19 and older | 2 |
| Adults (males) 19 and older | 3 |

Examples of 1 serving:

75 grams (2 1/2 ounces) or 1/2 cup (125mL) of cooked meat, chicken or fish (a piece just smaller than the size of a deck of playing cards)

3/4 cup or 175 mL of cooked beans, split peas or lentils

2 eggs

2 tablespoons or 30 mL of peanut butter

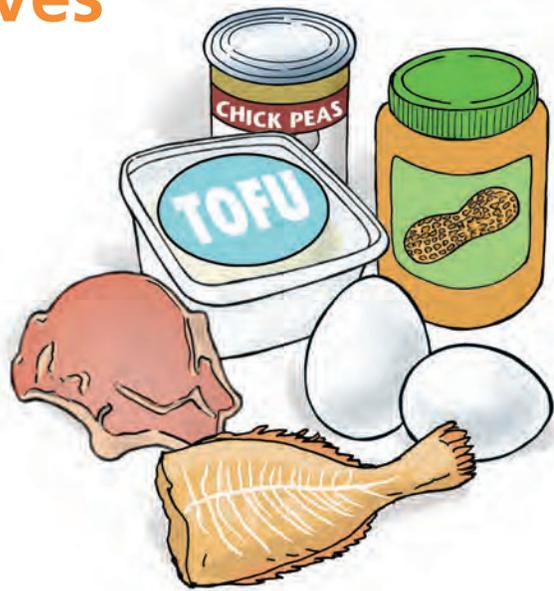
3/4 cup (175 mL) or 150 grams of tofu



Meat and Alternatives

Try to:

- Choose meat alternatives such as beans, lentils and tofu more often—they are nutritious, tasty and not too expensive.
- Eat at least two ½ cup or 125 mL servings of fish each week.
- Choose lean meat and alternatives prepared with little or no added fat or salt.



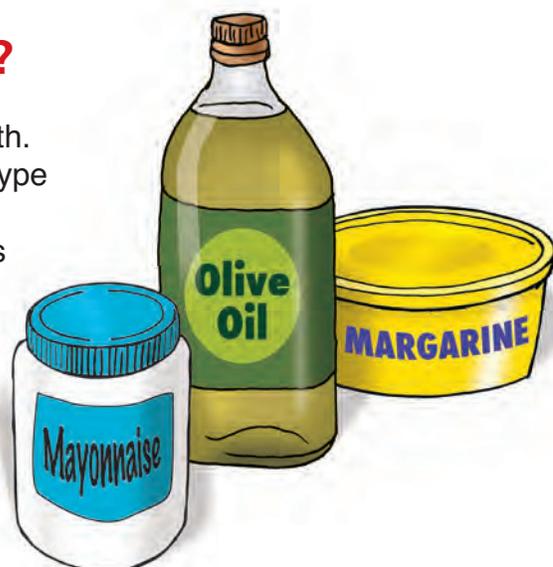
To save money:

- Buy less expensive cuts of meat like shoulder, blade and stewing meat. They will be tender if you cook them slowly for several hours in a liquid such as water, soup broth or tomato juice.
- Choose regular or medium ground beef. Just brown it and then drain well to get rid of the extra fat.
- Buy a whole chicken or large piece of meat and cut it into smaller pieces yourself.
- Shop for sandwich meat like turkey or roast beef at the supermarket deli. It usually costs less than buying it in a package.
- Check flyers and stock up on canned tuna or salmon when it is on sale.
- Use leftover meat or chicken bones to make soup.
- Make a stir fry or casserole that uses a small amount of meat and add lots of vegetables, noodles or rice.
- Add beans, chickpeas or lentils to soups, casseroles or salads.
- Try eating a few meatless meals each week such as: bean and rice casserole, cheese omelette, tofu and vegetable stir fry or vegetarian chili. See section 8 for recipe ideas.

Oils and Fats

Why do you need them?

Too much fat is not good for your health. However, a small amount of the right type of oils and fats are important because they help your body to absorb vitamins like Vitamins A, D, E and K. The type of fat you eat is as important as the total amount that you eat.



