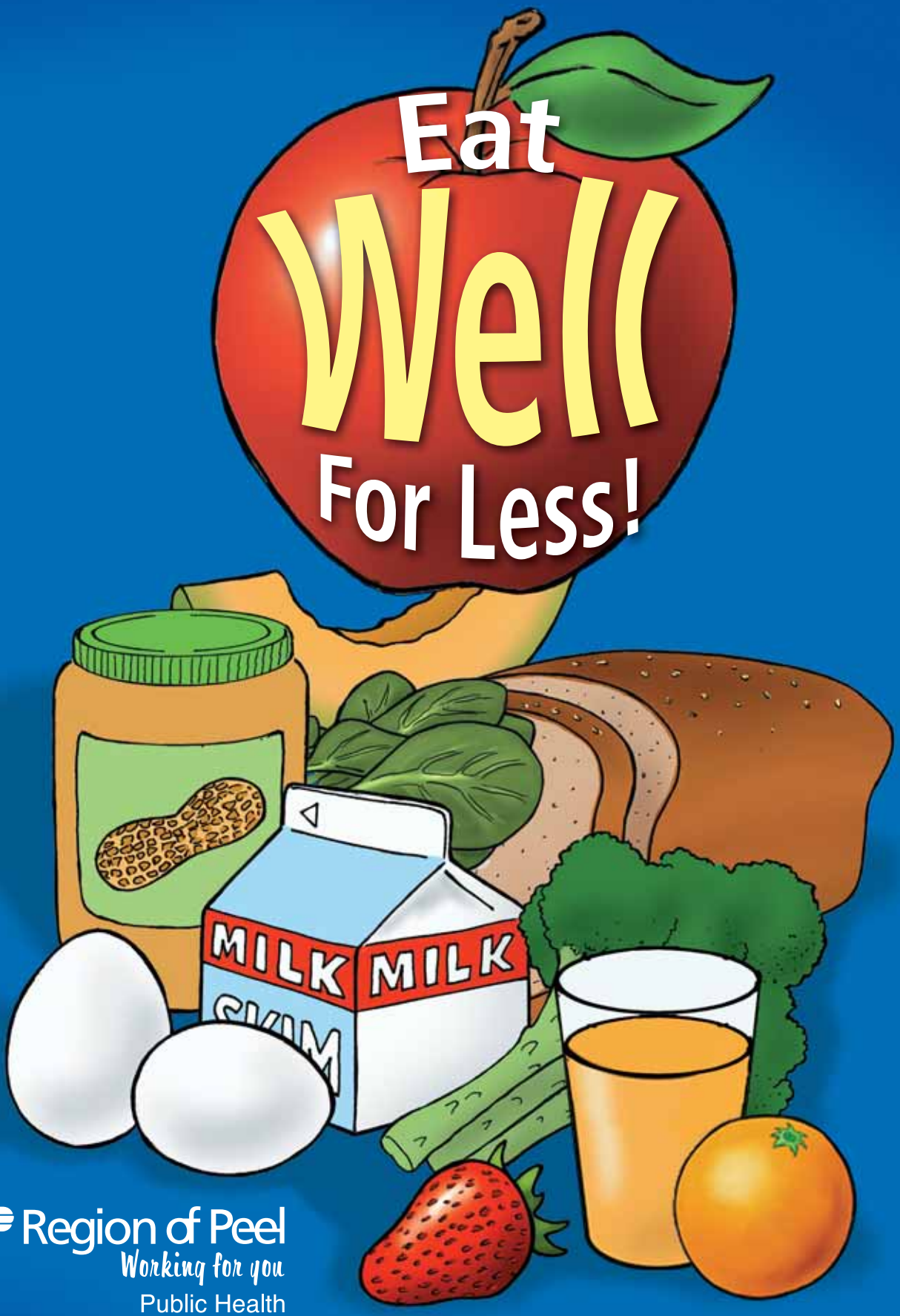
Eat Well For Less!



Region of Peel
Working for you
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 to Healthy Eating.

Table of Contents

1. What is Healthy Eating? 2
2. Canada's Food Guide to Healthy Eating – Food Group Basics 3
3. Menu Planning and Food Budgeting 9
4. Sample One Week Menu 10
5. Basic Food to Have on Hand 12
6. Smart Shopping Tips 13
7. Storing your Food 14
8. Recipes 15
9. Recommended Cookbooks 24
10. Emergency Food Resources 24
11. Acknowledgements 24

Region of Peel
Working for you
Public Health

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. **Canada's Food Guide to Healthy Eating** is a tool to help Canadians over the age of four 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.

