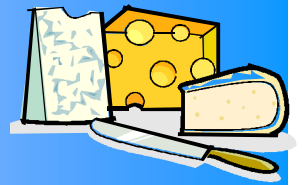


Best Buys in...

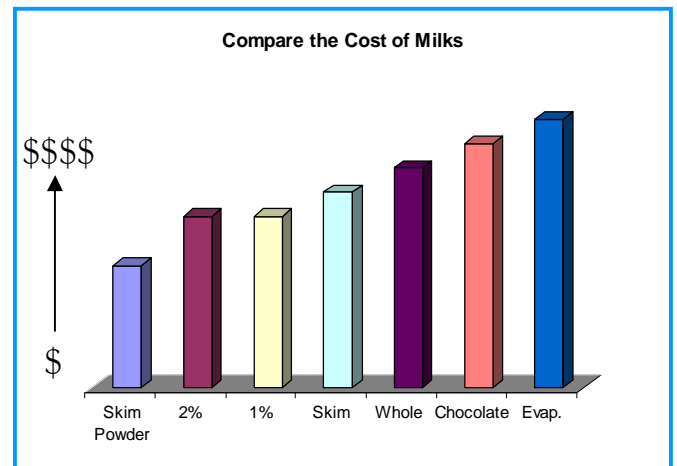
MILK & ALTERNATIVES



Fluid and powdered milk are the best buy in this food group.

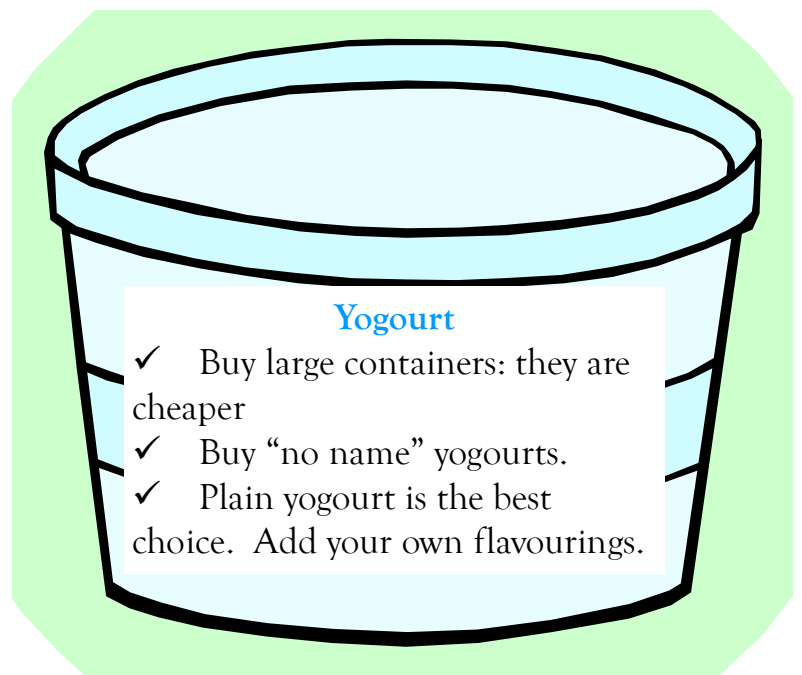
Milk & Cream

- ✦ Buy milk in bags. It's about 35% cheaper than in cardboard cartons.
- ✦ Use evaporated 2% milk (or skim milk powder) instead of cream in recipes.
- ✦ Creams and sour cream are the highest in fat, lowest in nutrients and the most expensive. Choose lower fat versions.



Cheese

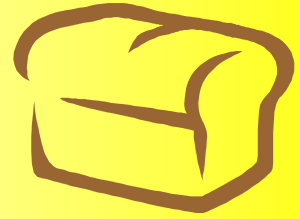
- ✓ Processed cheese costs more, is twice as high in salt but is still a good source of calcium.
- ✓ Slice or grate your own cheese to save money.
- ✓ Save from 20 to 30% by buying “no name” or store brand cheese.



By the Nutritionist/dietitians of the Ottawa-Carleton Health Department - Heart Beat Program 1994.
Adapted and distributed by the Thunder Bay District Health Unit, Nutrition Promotion, 625-8315
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Best
Buys
in...

GRAIN PRODUCTS



Plain breads, cereals, pasta and grains are generally low priced foods which provide a lot of food energy!



PASTA / RICE / GRAINS

- ★ Buy pasta on special. It keeps indefinitely when stored in a dry place.
- ★ Select brown rice for more nutritional value.
- ★ Try couscous, bulgur or millet for variety.