Try to:

- Choose low fat choices from each of the food groups.
- Include a small amount 30–45 mL (2 to 3 tablespoons) of unsaturated fat in your foods each day. This includes margarine, oil used for cooking, salad dressings and mayonnaise.
- Choose tub margarine that is low in saturated and trans fat. Read the label and look for margarine that has 5% or less daily value from saturated and trans fat.
- Use vegetable oils such as canola, olive and soy bean.
- Limit the amount of butter, hard margarine, lard and shortening you eat.

| Nutrition Facts | |
|------------------------------|---------------|
| Per 2 tsp (10 grams) | |
| Amount | % Daily Value |
| Calories 70 | |
| Fat 8 g | 12% |
| Saturated 1 g + Trans 0 g | 5% |
| Cholesterol 0 mg | |
| Sodium 70 mg | 3% |
| Carbohydrate 0 g | 0% |
| Fibre 0 g | 0% |
| Sugars 0 g | |
| Protein 0 g | |
| Vitamin A | 10% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 0% |
| Vitamin D | 30% |

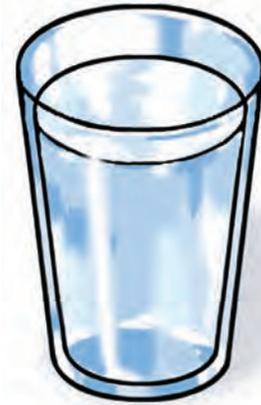


To save money:

Try making your own salad dressing by mixing together some ingredients you always have on hand. It's healthier and less expensive. See section 8 for recipe ideas.

Beverages

In addition to drinking two glasses of low fat milk every day, water is a great way to quench your thirst and keep you hydrated. You need more water in hot weather or when you are very active.



Try to:

- Limit beverages that are high in calories, fat or sugar such as fruit flavoured drinks, soft drinks, alcohol, sports and energy drinks and sweetened hot and cold drinks.
- Choose fresh vegetables and fruit more often than juice.
- Limit your coffee and tea intake.

To save money:

- Choose tap water. It is safe and very inexpensive.
- Why pay someone else to add the water? Premixed cartons, containers and juice boxes are much more costly. Buy frozen containers of 100% fruit juice and add the water yourself.

Limit these Foods and Beverages

Another important step towards better health and a healthy body weight is to limit the number of foods and beverages that are high in calories, fat, sugar or salt. Examples of these kinds of foods are:

Cakes
Pastries
Chocolate
Candies
Cookies
Granola bars
Donuts

Store bought muffins
Ice Cream
Frozen desserts
French fries
Potato chips
Nachos and other salty snacks

Alcohol
Fruit flavoured drinks
Sports and energy drinks
Sweetened hot and cold drinks



3. Menu Planning and Food Budgeting

By doing a little bit of planning before you go shopping, you can save money on groceries. Try a few of these tips before your next shopping trip.

- Every week put your food money in an envelope. Try to spend this money on food only.
- Set aside time each week to plan your meals for the next week.
- Plan your weekly menu using **Eating Well with Canada's Food Guide**. Menu planning will help you from always wondering "What can I make today?"
- Planning a menu can be easy.

Try these hints:

- Check supplies at home to see what needs to be used up.
- Check the supermarket flyer for items that are on sale, particularly foods in the Meat and Alternatives group. Choosing these specials can save money. Store specials are also posted as you enter the store.
- Plan the meat or meat alternatives for the main meal first, then add foods from the other food groups to complete main meals.
- Plan breakfasts and noon meals.
- Plan to use leftovers.
- Remember that snacks should be nutritious: low in fat, sugar and salt.
- Make a shopping list of the foods you need to buy. Check basic foods to have on hand (See Section 5. Basic Foods to Have on Hand) and the ingredients you will need for your weekly menu plan.
- Plan treats such as birthdays, or an occasional "take-out" or restaurant meal if the budget permits. If you plan for it, you will stay within your budget.

4. Sample One Week Menu

| | SUNDAY | MONDAY | TUESDAY |
|-----------|--|---|---|
| Breakfast | Scrambled eggs Wholegrain toast Milk | Fruit Juice Hot or cold wholegrain cereal with milk Toast | Milk Wholegrain toast Cheddar cheese |
| Snack | Fresh fruit in season | Yogurt | Fresh fruit in season |
| Lunch | Vegetable soup Salmon Sandwich Orange Milk | Chicken sandwich Fresh fruit in season Milk | Leftover Vegetarian chili Wholegrain bread Yogurt Fruit juice |
| Dinner | Mustard baked chicken* Carrots Roasted potatoes Wholegrain bread Apple oatmeal crisp* | Vegetarian chili* Wholegrain bread Rice pudding* | Stroganoff style beef* Grandma's rolled oat cookies* |
| Snack | Toast Apple | Crackers Canned fruit | Cold cereal with milk |

Menu Planning Tips used:

- Leftovers from Sunday, Monday, Wednesday and Thursday are used to make lunch for the next day.
- Beans, lentils, eggs and peanut butter are used to keep costs down.
- Some seasonal fresh fruits and vegetables are a bargain at certain times of the year. At other times, frozen or canned are cheaper.



| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|
| Fruit juice Hot or cold wholegrain cereal with milk Toast | Peanut butter and jam on wholegrain toast Milk | Fruit juice Boiled egg Wholegrain toast | Orange Juice Hot or cold wholegrain cereal with milk |
| Crackers | Fresh fruit in season | Yogurt | Toast with peanut butter |
| Canned pea soup Wholegrain bread Carrot sticks Milk | Leftover spaghetti Wholegrain bread Yogurt | Leftover tuna casserole Carrot sticks Fruit Milk | Canned soup Cheese sandwich Milk Canned peaches |
| Spaghetti with meat and tomato sauce Wholegrain bread Tossed salad Fresh fruit salad | Tuna casserole* Tossed salad Banana muffin* | Easy stir-fry with chicken* Rice Cookies Fresh fruit in season | Take-out pizza Tossed salad Chocolate Pudding* |
| Yogurt | Cereal with milk | Cheese and crackers | Apple Sunflower seeds |

* Recipes can be found in Section 8

5. Basic Foods to Have on Hand

Making your own meals can help you to save money. Here are some basic ingredients to have on hand. You can use them to put together a quick and nutritious meal anytime. If you are just starting to put your “basic foods” together, don’t get overwhelmed! Buy these foods a few at a time and build your pantry over time.

Some Basic Foods To Have On Hand

Vegetables and Fruit

Potatoes
Onions
Carrots
Canned vegetables
– Corn
– Tomatoes
– Mushrooms
– Peas
Canned vegetable soups
– Tomato
– Mushroom
Tomato paste
Canned fruit

Grain Products

Rice
– White
– Brown
Crackers
Cereal
Bread
Pasta
– Macaroni
– Spaghetti
– Lasagna
– Egg noodles
Bread crumbs

Meat and Alternatives

Canned beans,
peas and lentils
Dried beans, peas and
lentils
Peanut butter
Canned light tuna
Canned salmon
Eggs

Milk and Alternatives

Skim milk powder
Sweetened condensed
milk

Fats & Oils

Non-hydrogenated
margarine
Vegetable oil

Baking Ingredients

Flour
Sugar
– White
– Brown
Baking powder
Baking soda
Cornstarch
Vanilla
Rolled oats
Raisins

Seasonings

Salt
Pepper
Garlic powder
Dry mustard
Chicken bouillon cubes
Beef bouillon cubes
Soy sauce
Vinegar
Worcestershire sauce
Ketchup
Herbs
– Basil
– Oregano
– Thyme
Spices
– Paprika
– Cayenne
– Cinnamon
– Chili powder

6. Smart Shopping Tips

- Shop at larger grocery stores and fresh produce markets. Smaller convenience stores are usually more expensive.
- Shop when you have lots of time to look at the prices, and when you are not hungry or tired.
- Try to shop only once a week. Extra trips to the store usually mean you will spend more money.
- Try to shop during the week when stores aren't as busy so there is time to compare prices.
- Try to leave the kids at home. You may buy more "extras" if you take your children with you. Ask a friend to look after them. You can do the same for your friends when they go shopping. If transportation is a problem, share a cab with a friend or neighbour.
- Buy the foods on your shopping list first. If you have money left over, use it to stock up on sale items that you can use later.
- Pick up your vegetables, fruit, bread, canned foods and dry foods first. Then get foods from the meat, dairy and freezer sections. These foods should stay cold and need to be put in your refrigerator or freezer as soon as you get home.
- Buy only what you need and can use up. Food in large packages is sometimes a cheaper buy. You will not save money if you end up throwing food away.
- Look for No Name and store brands. They usually cost less than brand names.
- Pay attention to unit pricing per mL or gram. This will help you to find the better price.
- Look high and low. Sometimes the most expensive items are placed at eye level to grab your attention and money.
- Don't be fooled by displays set up at the end of an aisle — it doesn't always mean these items are on sale. Often you will find a lower price from another manufacturer in the centre of the aisle.
- Check the reduced shelf/counter for some good buys.
- Check the expiry dates on foods.
- Buy foods from bulk bin aisle or bulk stores. Bulk foods are put in big bins and you can buy as much or as little as you need.
- Bring a calculator or pen and paper to keep track of how much money you are spending.
- Tell the cashier if the store runs out of a sale item. They can give you a "rain check". The next time you're at the store you can buy the item at the sale price.
- Watch the prices you are charged at the register. Sometimes mistakes are made!