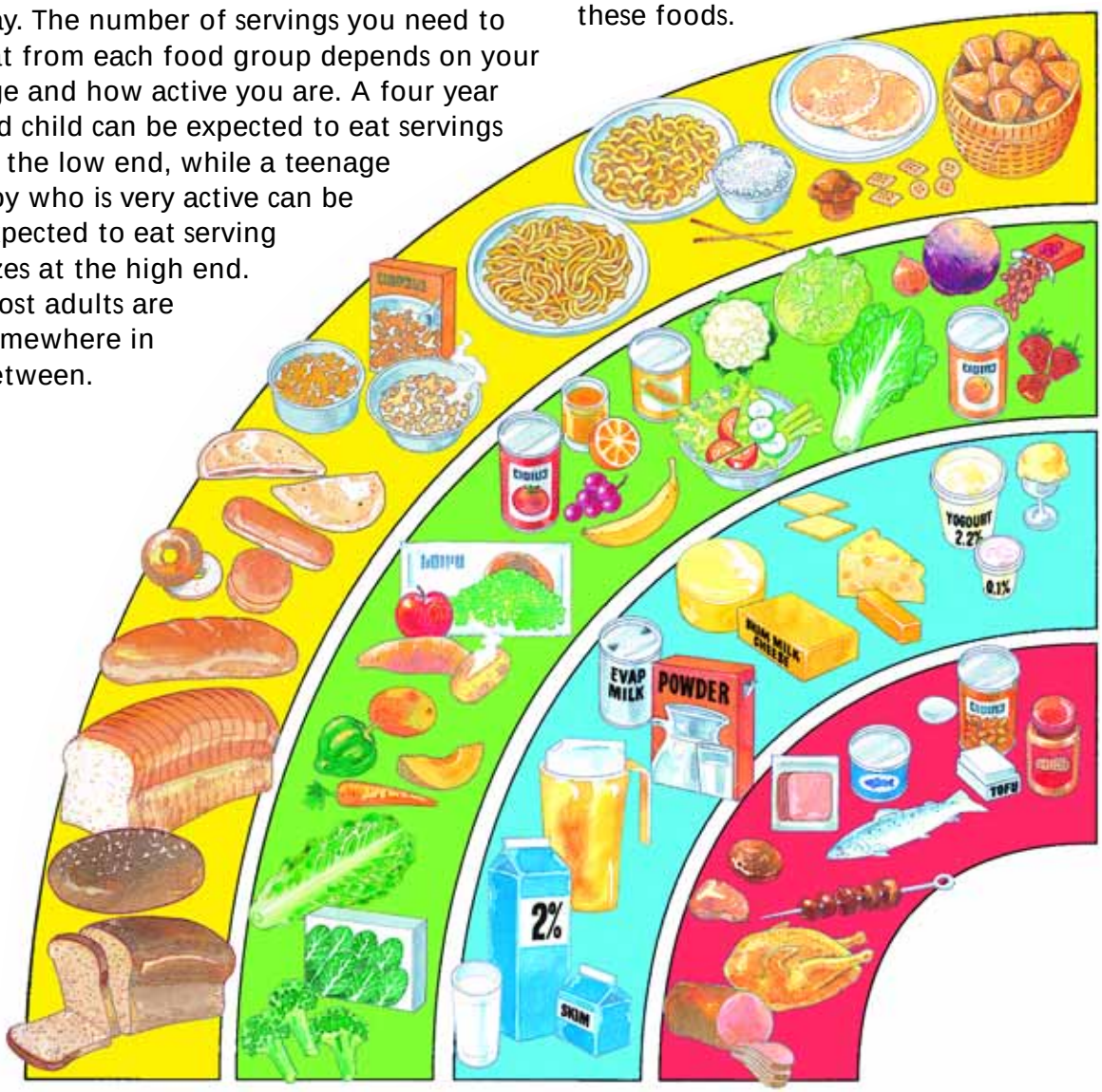
Canada's Food Guide to Healthy Eating is based on these Guidelines to Healthy Eating:

- Enjoy a variety of foods.
- Emphasize cereals, breads, other grain products, vegetables and fruit.
- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol and caffeine.

