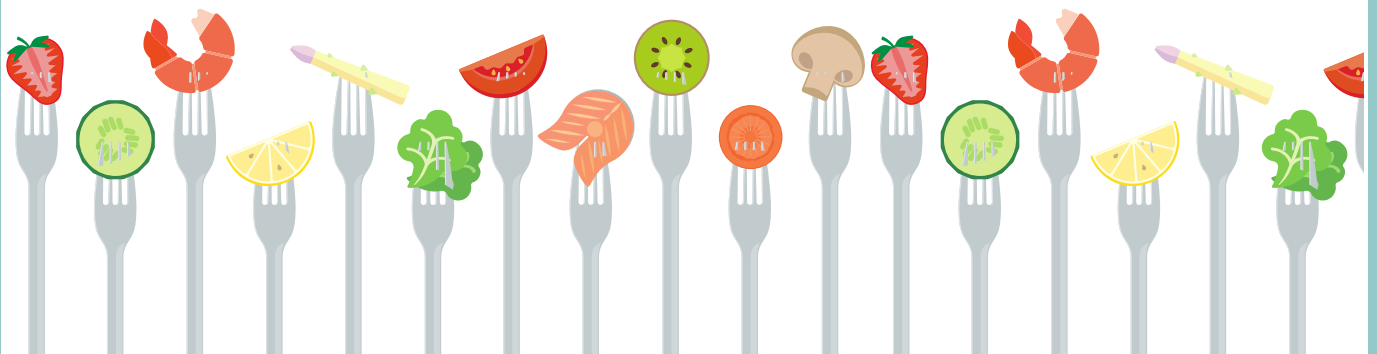




Eating Healthy on a Budget

A StFX Student Guide to nutritious eating that won't
break the bank

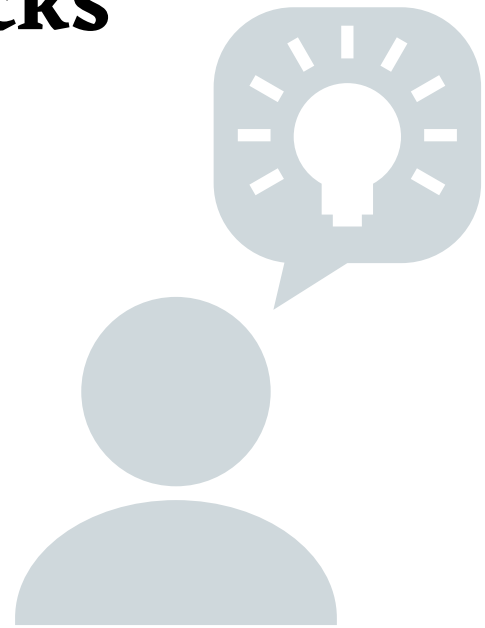


Eating Healthy on a Budget

Eating a well-balanced and varied diet can be hard on a student budget. That is why we created this document to help support you in properly fueling your body, without breaking the bank. This document will outline simple tips and tricks to aid you along the way.

Tips & Tricks

- Shop what's in season
- Shop local
- Buy canned/frozen produce
- Incorporate plant based proteins
- Buy in bulk
- Take advantage of discounts
- Compare products & brands
- Remember that convenience is costly
- Make a list



Shop What's In Season

Local, in-season products tend to be cheaper than imported goods. Check out this handy guide below to help keep you fuelled all year long.

Winter: In the winter months, root vegetables such as sweet potatoes, turnips, and carrots are in season. Try making a soup that's easy on the budget and keeps you warm all winter long!

Spring: As the snow begins to melt, fresh produce begins to pop up everywhere! Between April & June we see not only fresh, local vegetables, but fruit. Try shopping for things like asparagus, spinach, green onion, rhubarb, beets, peas, and strawberries!

Summer: By the time July rolls around most crops are in full bloom and you can find local produce around every corner and even in the grocery store! Take advantage of the fresh berries and if you're worried you won't eat them all before they spoil, throw some in a bag or container and freeze them, so you can enjoy local berries all year long! Other in-season produce includes: corn, zucchini, summer squash, and don't forget about herbs to add flavour to any dish!

Fall: As the growing season draws to a close, we can expect to find all our favourite fall classics for a discounted price! There is nothing quite like a fresh, Nova Scotia apple, not to mention our locally grown pumpkins, potatoes, carrots, and salad greens!



Check out all the local produce available here in Antigonish by visiting the Antigonish Farmer's Market every Saturday!

Buy Canned & Frozen Produce

Shopping local isn't always possible and your favorite foods aren't always in season. Fear not, that's the perk of canned and frozen produce. Canned frozen fruits and vegetables are just as nutritious as fresh, and you don't have to worry about them spoiling before you get to eat them.

Tip: if choosing canned items, look for 'no salt added' and those packaged in water. Be sure to also rinse canned products to wash away excess residue.