7. Storing Your Food

Storing your food properly will help you to save money because food will last longer and will more likely be used up, not thrown out. Put your groceries in the refrigerator and freezer as soon as you get home.

Cupboard

- breads and cereals
- canned foods
- dried peas and beans
- dry foods (white flour, pasta, rice, etc.)
- herbs and spices
- peanut butter
- unopened condiments (ketchup, mustard, relish, etc.)
- oil
- potatoes and onions (in a cool dark place)

Freezer

- all foods purchased frozen
- all fresh meat, fish or poultry to be kept more than 3 days (make sure all the food is properly sealed)
- bread (if you wish, you can keep bread in the freezer for one month)
- milk (if you wish, you can keep milk in the freezer for 6 weeks)

Refrigerator

- milk, yogurt, cheese
- eggs
- uncooked meat, fish and poultry (can keep up to 3 days if properly sealed)
- cooked meat, poultry and casseroles that will be used in 1–2 days
- processed meat (can keep up to 3 days once open)
- most fresh fruits and vegetables
- opened condiments (ketchup, mustard, relish etc.)
- butter, margarine
- whole wheat flour
- most leftovers (can keep up to 2–3 days)

8. Recipes

Cooking your own meals can help you save money. Here are a few recipes to get you started.

Salad Dressing

- 2 tbsp (30 mL) canola, olive or soybean oil
- 2 tbsp (30 mL) lemon juice
- 2 tbsp (30 mL) orange juice
- 2 tbsp (30 mL) water
- finely chopped to taste

*Recipe from HeartSmart Cooking on a Shoestring, Heart and Stroke Foundation of Canada, 1991.

Easy Stir-fry

Makes
4 servings

- 1/2 lb (250 g) boneless pork chops or lean beef or chicken
- 1 clove of garlic, minced
- 1 tbsp (15 mL) low-sodium soy sauce
- 1/4 cup (60 mL) low-sodium beef bouillon
- 1 tsp (5 mL) ginger
- 1 tbsp (15 mL) oyster sauce (optional)
- 1 tsp (5 mL) cornstarch
- 2 tbsp (30 mL) vegetable oil
- 1 cup (250 mL) thinly sliced carrots
- 2 cups (500 mL) broccoli pieces
- 1 medium onion, chopped
- 1/2 cup (125 mL) mushrooms, sliced (optional)

*Recipe from HeartSmart Cooking on a Shoestring, Heart and Stroke Foundation of Canada, 1991.

Make up a low-calorie and easy salad dressing using equal amounts of oil, lemon juice, orange juice and water (2 tbsp / 30 mL of each). Add mustard and pepper with a pinch of salt. Finely chopped green onions and herbs such as basil or celery seed can be added to taste.



A super low-cost meal that can be served with rice.

1. Remove any visible fat from the meat and cut into 1/4 inch (5 mm) strips approximately 2 inches (5 cm) long.
2. In a bowl, combine garlic, soy sauce, beef bouillon, ginger, and oyster sauce (if using). Add meat and mix well. Let stand in refrigerator for 30 minutes while preparing vegetables. Drain meat and pat dry, reserving marinade. Mix cornstarch into marinade and set aside.
3. In a large skillet, pan or wok, heat oil until very hot. Add meat; stir-fry for 2 minutes. Remove meat from the pan and set aside.
4. Add carrots to pan (adding a small amount of oil if necessary); stir-fry for 1 minute. Add broccoli and onion; stir-fry for 2 minutes. Add mushrooms (if using); stir-fry for 1 minute.
5. Return meat to pan. Add marinade mixture and cook, tossing, until vegetables and meat are glazed. Serve immediately.

Mix and Match Casserole

Makes
2-3 servings

The word casserole describes a dish that is cooked in one pot.

This recipe uses foods that you probably already have on hand to make a quick, nutritious, delicious and economical meal. Mix and match the ingredients to get a

different meal each time! Think about what ingredients you would like to add and how they will taste together.

1. In a large skillet or fry pan combine 1 grain, 1 vegetable, 1 meat and alternative, 1 liquid/soup and seasonings from the list below.

| (Choose 1) Grain | (Choose 1) Vegetables | (Choose 1) Meat and Alternatives |
|---|---|--|
| <ul style="list-style-type: none"> • 2/3 cup uncooked rice • 1 cup uncooked or 2 cups cooked macaroni or other noodles • 1 1/2 cups cooked rice or pasta | <p>1 cup of fresh, frozen/ canned or leftover vegetables such as:</p> <ul style="list-style-type: none"> • broccoli, cabbage, carrots, cauliflower • celery, corn • green beans • mixed veggies • mushrooms • peas, peppers • potatoes • spinach • tomatoes • turnips • yellow beans • zucchini | <ul style="list-style-type: none"> • 1/2 cup cooked leftover meat • 1/2 pound cooked ground meat • 7 1/2 oz. can of tuna or salmon • 3 wieners • 3/4 cup tofu (cubed) • 1/2 cup canned beans (e.g. chick peas, lentils) • 3 hard boiled eggs (sliced) |

2. Bring the mixture to a boil. Reduce to low heat, then cover and simmer for 25–30 minutes. If the liquid dries up before the cooking time is complete, just add some water. You can add extra liquid and turn your casserole into a soup or stew.

