

Laurie's TOP 10 Picks: Healthy Eating for Less

Healthy eating can be hard on our shopping budget. Here are some tips and a per-serving price guide to make your grocery bills easier to digest.

Approx. cost per serving:



Eggs: Make omelets for breakfast, add a boiled egg to your salad or just have one for an afternoon snack.

30 ¢



Frozen Vegetables & Fruit: Buying frozen gives great nutrition at less cost. You'll get some of your best vitamins and minerals here.

30 ¢



Canned Tuna & Salmon: We should all eat at least 2 servings of fish a week. Try making tuna sandwiches or salmon cakes.

70 ¢



100% Whole Grain Brown Rice: Rice provides us with the B vitamins that support mental health.

44 ¢



Canned Tomatoes: Make your own pasta sauce or add to casseroles.

22 ¢



Dry Beans and Lentils: Beans are so cheap and so good for you! Eat them instead of meat, or add them to ground meat for chili.

17 ¢



Bananas: If you tend to have digestive problems or if your cholesterol is high, bananas might provide some assistance.

30 ¢



Dry Oats: Remember this about your oats: the longer it takes to cook them, the better they are for you!

10 ¢



Canned Beans: Due to the salt in canned products, all you have to do is give them a good rinse. Add them to chili & casseroles, or make a bean dip.

27 ¢



Carrots: Carrots are healthy raw, and even healthier when cooked!

25 ¢

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