

Grocery cost saving ideas

1

Don't shop hungry - you will make better choices.

2

Make a plan

Lunch examples

- Soup & sandwiches
- pasta/ sauce with cheese or meat
- Fresh veggies & sandwiches
- Quesadillas you can use anything for these (chicken, beef, tofu, cheese, salsa, tomato, onion)
- breakfast for lunch
- Wraps
- eggs
- chicken salad
- Tuna melts

Dinner examples

- anything from the lunch list
- chicken & rice
- fried rice with meat
- nachos
- tacos
- baked potato topped with cheese sour cream bacon bits
- chicken or ground beef you can turn a potato into a meal by just changing up the toppings

3

Meal Prep

Bag and freeze meals in advance so on the days when you are too tired to cook you won't feel the need to order out.

4

Avoid eating out or ordering in

It is super expensive, generally high in salt and fat.

5

Try frozen fruit!

Children love fresh fruit but it often ends up getting thrown out before it gets consumed because your child's tastes are always changing. Something they might like one week they won't like the next. That's okay! Try buying frozen fruit, or freezing fruit.

Just let it thaw a bit serve it frozen or warm it up. Top it with a little sugar if it's very tart.

6

Shop at discount stores

No frills, H& W produce & Giant tiger they have some great deals at times. Use apps like Shoppers Optimum and scene card apps.

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7 Offer healthy snacks throughout the day

Children have small tummies, and most don't want to sit and eat a big meal, that is perfectly fine.

Demanding they finish everything on their plate could lead to food aversion issues and an unhealthy relationship with food.

Childrens' taste buds are also still developing and changing. Let them try new foods but if they won't, don't get upset, try again in a few weeks or months.

It can seem easier to buy things like chips, pop and candy or fast food but eating these kinds of foods regularly will end up making your life harder overall.

Causing:

- more temper tantrums from sugar highs and lows
- worse attention spans and listening skills
- obesity
- depression
- constipation
- sleep issues
- impaired growth
- insulin resistance (diabetes)

8 Protein does not need to come from meat

Other protein choices include:

- beans
- lentils
- dairy options like cheese
- eggs
- nuts/seeds
- tofu

9 Try the Flashfood app

This app allows you to see what items they are selling at these stores because they are almost at their expiry date. Then you can add them to your cart pay and go pick the food up that day or the next. Things go fast so check the app frequently.

10 Shop sales and clearance

Meat, cheese fruit and veg can all be frozen and used later. Blanching is a great technique for veggies. Cheese is fine frozen; it just doesn't slice as well after. It will crumble but is perfect in sauces or melted on sandwiches or buns.

Try shopping in the early morning, a lot of food will be discounted from the day before.

BONUS

Stretch one meal into two

Turn spaghetti sauce into a lasagna just add noodles and some cheese.

Make chicken stew and turning leftovers into a pot pie - just pour any leftovers into a pie shell top with another pie shell and bake. Use leftover ground meat, vegetables, make some sauce with a packet or two of gravy and top with mashed potatoes.