3. Add a topping before serving.

** You can also bake the casserole in a glass dish in the oven at 350°F (180°C) for about 1 hour or until it is hot and bubbly.

* Recipe pilot tested by the Peel Community Food Advisors.

| (Choose 1) | (Choose 1) | Toppings (optional) |
|--|---|---|
| Liquid/Soup | Seasonings (to taste) | |
| <ul style="list-style-type: none"> • 10 oz. can of soup: tomato, cream of mushroom, cream of chicken or cream of celery soup, or your favourite soup plus 1 can of water • 1 1/4 cups soup stock • 2 cups milk (canned or powdered) • 2 1/2 cups stewed tomatoes | <p>1/2 to 1 tsp of:</p> <ul style="list-style-type: none"> • basil • celery powder • chives, dill • garlic powder • marjoram • minced garlic • onion powder • oregano • parsley • pepper • salt • thyme | <ul style="list-style-type: none"> • bran • breadcrumbs • cracker crumbs • croutons • crushed cereal • grated cheese • sesame seeds • tomato slices • wheat germ |

Tuna Casserole

Makes
2–3 servings

- 1 cup (250 mL) macaroni, uncooked
- 1 cup (250 mL) celery, diced
 - 1 can of tuna, packed in water, drained
 - 1 can of condensed cream of mushroom soup
 - 1 can of water or milk
 - salt and pepper to taste
 - bread crumbs for topping (optional)

1. In a large skillet or fry pan combine macaroni, celery, tuna, cream of mushroom soup, milk or water, salt and pepper.
2. Bring the mixture to a boil. Reduce to low heat, then cover and simmer for 25–30 minutes. If the liquid dries up before the cooking time is complete, just add some water.
3. Sprinkle bread crumbs as a topping before serving, if desired.

* Recipe adapted from the Mix and Match Casserole (page 22–27)

Stroganoff-Style Beef

Makes
4 servings

- 3/4 lb (375 g) ground beef
- 1/3 cup (75 mL) chopped onion
- 3 tbsp (45 mL) flour
- 1 cup (250 mL) milk (made from skim milk powder)
 - 1 can (10 oz/284 mL) sliced mushrooms, drained
 - 1 beef bouillon cube*
- 3 tbsp (45 mL) hot water
 - salt and pepper
 - cooked egg noodles or mashed potatoes

*If your brand of bouillon makes 2 cups (500 mL) of broth per cube, use only 1/2 a cube.

1. Turn on stove to medium-high heat. Cook and stir-fry the ground beef and onion in a large fry pan until the beef has browned. Drain off fat.
2. Add flour to meat mixture. Stir well.
3. Pour milk in slowly, stirring all the time. Add mushrooms.
4. Put bouillon cube and hot water into a cup. Crush the bouillon cube with the back of a spoon to break it up. Add water and bouillon cube to meat mixture.
5. Cook and stir the meat mixture until it boils and thickens. Add salt and pepper to taste.
6. Serve over cooked noodles or mashed potatoes.

*Recipe from The Basic Shelf Cookbook, City of York Health Unit, 1995.



Mustard Baked Chicken

Makes
4 servings

- 2 tbsp (30 mL) prepared mustard
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) dried tarragon
 - 1 small clove of garlic, minced
 - 1 or pinch of garlic powder
 - 1 slice of whole wheat bread
- 4 skinless chicken breasts

An easy way to cut down on fat is to take the skin off the chicken. If you do this before cooking then you can put the seasonings right on the chicken and enjoy them.

1. Mix mustard, lemon juice, tarragon, and garlic. Crumble bread into crumbs.
2. Lightly oil or spray a baking dish with non-stick vegetable oil cooking spray. Place chicken, meaty side up, in dish.
3. Spread the chicken with the mustard mixture, then sprinkle with crumbs.
4. Bake at 350°F (180°C) for 45 to 55 minutes or until chicken is no longer pink inside.