Tip: Take a moment to check the quality of the packaging - Do not purchase cans or jars that are dented, leaking, cracked, or have bulged lids.

Foods that you can always buy canned or frozen:

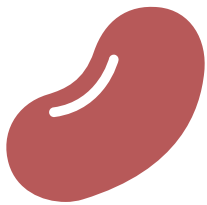
- Broccoli
- Berries
- Butternut Squash
- Avocado
- Vegetable Medley
- Peas
- Corn
- Pineapple
- Peach Halves



It's important to have a diverse and varied diet and this can include fresh, frozen, and canned food! Consuming fruits and vegetables is key to maintaining good health, regardless of how they come - fresh, frozen, or canned.

Incorporating Plant Based Proteins

It's no secret that commonly consumed proteins sources like meat, fish, and poultry can easily break our budget at the grocery store if we aren't being mindful! We know we need protein in our diet, but how can we do this without having to pinch pennies?



Incorporate plant-based protein sources into your diet!



Vegans and vegetarians aren't the only people who can benefit from incorporating plant-based protein sources into their diet. Try these affordable and convenient foods that pack a punch when it comes to protein:

- Frozen Edamame
- Canned Chickpeas or Black Beans
- Hemp or Chia Seeds
- Almonds or Peanuts
- Lentils
- Nutritional Yeast
- Tempeh
- Texturized Vegetable Protein

Easy Chickpea Salad

- 1/2 cup chickpeas, drained & rinsed
- 1/4 cup red onion, peeled & diced
- 1/4 cup bell pepper, chopped
- 2 cups spinach or salad greens
- 1/2 avocado, peeled & diced

Combine all ingredients in a bowl, mix well & enjoy!



Buy in Bulk

Buying in bulk is a great way to stock up your fridge and pantry, without going over budget! Check out the bulk food section of your grocery store or opt for larger packages of these goods:

- Quinoa
- Dried Beans & Lentils
- Popcorn
- Nuts (Almonds, Cashews, & Peanuts)
- Seeds (Chia, Flax, & Hemp Seeds)
- Dried Fruit
- Oats



Taking Advantage of Discounts

Who doesn't love a good deal? Take advantage of every & any discount or sale available to you by...

1. **Checking out the grocery store flyers** - Scan the flyer online or in person to take advantage of deals you might not notice in store
2. **Checking out the 'reduced' section** - Reduced vegetables are great for soups and stews and fruit that is ripening can be frozen and used for smoothies.
3. **Buying in bulk when something is on sale** - Take advantage of '2 for 1' deals and price reductions
4. **Shopping on Student Discount Day** - If possible try shopping on Tuesdays and earning 10% off your groceries - an easy way to rack up savings
5. **Utilizing point/reward systems (Air Miles or PC Points)** - These are great ways to earn cash back

Tip: When expensive items like meat or poultry are on sale, stock up and buy extra. When you get home you can individually wrap portions of meat and freeze them for later use!



Compare Products & Brands

A vs B

Don't jump at the first product you see. If you aren't particular about a certain brand, look for the 'no name' or grocery store specific brand - these tend to be more budget-friendly compared to brand name products.

Remember Convenience Costs More

As students, we live a busy life! Ready-to-meals offer us a sense of convenience, but at what cost?

Convenient, ready-to-go or pre-made meals often cost more in the long run! The same holds true for pre-cut or sliced fruits and vegetables!



What can you do to combat this?

- ➔ Buy fruits and vegetables in their whole, raw form and dedicate an hour each week to cutting them up on your own and storing them in containers, so they are easily accessible all week long!
- ➔ When you make a meal, make an extra serving and you'll have your own homemade, ready-to-go meal for the next day.

Make a List

& Check it twice!

Heading to the grocery store without a plan can sometimes be a recipe for disaster! Without a plan or a list, we might get to the grocery store and forget what we need and before we know it our cart is overflowing. Try using these tips to keep you on track!

1. Have a running list - Have a notepad handy in the kitchen or create a memo in your phone and whenever you notice you're out of something or running low, write/type it down.
2. Plan your meals - Take time and think about some meals you think you'd like to have in the next week or two. Having a rough idea of meals you'd like to eat can help to prevent buying things you don't actually need
3. Skim the flyer - Check the flyer for deals and meal/snack inspiration.
4. Take an inventory of your fridge & pantry - Once you have a rough idea of things you want to eat, go through your fridge and pantry and see what ingredients you're missing.
5. Reorganize your list - You've made your list, now make it again! To help save on time, try organizing your list by aisles/sections. Not only will it help you save time but it reduces the likelihood that you'll leave the store without an item on your list. Reorganizing your list seem daunting? Use an app like 'AnyList', which organizes your grocery list for you.
6. Don't forget it - You've put in all the hard work to make your list so don't forget it! Put your list in your wallet or your favourite reusable grocery bag so you can be sure to have it when you arrive at the store. Another perk of using an app or keeping a list on your phone is that you're less likely to forget it!

