

Spend Wisely and Eat Well



Ways to eat for less



Plan ahead

- Figure out your budget (see back).
- Make a list - shop only once or twice a week.
- Let kids cross things off the list, but don't let them decide what to buy.
- Check for sales in the store, flyers, Facebook.
- Stay away from unhealthy drinks and snacks, they cost a lot.



Buy healthy foods that give you good value for your money

Milk and alternatives

- Yogurt in tubs instead of individual cups.
- Milk is always a good choice. Use skim milk powder, it tastes better if you make it the day before you drink it.



Drinks

- Drink tap water.
- Flavour water with fruit slices or a splash of lemon juice.
- Keep a jug of water in the fridge for easy drinking.



Vegetables and fruit



- Frozen or canned might be cheaper. They are just as healthy as fresh. Rinse canned goods to get rid of salt and sugar.
- Do not buy dented cans, even if on sale. They can make you sick.



Grain products

- Oatmeal is one of the cheapest breakfast cereals.
- Buy large bags of cereal instead of small pouches.
- Bake your own muffins or loaves.



Meat and alternatives

- Beans are healthy and cost less than meat. Add to soups, stews, chili and more.
- Buy cheaper, tougher cuts of meat. Cook for 2 hours in water, soup broth or tomato juice.
- Eggs are healthy and affordable.



Snacks



Apple



Banana



Crackers



Hard-boiled egg



Toast with peanut butter



Yogurt with cereal

✓ Homemade food is cheaper

- Make sandwiches at home. Use whole grain bread and a healthy filling like peanut butter, canned fish or eggs.
- Homemade soup can feed more people than canned soup. It also has more nutrients and less salt.
- Make extra and have leftovers the next day.
- Go to cooking classes to learn, eat and be with friends.
- Ask family members how to make their favourite recipe.



Go to the Government of Nunavut *Healthy Living* website for more easy food ideas!



How much can you afford to spend on groceries?

Example: Single mom with 4 kids. Mom works part-time and is on income support.

STEP 1: Figure out how much money comes in and out each month

Money in monthly	Example	Your money in monthly	Money out monthly	Example	Your money out monthly
Pay from work	\$560		Rent	\$250	
Child care benefit supplement	\$510		Utilities (gas, electric, propane, fuel)	Heating fuel: \$200 Electric: \$110	
Income support	\$1403		Cable/internet/phone	Cable/internet \$100 Home phone: \$60	
Other: training allowance, employment insurance, old age pension			Clothing	\$300	
Other			Credit card bill	\$120	
Other			Other: taxes, child support, diapers, cigarettes	\$240	
Total In \$	\$2473		Total Out \$	\$1380	

STEP 2: Figure out the weekly food budget

Example

Monthly food budget: $\frac{\$2473}{\text{Total money IN}} - \frac{\$1380}{\text{Total money OUT}} = \1093

Weekly food budget: $\frac{\$1093}{\text{Monthly food budget}} \div 4 = \frac{\$273.25}{\text{Number of weeks in a month}}$

You

Monthly food budget: $\frac{\text{Total money IN}}{\text{Total money IN}} - \frac{\text{Total money OUT}}{\text{Total money OUT}} = \text{Total money IN} - \text{Total money OUT}$

Weekly food budget: $\frac{\text{Monthly food budget}}{\text{Monthly food budget}} \div 4 = \frac{\text{Monthly food budget}}{\text{Number of weeks in a month}}$

