

Best Food Forward: Plan Shop Cook Enjoy!



Healthy eating starts at the supermarket. A grocery shopping strategy can save you time and money. It can also make healthy eating a little easier. Once you've got your plan, stick to it and enjoy!

Plan. Before you head to the store, think about what meals you'll be making, scan flyers for specials, check your kitchen's inventory and make a grocery list.

Shop. Read food labels and compare products to choose nutrient-rich foods in every aisle of the store. Fill your cart with vegetables, fruit, whole grains, milk products, lean fresh meat and meat alternatives such as legumes. Skip processed foods that are filled with fat, sugar or salt and low in nutrients.

Cook. Prepare more meals from scratch with good-for-you ingredients. Healthy eating doesn't have to be complicated; nutritious convenience foods, such as frozen fruit, ready-to-go salads and pre-chopped vegetables, offer simple shortcuts.



Skip packaged meals. Cook simple meals to save money on your grocery bill.

Lower your costs by going homemade. Start with these simple make-at-home meal ideas:

- **Homestyle pizza.** Lightly brush a whole grain pizza crust with olive oil. Top with lots of spinach, fresh chopped tomatoes, a sprinkle of black olives and a little feta cheese. Bake and enjoy your healthier at-home pizza!
- **Roasted chicken.** Instead of grocery store rotisserie chicken, roast your own whole chicken on Sunday, refrigerate and reheat for Monday's dinner. Use any leftovers to make sandwiches, quesadillas or burritos the next day.
- **Tomato soup.** Toss together a pint of cherry tomatoes, a few peeled cloves of garlic and a chopped onion. Drizzle with a little olive oil. Roast in a baking dish in the oven until vegetables are soft. Blend with low-sodium chicken broth and warm. Bursting-with-flavour homemade soup!





Save time in the kitchen with healthy convenience foods

Cooking at home doesn't mean never using convenience foods. Next time you're shopping, look for these nutritious options:

- **Pre-cut butternut squash.** Simmer in broth to make a nutritious soup in minutes.
- **Ready-to-go stir-fry vegetables.** For a quick meal, just add tofu, cashews, or leftover chicken or beef, and you're ready to go!
- **Crushed tomatoes, sliced mushrooms and pre-cut peppers.** Combine these veggies for a fast pasta sauce.
- **Pre-made salads.** For a simple, light lunch or dinner, just sprinkle with almonds and serve with whole grain bread.
- **Canned puréed sweet potato or pumpkin.** Mix into muffin batter to make mini muffins for a tasty snack.
- **Frozen fruit.** Whirl together in a blender with milk and yogurt for an energizing smoothie.
- **Peeled and cored pineapple.** Enjoy as a simple and refreshing dessert on its own or with a dollop of vanilla yogurt.

