

FAMILY SERVICES
of Greater Vancouver

Creating Brighter Tomorrows

FOOD SENSE: HEALTHY COOKING ON A BUDGET

March 2022



TIPS ON FOOD WASTE AND BUDGET FRIENDLY EATING

BEFORE THE STORE

Get Familiar with your Fridge and Freezer

- Keeping track of what's in your fridge and freezer will help you to use what you have before buying more
- Check your fridge regularly for forgotten and hidden items
- Place older foods at the front and fresher fruit towards the back so you see what to eat first

Planning is Key!

- Meal planning not only makes grocery shopping an easier task, but it also minimizes food waste so you buy what you need
- Keep a shopping list on the fridge or use a shareable shopping list app. It's helpful for keeping track of what you run out of and for other family members to add items

AT THE STORE

Bring a List and Stick to it

- With a list you're less likely to make impulse purchases
- Buy only what you need to avoid filling your fridge and cupboards with food you may not use
- Watch out for bulk buys and sales; you may save more but if you can't use it in time, it's wasted of food and money

IN THE KITCHEN

Love your Leftovers

- Cook once, eat twice. Make twice as much at dinner to have enough for lunch the next day or freeze leftovers for quick and easy future meals
- Use leftover vegetables in a frittata, on pizza, or in soups and stews. Sauté with leftover rice for a quick and easy dinner
- Use overripe bananas to make banana bread or freeze for smoothies
- Turn stale bread into bread crumbs or croutons
  - To freshen stale bread, quickly wet your loaf under running water before toasting it

Use Everything

- Leave the skin on vegetables (like cucumbers, potatoes) not only to reduce food waste but also to add more fiber to your food
- Save vegetable scraps and meat bones in an airtight bag to make stock

Compost

- Instead of throwing food scraps in the garbage, throw it in the Green Bin (if provided in your community) or make your own compost



COST SAVING TIPS

- Buy generic brands, as they usually cost less
- Check for weekly specials; meats, poultry and fish are often on sale
- Stock up on canned goods (chickpeas, beans, tomatoes, etc.) and dry items (rice, pasta, etc) that you use often when they're on sale
- Shelves at eye level contain the most expensive items; look at the top and bottom shelves for the same item at a cheaper cost
- Cuts of meat from the shoulder or chunk are cheaper because they are less tender and require more cooking time, but they are just as healthy and tasty as the more expensive cuts
- It's cheaper to buy frozen meats, poultry, and fish than fresh
- Buy a whole chicken, remove the skin before cooking and separate into pieces. Freeze what you don't need for another recipe
- You can replace fresh vegetables with frozen or canned ones at lower cost
- Buy fruits and vegetables in season and freeze them
- Do it yourself: shredded cheese or pre-cut vegetables cost more because the preparation has been done. Cut costs by buying a block of cheese or vegetables and preparing at home
- Freeze tomato paste in ice cube trays. You can use what you need and the remainder won't go bad
- Recipes may require special herbs and spices that you don't use often. Buy these in smaller quantities at bulk food stores instead of in larger packages
- Pack your lunch
- Some items are good past their expiration dates. For example milk can last for an additional week after its recommended best before date if refrigerated properly





DURING MEALTIMES

Prioritize Portion Size

- Minimize table scraps by trying not to over serve. You can always have seconds if you're still hungry

Take Home Leftovers

- Restaurants often serve large portions. Instead of sending them to the garbage, take your leftovers home for lunch the next day

QUESTIONS?

Get in touch with us at contactus@fsgv.ca or learn more about our programs below

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