*Recipe from HeartSmart Cooking on a Shoestring, Heart and Stroke Foundation of Canada, 1991.

Vegetarian Chili

Makes
4 servings

- 2/3 cup (150 mL) bulgur
- 1 tbsp (15 mL) vegetable oil
 - 1 medium onion, diced
 - 1 or 2 cloves garlic, minced
- 1/2 cup (125 mL) each diced celery and carrots
- 1/4 cup (60 mL) diced green bell pepper
 - 1 can (28 oz/796 mL) tomatoes
 - 1 can (5 1/2 oz/156 mL) tomato paste
- 2 to 3 tbsp (30 to 45 mL) chili powder
 - 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 2 tsp (10 mL) Worcestershire sauce
Hot pepper sauce

1. Cover bulgur with hot water; let stand.
2. Meanwhile, in a large saucepan, heat oil over medium heat; cook onion, garlic, celery, carrots and green pepper, stirring for 3–5 minutes or until softened. Stir in tomatoes, breaking up with a spoon; stir in tomato paste, chili powder, beans and Worcestershire sauce. Cook for 10–15 minutes, stirring occasionally, until heated through. Stir in bulgur. Season with hot pepper sauce to taste.

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Banana Muffins

Makes
12 muffins

| | |
|-------------------|----------------------------|
| 1/2 cup (125 mL) | all purpose flour |
| 1/2 cup (125 mL) | whole wheat flour |
| 2 1/2 tsp (12 mL) | baking powder |
| 1/4 tsp (1 mL) | baking soda |
| 3/4 cup (175 mL) | rolled oats |
| 1/2 cup (125 mL) | white sugar |
| 1/4 cup (60 mL) | lightly packed brown sugar |
| 1/2 cup (125 mL) | raisins (optional) |
| 2 | medium, ripe bananas |
| 1 | egg |
| 1/2 cup (125 mL) | milk |
| 3 tbsp (45 mL) | margarine, melted |

*Recipe from The Basic Shelf Cookbook, City of York Health Unit, 1995.

Homemade muffins can be a healthier alternative to store-bought muffins

1. Put the all purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, brown sugar and raisins. Set aside.
2. Mash banana in a medium bowl. Add egg, milk, and melted margarine. Mix well.
3. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
4. Turn oven to 375 degrees F (190 C). Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
5. Bake in oven until tops are firm when lightly touched with your finger, about 18–20 minutes.
6. Remove muffins from the tin and cool.

Creamy Rice Pudding

Makes
4 servings

| | |
|---------------------|------------------|
| 2 cups (500 mL) | cooked rice* |
| 1 1/2 cups (375 mL) | water |
| 1 cup (250 mL) | skim milk powder |
| 1/4 cup (60 mL) | white sugar |
| 1/4 cup (60 mL) | raisins |
| 1/2 tsp. (2 mL) | ground cinnamon |
| 1/4 tsp. | salt |
| 1 1/2 tsp. (7 mL) | vanilla |
| for garnish | ground cinnamon |

*If you don't have 2 cups (500 mL) of cooked rice, put 1 cup (250 mL) rice, 2 cups (500 mL) water and 1 tsp. (5 mL) salt into a medium saucepan. Turn on stove to high and heat to boiling. Turn heat to low, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed.

This is a delicious way to use leftover cooked rice. Add more raisins if you like.

1. Put rice, water, skim milk powder, sugar, raisins, cinnamon and salt into a medium saucepan. Mix well.
2. Turn stove on to low heat. Cook and stir until pudding is creamy. This will take about 20 minutes.
3. Stir in vanilla. Sprinkle with additional cinnamon.
4. Serve warm.

*Recipe from The Basic Shelf Cookbook, City of York Health Unit, 1995.



Apple Oatmeal Crisp

Makes
8 servings

| | |
|---------------------|------------------------------------|
| 1 1/2 lbs (750 g) | cooking apples (e.g. MacIntosh) |
| 3 tbsp (45 mL) | white sugar* |
| 1/4 tsp (1 mL) | ground cinnamon |
| 1 1/3 cups (325 mL) | rolled oats |
| 3/4 cup (175 mL) | lightly packed brown sugar |
| 1/4 tsp (1 mL) | baking powder |
| 1/4 tsp (1 mL) | baking soda |
| 1 cup (250 mL) | skim milk powder |
| 1/3 cup (75 mL) | flour |
| 1/2 cup (125 mL) | margarine, divided |

* add more or decrease the sugar according to the type of apples used and your preference.