2. Canada's Food Guide to Healthy Eating– Food Group Basics

You need to eat foods from each of the four food groups in **Canada's Food Guide to Healthy Eating** every day. The number of servings you need to eat from each food group depends on your age and how active you are. A four year old child can be expected to eat servings at the low end, while a teenage boy who is very active can be expected to eat serving sizes at the high end. Most adults are somewhere in between.

Let's look at each of the food groups, some best buys and money saving ideas when shopping for and preparing these foods.



Grain Products

Choose whole grain and enriched products more often.

Vegetables and Fruit

Choose dark green and orange vegetables and orange fruit more often.

Milk Products

Choose lower-fat milk products more often.

Meat and Alternatives

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

Grain Products

5 – 12 servings every day

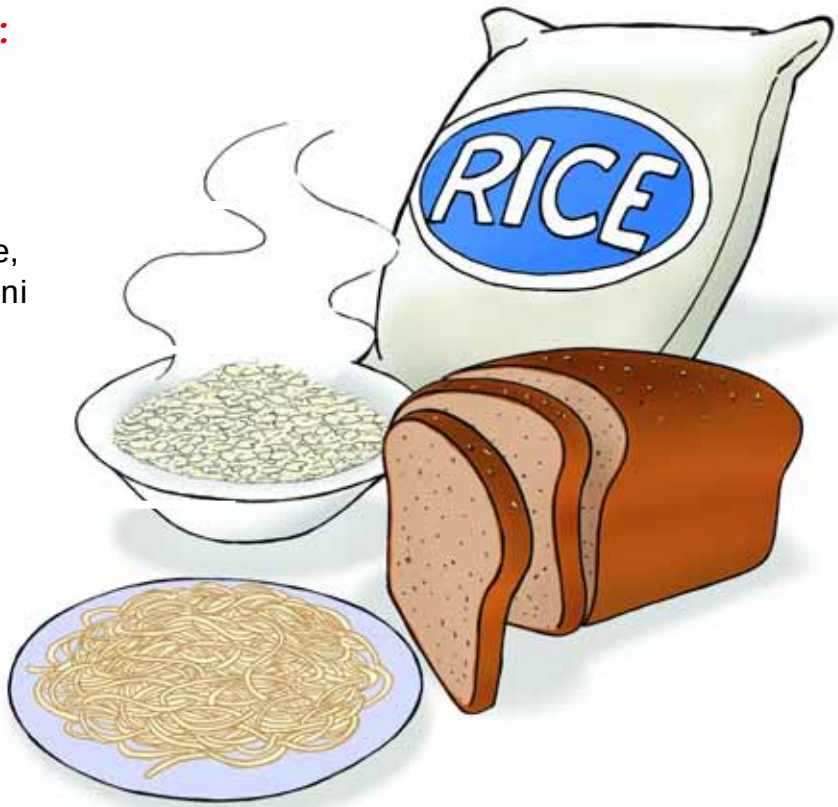
Examples of 1 serving:

1 slice bread

1/2 cup or 125 mL cooked rice, noodles, spaghetti or macaroni

3/4 cup or 175 mL hot cereal or 30 grams of cold cereal

1 small muffin or bun



Try to:

- choose whole grain and enriched grain products more often
- eat at least 1 or 2 servings of grain products at each meal and snack

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 to bake your own muffins (see section 8 for recipe ideas), cakes and cookies. They cost less and taste better too!

Vegetables and Fruit

5 – 10 servings every day

Examples of 1 serving:

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

1/2 cup or 125 mL fresh, frozen or canned fruits or vegetables

1/2 cup or 125 mL juice

1 cup or 250 mL salad

Try to:

- choose vegetables or fruit that are dark green or orange (such as broccoli, spinach, carrots, sweet potatoes, peppers, oranges, tomatoes, strawberries and cantaloupe).

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 farmer's 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.

Milk Products

Adults 2 – 4 servings every day

Children: 4 – 9 years: 2 – 3 servings every day
10 – 16 years: 3 – 4 servings every day

Pregnant or Breastfeeding women: 3 – 4 servings every day

Examples of 1 serving:

1 cup or 250 ml of milk

3/4 cup or 175 grams of yogurt

1 1/2 ounces or 2 slices of cheese

1 cup or 250 ml of fortified soy beverage

Try to:

- choose lower fat milk products such as skim, 1% or 2% milk instead of homogenized milk.

