



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

Genesis Centre, Edmonton Catholic Schools

10537 – 44 Street, Edmonton, AB T6A 1W1

Phone: (780) 638-6810 Fax: (780) 638-6844

Healthy Eating According to Canada's Food Guide

Key points of the new food guide:

1. Have plenty of fruits and vegetables
2. Eat protein foods
3. Make water your drink of choice
4. Choose whole grain foods

Tips to Eating Healthy on a Budget (healthy eating on a budget can be made easier with these ideas):

- **Meal plan:** Planning your meals for the week allows you to reduce food waste and unnecessary spending on impulse purchases (stick to your list!). Try using the planning tool below.
- **Shop for sales:** Check flyers, coupons, mobile apps, and websites for deals on foods on your list. Explore programs such as *FlashFoods* which offers reduced prices on foods that are nearing their expiry date and apps such as *Flipp* to search for the best prices.
- **Compare prices:** Compare prices between grocery stores, including smaller stores such as T & T and H & W for your staples. Each of these smaller stores have locations around the city.
 - Scan different shelves as companies pay more to place their products at eye level. You may find other versions of the same foods on higher or lower shelves.
 - Compare prices on generic and brand name products. Buying value brand items often helps you save money as you may not be able to taste a difference.
 - Avoid shopping at convenience stores, which are more expensive.
- **Stock up:** Stock up on canned goods and staples when they are on sale. Extend the shelf life of on-sale products by freezing them for later.
- **Consider the season:** Fresh produce is usually less expensive when in season (see guide below).
 - Frozen fruits and vegetables are sourced at their peak ripeness and then quick-frozen so they are just as nutritious as fresh but result in less waste! If you have perishable food that may spoil, use this resource for ways to preserve them (<https://www.canyoufreezethis.com/>).
- **Choose plant-based proteins!** Beans, lentils, and other legumes are inexpensive protein-rich foods. For example – 907g of chickpeas can be purchased from Superstore for less than \$3 a bag. There are more than 5 cups of dried chickpeas in this bag which is the equivalent of 15 cups of cooked chickpeas. Cook them in batches and freeze what you don't need for later!
- **Choose homemade:** Involve your children in making more foods together.

Additional Resources:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-eating-on-a-budget/>

<https://www.superhealthykids.com/>

<https://www.superhealthykids.com/meal-plans/meal-planning-basics/>

Meal Plan Worksheet

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Seasonal Produce Guide

Winter	Beets Brussel Sprouts Grapefruit Kiwi Fruit Leeks Lemons Oranges	Pears Potatoes Pumpkin Rutabagas Sweet Potatoes and Yams Winter Squash
Spring	Apricots Asparagus Broccoli Green Beans Mangoes Mushrooms	Peas Radishes Rhubarb Spinach Strawberries Swiss Chard
Summer	Avocadoes Bell Peppers Berries Cantaloupe Cherries Corn Cucumbers Eggplant Green Beans	Honeydew Melon Kiwi Fruit Okra Peaches Plums Summer Squash Tomatoes Watermelon
Fall	Apples Beets Broccoli Cauliflower Cranberries Grapes Kale Mushrooms Parsnips	Pears Potatoes Pumpkin Rutabagas Sweet Potatoes and Yams Turnips Winter Squash