1. Peel apples. Cut apples lengthwise into quarters. Cut out core with seeds. Cut pieces of apple into thin slices. Add sugar and cinnamon and toss lightly. Set aside.
2. Combine oats, brown sugar, baking powder and baking soda in a large bowl. Divide mixture in half. Add the skim milk powder to one half of the mixture. Add flour to the other half.
3. Use a pastry blender or 2 knives to cut half the margarine into skim milk powder mixture. Keep cutting until the mixture looks like fine crumbs. Next, cut the rest of the margarine into the flour mixture. Again, keep cutting until the mixture is crumbly.
4. Turn the oven to 350 F (180 C). Lightly grease a 13x9x2 inch (3.4 L) baking pan. Press the skim milk mixture into the bottom of the pan. Cover with the apple mixture. Using your fingers, crumble the flour mixture on top of the apples.
5. Bake in oven for 20 to 25 minutes or until golden brown.

*Recipe from The Basic Shelf Cookbook, City of York Health Unit, 1995.



Grandma's Rolled Oat Cookies

Makes 3 dozen
filled cookies

Cookie

| | |
|---------------------|-------------------|
| 1 1/2 cups (375 mL) | all-purpose flour |
| 1 1/2 cups (375 mL) | rolled oats |
| 1 tsp (5 mL) | baking soda |
| 1/2 cup (125 mL) | margarine |
| 1/2 cup (125 mL) | hot water |

Filling

| | |
|------------------|------------------|
| 2 cups (500 mL) | chopped dates |
| 1/2 cup (125 mL) | water |
| 1/4 cup (60 mL) | granulated sugar |
| 1 tsp (5 mL) | vanilla |

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sheets on nutrition, visit the DC Web site at
www.dietitians.ca/eatwell

1. Cookie: Combine flour, oats and baking soda. Cut in margarine until mixture resembles coarse crumbs. Add sufficient water to shape the dough into a roll. Wrap in waxed paper; refrigerate overnight.
2. Preheat the oven to 325 F (160 C). Cut cookie dough into thin wafers (1/8 inch/3 mm). Place on lightly greased or non-stick cookie sheet. Bake in preheated oven for about 10 minutes.
3. Filling: Cook dates, water and sugar on low heat for about 30 minutes, stirring occasionally. Stir in vanilla.
4. When cookies and filling are cool, spread about 1 tbsp (15mL) date filling between 2 cookies.

Homemade cookies can be a healthier
alternative to store-bought cookies.

Chocolate Pudding

Makes
4–6 servings

| | |
|------------------|-----------------------|
| 1 square | unsweetened chocolate |
| 2 cups (500 mL) | milk |
| 1/2 cup (125 mL) | sugar |
| 2 tbsp (30 mL) | cornstarch |
| 2 tsp (10 mL) | vanilla |
| 2 tsp (10 mL) | butter |

STOVE TOP DIRECTIONS

1. Combine chocolate and milk in the top of the double boiler*. Cook over simmering water until chocolate is melted, stirring occasionally.
2. Measure sugar and cornstarch into a small bowl. Stir well together. Then gradually stir the sugar/ cornstarch mixture into the hot chocolate/milk mixture.
3. Cook and stir over boiling water until thickened. This may take as long as 15–20 min. Remove from heat. Add vanilla and butter. Stir well.
4. Pour into dessert serving dishes and chill.

* A double boiler consists of two pots. One pot sits directly on the stove burner and contains water. The second pot sits on top and contains your ingredients. The heated water cooks your pudding without burning it.

MICROWAVE DIRECTIONS

1. Coarsely chop chocolate. Place chocolate in a large (2 L) microwave safe bowl.
2. Add milk. Stir. Heat, uncovered, in microwave using 100% power for 3–4 min. Then stir again.
3. Measure sugar and cornstarch into a small bowl. Stir well together. Then gradually stir the sugar/cornstarch mixture into the hot chocolate/milk mixture. Stir well. Microwave, uncovered, at 100% power 4–5 min. or until thickened. Stir at least once during cooking time.
4. Remove from microwave. Stir in vanilla and butter. Mixture should be thick. Pour into dessert serving dishes. Chill.

*Recipe from the Community Food Advisor Training Binder, Ontario Ministry of Agriculture, Food and Rural Affairs, 1994.

9. Recommended Cookbooks

Your local library will have many good cookbooks. Here is a good one to get you started.

The Basic Shelf Cookbook

By: City of York Health Unit, 2004

Available for loan from the Region of Waterloo Public Health Resource Centre or it can be purchased from the Canadian Public Health Association for \$7.50 plus shipping and handling.

