

Smart Shopping for One or Two

Food is an enjoyable part of life. These tips may make grocery shopping and cooking a little easier.

Make a shopping list

- ❖ Check your fridge, freezer and cupboard the day before grocery shopping. Discard any items that are expired. Jot down items you will need to restock.
- ❖ Check the store flyers for bargains.
- ❖ Plan your main meals for the next week to help make your grocery list.
- ❖ Make a grocery list for the items you don't have on hand that are needed for your menu.
- ❖ Bring your glasses with you. Shop with a friend or relative if you need assistance.
- ❖ Shop on discount days or during the week when the stores are less busy (e.g. customer appreciation days, seniors' days).



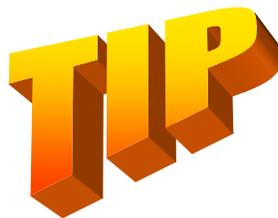
At the grocery store

- ❖ Take time to compare prices of similar products. Check top and bottom shelves for less expensive brands.
- ❖ Larger sizes may be cheaper but check the unit price of the item.
- ❖ Share larger size packaged food with family or a friend.
- ❖ Ask the butcher to repackage larger pieces of meat into smaller portions for you.
- ❖ Purchase pre-cut stir-fry meat for stews and soups.
- ❖ Choose individual portions of pudding and yogurt. Buy small packages of cheese.
- ❖ Use bulk bins to buy only the quantity you need.
- ❖ Pick up a variety of fruit and vegetables to bring colour and taste to small meals. Frozen ones are just as healthy and make it easy to use small amounts at a time.

Stock Up Your Pantry

Have the following basic food items on hand for times when you may not be able to get to the store. That way you will always have ingredients for a nutritious meal.

Milk Products	Meat and Alternatives	Grain Products	Vegetables and Fruit	Other Staples
<ul style="list-style-type: none"> ▪ Skim milk powder ▪ Canned evaporated milk ▪ Hard cheese (freeze) ▪ Processed cheese spread ▪ Cream soup 	<ul style="list-style-type: none"> ▪ Canned tuna and salmon ▪ Sardines ▪ Canned stew ▪ Canned pork and beans ▪ Kidney beans ▪ Chickpeas ▪ Peanut butter ▪ Eggs 	<ul style="list-style-type: none"> ▪ Dry cereals ▪ Instant hot cereal ▪ Crackers, melba toast ▪ Spaghetti and pasta ▪ Perogies ▪ Brown or wild rice ▪ Bread, rolls and muffins (freeze) 	<ul style="list-style-type: none"> ▪ Frozen vegetables and fruit ▪ Canned vegetables and fruit ▪ Canned tomato sauce ▪ Canned soup ▪ Dried fruit (apricots, raisins) 	<ul style="list-style-type: none"> ▪ Bouillon ▪ Sugar ▪ Flour ▪ Baking powder ▪ Baking soda ▪ Coffee and tea
				



If you have trouble getting to the grocery store, try:

- home delivery service
- transportation offered by local stores

Time and Energy Savers for Cooking

Try these easy tips to help save time and energy in the kitchen!

- ✓ **Cook when you have the most energy.** Save easy-to-prepare meals for later in the day.
- ✓ **If you tire easily, prepare as much of the meal as you can sitting down.**
- ✓ **Cook large portions of meat then use leftovers at another meal.** Try leftover meat or chicken in a stir-fry, salad, or omelet. Make a homemade stew or soup!
- ✓ **Try one-dish meals to reduce cleanup time.** Combine meat, rice or pasta, and vegetables with a sauce in a casserole dish. For variety, try cheese, canned beans, lentils or eggs in place of meat.
- ✓ **Make mini meatloaves in muffin tins.** Freeze as individual portions.
- ✓ **Make large portions** of soups, stews or casseroles. Divide into small airtight containers and freeze for another meal. Don't forget to label and date your items!

Try these meal ideas when you don't feel like cooking:

- ✓ Heat up a frozen dinner and add a pre-cut side salad. Complete the meal with a piece of fruit and a glass of milk.
- ✓ Reheat frozen perogies, cabbage rolls, or a pre-made lasagna.
- ✓ Toss some pre-made pasta sauce with cooked pasta.
- ✓ Most grocery stores have full delis. You can try roasted chicken or pre-made soups, salads or sandwiches. For a change try sushi or samosas!



- ✓ Invite some friends over for a potluck dinner and divide up the leftovers (everyone gets a portion to take home).
- ✓ Try a meal delivery program (pre-prepared meals are delivered right to your door).

Easy Meals to Make

Even if you are eating alone, it is important to eat well. You are worth it!

Breakfast

- Scrambled eggs, toast, orange juice and yogurt.
- Pancakes with jam, applesauce and milk.
- Porridge, yogurt and cantaloupe.
- Bran cereal, milk and a banana.
- Peanut butter on whole-wheat toast, milk and fruit.



Lunch

- Tuna melt – mix tuna, celery and mayo and spread on a toasted bun. Top with cheese if desired. Serve with carrot sticks or cucumber slices.
- Corn chowder soup – combine a can of creamed corn, milk and diced potatoes. Serve with whole grain crackers and a banana.
- Cheese and tomato sandwich with cucumber slices and a yogurt.
- Egg salad sandwich with vegetable soup and a glass of milk.
- Cottage cheese, fruit salad and a muffin.
- Chopped egg, diced ham, cheese and tomato slices on salad greens. Serve with melba toast and yogurt.
- Can of pork and beans, celery and milk.
- Chicken slices on whole-wheat toast, melted with cheese. Serve with carrot sticks and grapes.

Supper

- Hamburger casserole – combine hamburger, stewed tomatoes, onion, pasta and seasonings. Serve with milk and a banana (or other fruit).
- Stir-fry – cook chopped meat and fresh or frozen vegetables in soy sauce and serve over rice. Add a pudding or yogurt for dessert.
- Chili – combined ground beef, kidney beans, tomato sauce, onions and chili powder/seasonings in a pot. Serve with toast and a glass of milk.
- Fish baked with cream of mushroom soup, served with baked or mashed potatoes, carrots and fruit cocktail.
- Meatballs and tomato sauce on spaghetti. Serve with a green side salad and milk.
- Tuna casserole – combine canned tuna, cream of mushroom soup, frozen peas, cooked macaroni and dried herbs. Add a fruit salad or mixed dried fruit for dessert.
- Chicken breast baked with cauliflower and potatoes in mushroom (or other flavour) soup. Add applesauce for dessert.

All foods can be eaten at any time of the day! Don't limit your choices by thinking that certain foods are only meant for certain meals.