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

2 – 3 servings every day

Examples of 1 serving:

2 – 3 ounces or 50 – 100 grams of meat, chicken or fish (about the size of a deck of cards)

1 cup or 250 mL of cooked beans, split peas or lentils

1 – 2 eggs

2 tablespoons peanut butter

1/3 cup or 100 grams tofu

Try to:

- choosing meat alternatives such as peas, beans, lentils, tofu and eggs more often – they are nutritious, tasty and easy on the budget.

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 it 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 cooked ham at the supermarket deli. It usually costs less than buying it in a package.
- Use leftover meat or chicken bones to make soup.
- Make a stir fry or casserole that uses a small amount of meat and add a lot of vegetables and noodles or rice.
- Add beans, chick peas 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.

Other Foods

NO recommended servings

"Other foods" may not contain a lot of nutrients and may add extra fat, salt or caffeine to your diet. Therefore, they should be used in moderation.

Examples of "other foods" include:

- butter and margarine
- oils
- salad dressings
- candy
- coffee and tea
- water
- soft drinks
- snack foods like potato chips

To save money:

- Remember, these add an extra cost to your grocery bill, so don't overdo it.
- Buy spices at a bulk store and only buy as much as you need.
- Make your own salad dressing by mixing together some ingredients you always have on hand. See section 8 for recipe ideas.

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 time aside each week to plan your meals for the next week.
- Plan your weekly menu using Canada's Food Guide to Healthy Eating. Menu planning will help you from always wondering "What can I make today?"
- Planning a menu is 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 special, particularly foods in the meat and alternatives group. Choosing these specials can save a lot of dollars. 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 Roast 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 Hints 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

Grain Products

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

Vegetables & Fruit

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

Meat & Alternatives

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

Milk Products

- Skim milk powder
- Sweetened condensed milk

Fats & Oils

- 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 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.
- Look high and low. Sometimes the most expensive items are placed at eye level to grab your attention and money.
- Check the reduced shelf/counter for some good buys.
- Check the expiry dates on foods.
- Buy foods from bulk bin isles 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 food on sale item. They can give you a "rain check". Then 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 or up until the best before date)
- ❏ 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

Make up a low-calorie and easy salad dressing using equal amounts of oil, lemon juice, orange juice and water (2tbsp / 25mL 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.

* 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 (50 mL)	low-sodium beef bouillon
1 tsp (5 mL)	ginger
1 tbsp (15 mL)	oyster sauce (optional)
1 tsp (5 mL)	cornstarch
2 tbsp (25 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.

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 (5mm) 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**
• 2/3 cup uncooked rice • 1 cup uncooked or 2 cups cooked macaroni or other noodles • 1 1/2 cups cooked rice or pasta	1 cup of fresh, frozen/ canned or leftover vegetables such as: • broccoli, cabbage, carrots, cauliflower, • celery, corn, • green beans, • mixed veggies, • mushrooms, • peas, peppers, • potatoes, • spinach, • tomatoes, • turnips, • yellow beans, • zucchini	• 1/2 cup cooked leftover meat • 1/2 pound 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 cooked 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. Or, 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) Liquid/Soup	(Choose 1) Seasonings (to taste)	Toppings (optional)
• 10 oz. can of soup plus 1 can of water: • 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	1/2 to 1 tsp of: • basil, • celery powder, • chives, dill, • garlic powder, • marjoram, • minced garlic, • onion powder, • oregano, • parsley, • pepper, • salt, • thyme	• 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 16)

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 (25 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 350ºF (180ºC) 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 (150 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 (25 to 45 mL)	chilli 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, chilli 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.

* Recipe from Cook Great Food copyright 2002. Published by Robert Rose. Reprinted by permission of Dietitians of Canada. For more recipes and fact sheets on nutrition, visit the DC Web site at www.dietitians.ca/eatwell

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 (50 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.

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 (50 ml)	white sugar
1/4 cup (50 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)	shortening or margarine
1/2 cup (125 mL)	hot water
	Filling
2 cups (500 mL)	chopped dates
1/2 cup (125 mL)	water
1/4 cup (50 mL)	granulated sugar
1 tsp (5 mL)	vanilla

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.

* Recipe from Cook Great Food copyright 2002. Published by Robert Rose. Reprinted by permission of Dietitians of Canada. For more recipes and fact sheets on nutrition, visit the DC Web site at www.dietitians.ca/eatwell

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

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.