MORE EXPENSIVE ITEMS

- ★ The more processed the products, (eg. Crackers, pre-seasoned noodles and rice preparations) the more expensive they are.
- ★ Bakery products are expensive and provide little nutrition and a lot of fat and sugar.



BREAKFAST CEREALS

- ★ Hot cereals are the best buys.
- ★ Save up to 30% of cost by buying unsweetened versus sweetened cereals.



BREADS

- ★ 100% whole wheat breads provide the best food value.
- ★ Buy day old breads and save as much as 50% of cost. Bread can be kept frozen for up to 2 months. If they get stale, heat them for a short time.
- ★ Save about 10% of cost by buying “no name” brands.
- ★ Specialty breads (eg. Pumpernickel, rye, pita, sour dough) may cost up to twice as much but they provide variety and are still relatively inexpensive.

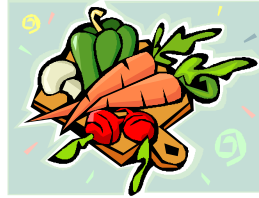
Best Buys in...

VEGETABLES & FRUIT



IN SEASON

- ◆ Buy Fresh!
- ◆ Remember that the darker the colour (orange, yellow or green), the better the nutritional value.
- ◆ Make sure the product is at its peak of freshness and stored properly so that it won't spoil too quickly.
- ◆ Save as much as 25% of the cost by buying apples, oranges, and potatoes in pre-packaged bags rather than individually. Make sure, however, that you can use them before they spoil.
- ◆ Select small apples, bananas, etc... for children rather than large fruit.
- ◆ Try to grow you own vegetables. Anyone can do it! All you need is a small space and a few seeds to start.
- ◆ When looking at price/kg., consider that waste (eg. Peel, pit, core).



Good Value in Vegetables (when in season)

Green Beans	Cauliflower
Tomatoes	Lettuce
Spinach	Squash
Broccoli	Cabbage
Brussel Sprouts	Carrots
Sweet Potatoes	Potatoes
Rutabagas (Turnip)	

FROZEN AND CANNED

- ◆ Canned and frozen products are comparable nutritionally to fresh produce. Canned vegetables, however, contain much more salt. To preserve the nutrient value of frozen products, prevent thawing before cooking.
- ◆ When out of season, check the price of fresh against comparable frozen and canned products.
- ◆ Frozen peas, corn, green beans, mixed vegetables and spinach are the best buys in frozen products.
- ◆ Save about 30% of the price by buying "no name" frozen products.

Good Value in Fruit (when in season)

Kiwis	Grapes
Plums	Oranges
Peaches	Bananas
Watermelon	Apples
Grapefruit	Pears



Good Value in Juices

Orange Juice	Apple Juice
Tomato Juice	

Juice bought in a single serving size container costs more than twice as much as juice in a large container. Save by using a thermos or container from home.

Best Buys in...

MEAT & ALTERNATIVES



Poultry

◆ Buy utility poultry (blue tag). It is as tasty and nutritious but costs less because it may have a wing missing or bruised skin.

◆ Basted turkeys are higher priced and higher fat.

Good Value in Meat Cuts

- Organ meat
- Stew Meat
- Shoulder (Pork)
- Chuck/Blade
- Brisket Point (less tender)
- Bottom or Inside Round
 - Cross Rib
 - Sirloin Tip
- Outside Round

Meat Alternatives

◆ Meat alternatives like eggs, dry beans, lentils and peas are your best buys.

◆ Purchase peas, beans and lentils in dry form. Canned is more expensive.

Weiners and Cold Cuts

◆ Though wieners are inexpensive, they provide half the protein and iron found in regular meat and are high in fat and calories.

◆ Buy cold cuts from the deli counter or a “no name” product rather than a brand name package.

Fish

◆ Canned tuna, salmon and sardines are economic choices. Compare brands for best buy.



GOOD NEWS

Lower priced and less tender meat contains less fat and therefore is a good choice. Bring out its great flavour by tenderizing it:

- Use moist cooking methods (eg. stewing, roasting)
- Marinate the meat overnight
- Pound the meat using a mallet

More to Think About!

◆ Don't buy more than you need. A large serving of uncooked meat for one person is 120 g (4 oz).

◆ Buy regular or medium ground beef but be sure to drain the fat. Buy lean or extra lean ground beef when on sale.

◆ Family size bulk packages may be cheaper but check the price per kg.

◆ Consider the bone and fat as losses when comparing meat prices.

◆ Pre-marinated, peppered meat with added sauces are about 25% more expensive.

Frozen Fish Best Buys

- Smelts
- Haddock
- Orange Roughy
- Ocean Perch
- Boston Blue Fish