



Eat Well, Live Long, Pass it on

TIPS FOR PLANNING MEALS AND SHOPPING

1. Healthy Meals: Think about recipes you like and plan ahead for the week.
2. Healthy snacks: plan these too! (I.e. fruits, raw vegetables, cheese, popcorn, whole wheat bread, yogurt).
3. Make a list to take to the store.
4. Look at grocery flyers for sale items and use coupons; plan meals around them.
5. Compare prices
6. Shop for groceries after you have eaten or had a healthy snack.
7. Stock up on healthy, low-cost foods that keep well (i.e. rice, potatoes, noodles, frozen orange juice, canned fish).
8. Buy only as much as you need of food that can go bad.
9. Buy generic (no-name) instead of name brand products- they are just as healthy but cost less.
10. When you can, buy in bulk and cook in larger batches—freeze leftovers.

For more information contact:

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www.healthyfoodsnorth.ca



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IDEAS & TIPS FOR FOOD BASKETS AND DONATIONS

Tips:

1. Choose canned fruit packed in its own juice or in water. (Avoid fruit packed in light or heavy syrup).
2. Choose: Lower sugar, higher fiber cereal: Cheerios, Special K, Bran Flakes, Shredded Wheat, Shreddies, Oatmeal).
3. Canned tuna, salmon or sardines, packed in water (instead of oil).
4. Choose 100% fruit JUICE, instead of drink crystals.
5. Generic or 'no-name' brands are just as nutritious as name-brands.

Ideas:

1. Skim milk powder (healthy and economical).
2. Canned beans (any kind— i.e Baked Beans in Tomato Sauce).
3. Cooking spray.
4. Whole wheat flour.
5. Dry fruit (i.e. cranberries, apricots, raisins).
6. Trail mix.
7. Canned vegetables



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TIPS FOR HEALTHY COOKING

1. Go easy on fat, salt and sugar. You don't have to leave them out, just use less. Use cooking spray whenever possible.
2. Use low fat dressings and mayonnaise in salads and sandwiches.
3. Cook vegetables so that they remain firm or serve them raw. Steaming, microwaving and stir-frying are good choices to retain nutrients when cooking vegetables.
4. Bake, broil, roast or steam your food. Avoid frying.
5. Choose lean ground beef and always rinse and drain cooked ground beef before adding other ingredients.
6. Use herbs and spices for flavouring. They are less expensive, quicker and better for you than adding butter, gravies or rich sauces.
7. Serve fruit for dessert. Top with yogurt, or 2% Evaporated Milk.
8. Take the skin off of chicken or turkey. That way you eat way less fat.
9. Use whole grain foods when possible. Try 100% whole wheat bread, brown rice, whole wheat pasta, oatmeal.

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FOODS THAT ARE LOW COST & HEALTHY



Grains:

Rice, cereal, pasta, and bread. Avoid buying the more costly grains such as ready to eat cereals, pastries and cakes. Buy less costly brands of bread, which are usually the store brands. Try store brand whole wheat bread. Buy regular rice rather than instant.



Beans:

Canned or dry beans and peas are a great bargain. Beans are a good source of protein and can be used in place of more costly meats. Beans are also an important source of fiber.



Fruits and Vegetables:

Fruits and vegetables can be costly, but are needed for good health. Produce in season is usually cheaper. Also, try frozen and canned products that are less costly and just as nutritious.



Fish

Fish is recommended as a heart healthy protein source. Fresh fish can be quite expensive, so try canned fish such as tuna fish or pink salmon. Stock up on canned fish when you have coupons or when they are on sale.



Dairy Products

Skim milk and 2% milk costs the same as whole milk but has a lot less fat. Look for low-fat cheeses and avoid processed cheeses.



Meat and Poultry

Buy whole chickens and turkeys rather than precut. Also, when on sale, buy large packages of lean ground beef that you divide into smaller portions and put in your freezer. Cook with country foods when possible.



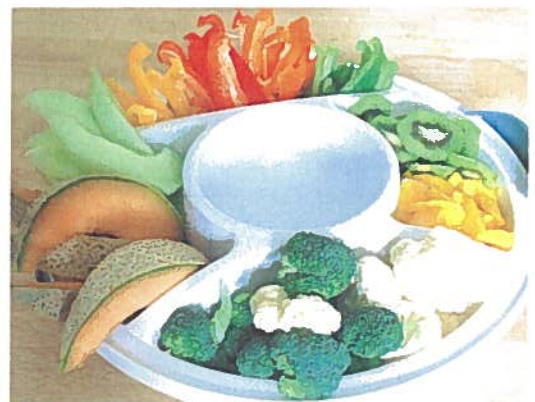
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TIPS FOR FOOD PREPARATION AT EVENTS

1. Offer alternatives to cream and sugar for coffee/tea. I.e. skim milk powder, 1-2% milk, CoffeeMate Light, sugar substitutes (Splenda, Equal, Twin).
2. Use whole wheat bread or rolls instead of white.
3. Do not put margarine on bread or rolls. Offer it on the side when serving. Use trans fat free and lower fat spreads (i.e. low fat Becel)
4. Use lower fat cheeses.
5. Offer baked instead of fried bannock, and make it with less oil.
6. Try adding wheat bran and cranberries/raisins to bannock for added nutrition and fiber.
7. Serve 100% juice, milk or water instead of sweetened fruit drinks/pop.
8. Serve green salads with low-fat dressings on the side, or make macaroni/ potato salad using low-fat mayonnaise.
9. Use cooking spray instead of oil or margarine in cooking.
10. Add frozen vegetables to soups, stews and chili.
11. Drain and rinse ground meat.
12. Offer fruit as a dessert instead of sweets.

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FOOD IDEAS

- Replace half the white flour in any recipe with whole wheat flour
- Double the beans in your chili, and use half as much meat
- Add canned tomatoes to macaroni and cheese
- Add tuna or celery to macaroni and cheese
- Add fresh or frozen vegetables to packaged noodle soup
- Add frozen vegetables or leftover cooked vegetables to chili, soup or stew
- Add raisins or other dried fruits to cookies or muffins
- Replace butter/oil in baked goods with an equal amount of applesauce, canned pumpkin or plain yogurt.
- Cook twice as much rice or pasta as you need. Use leftovers in cooking or freeze.
- Slightly thaw frozen fruit, add milk and sugar, and mix with an electric mixer or blender (tastes like ice cream but costs less and has less fat).

Image from Attigo once drafted—pouring veggies into soup