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, 1995

Available at local libraries in Peel

or it can be purchased from the Canadian Public Health Association

$6.95 plus shipping and handling

1565 Carling Ave., Ste. 400

Ottawa, ON L1Z 8R1

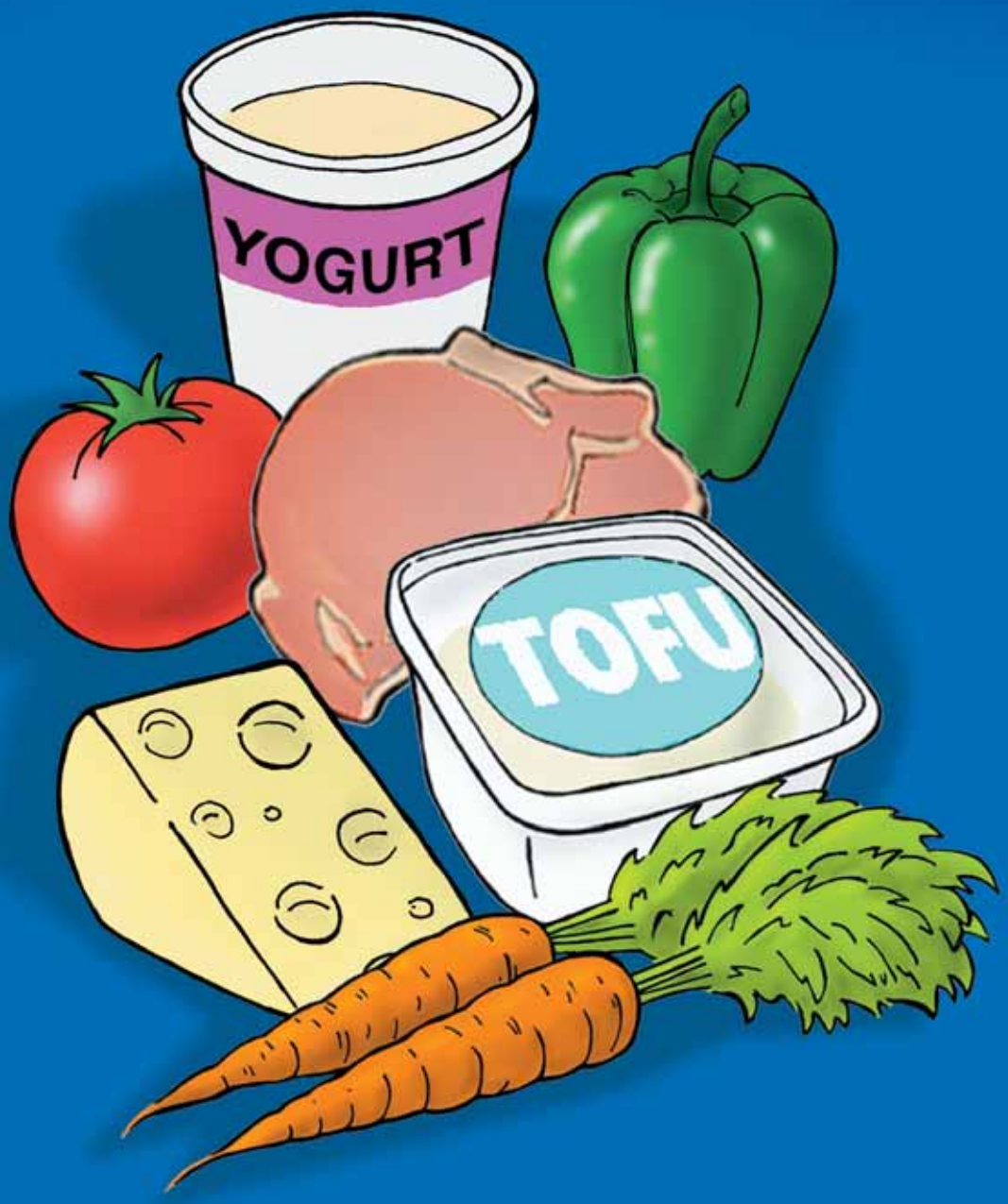
Telephone: 613-725-3769

10. Emergency Food Resources

In an emergency food situation please call the Region of Peel at 905-799-7700. The dietitian can direct you to the nearest Community Kitchen, Community Garden or Food Bank program.

11. Acknowledgements

This publication was produced by the Region of Peel 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 Peel at 905-799-7700.**
Caledon residents can call free-of-charge at **905-584-2216.**
Ask to speak to a Registered Dietitian or visit **peelregion.ca**

P-07-052 06/03