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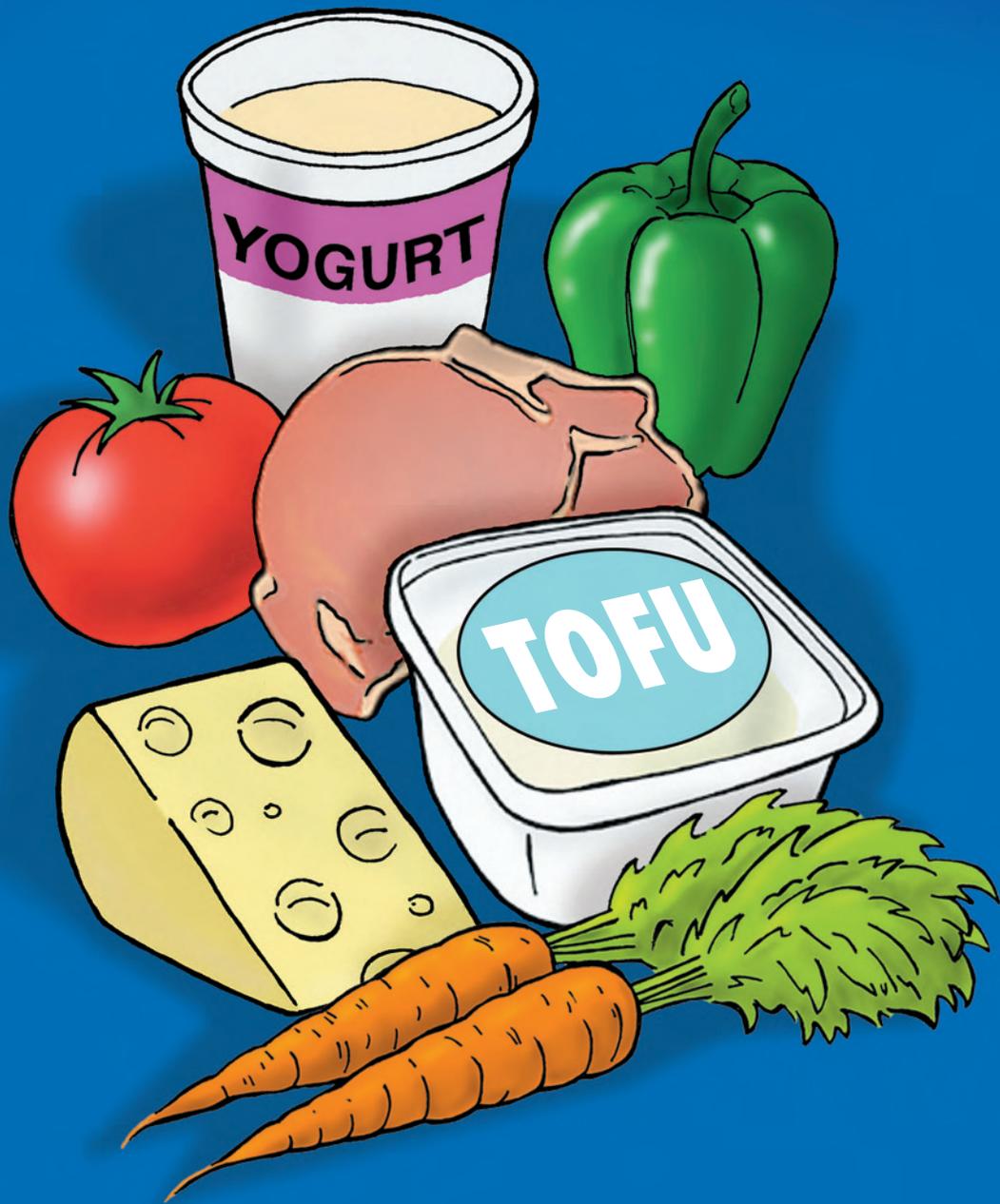
10. Emergency Food Resources

For sources of emergency food in Waterloo Region, please contact the Region of Waterloo Public Health Resource Centre at 519-883-2256 for a copy of the pamphlet "Sources of Emergency and Low-Cost Foods".

11. Acknowledgements

Adapted and reproduced with permission of Public Health, Region of Peel. This publication was produced by the Region of Peel Public Health Department and was adapted from materials produced by the Regional Municipality of Hamilton-Wentworth Public Health Department and the Ottawa-Carleton Health Department. Grateful acknowledgement goes to the Peel Community Food Advisors.





For more information on nutrition,
call the **Region of Waterloo Public Health** at 519-883-2000.
Ask to speak to a Public Health Nutritionist or visit
www.region.waterloo.on.ca/nutrition