

Everybody's Food Budget





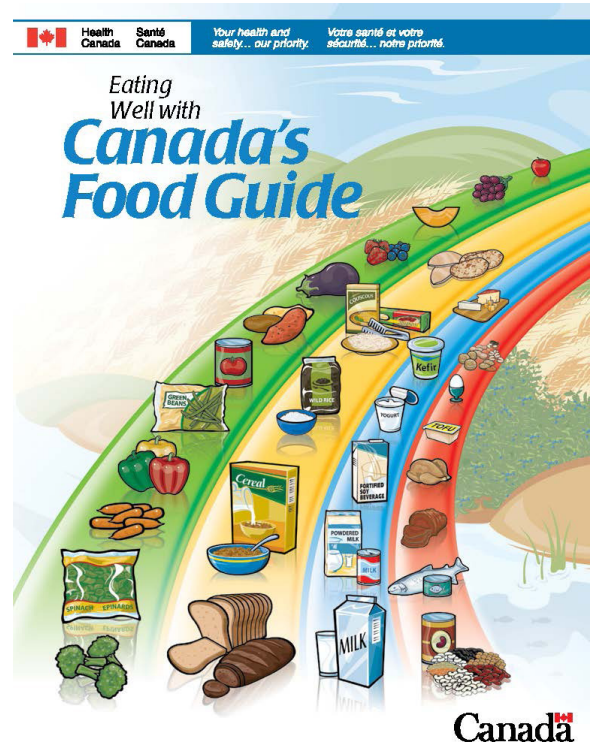
This booklet will help you learn the basics about food selection, purchasing, storage and preparation.

Follow these seven steps to get the best value from your food dollar.

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1 Follow Eating Well with Canada's Food Guide

Eating Well with Canada's Food Guide describes what amount of food you need and what type of food is part of a healthy balanced diet. Canada's Food Guide is for healthy people two years of age and older.



What does Canada's Food Guide tell you?

- ☐ Eat at least one dark green and one orange vegetable each day.
- ☐ Have vegetables and fruit more often than juice.
- ☐ Make at least half of your grain products whole grain each day.
- ☐ Drink skim, 1% or 2% milk each day.
- ☐ Select lower fat milk alternatives.
- ☐ Have meat alternatives such as beans, lentils and tofu often.
- ☐ Eat at least two food guide servings of fish each week.
- ☐ Choose foods that have little or no added fat, sugar or salt.
- ☐ Satisfy your thirst with water.

Canada's Food Guide recommends how many Food Guide Servings people should eat from each of the four food groups everyday. The recommended number of servings depends on your age and gender.

Recommended Number of **Food Guide Servings** per Day

Children (girls and boys)	2-3	4-8	9-13
Vegetables and Fruit	4	5	6
Grain Products	3	4	6
Milk and alternatives	2	2	3-4
Meat and alternatives	1	1	1-2

Teens 14-18	Females	Males
Vegetables and Fruit	7	8
Grain Products	6	7
Milk and alternatives	3-4	3-4
Meat and alternatives	2	3

Adults 19-50	Females	Males
Vegetables and Fruit	7-8	8-10
Grain Products	6-7	8
Milk and alternatives	2	2
Meat and alternatives	2	3

Adults 51+	Females	Males
Vegetables and Fruit	7	7
Grain Products	6	7
Milk and alternatives	3	3
Meat and alternatives	2	3

Everyday, choose...

Vegetables and Fruit

What is **One Food Guide Serving**?

125 mL	vegetables or fruits - fresh, frozen or canned	½ cup
250 mL	raw, leafy vegetables	1 cup
125 mL	cooked, leafy vegetables	½ cup
125 mL	100% juice - fresh, frozen or canned	½ cup
1	medium-sized apple, potato, carrot, orange, banana	1

A Best Buy!

In season fresh vegetables and fruit

Grain Products

What is **One Food Guide Serving**?

35 g	sliced bread	1
175 mL	cooked cereal	¾ cup
30 g	cold cereal	½ - ¾ cup
125 mL	cooked rice, pasta, couscous	½ cup
35 g	pita, tortilla	½

A Best Buy!

Bread on sale or marked down

Milk and Alternatives

What is **One Food Guide Serving**?

250 mL	milk or powdered milk	1 cup
250 mL	fortified soy beverage	1 cup
175 g	yogurt	¾ cup
50 g	cheese (cheddar, mozzarella)	1 ½ oz

A Best Buy!

Skim milk powder

Meat and Alternatives

What is **One Food Guide Serving**?

75 g	cooked, canned, fresh fish, shellfish, poultry, lean meat	2 ½ oz
175 g	cooked legumes (beans, peas, lentils)	¾ cup
2	eggs	2
30 mL	peanut or nut butters	2 tbsp
175 mL	tofu	¾ cup

A Best Buy!

Dried or canned beans, peas or lentils



Oils and Fats

- ☐ Include a small amount - 30 to 45 mL (2 to 3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
 - ☐ Use vegetable oils such as canola, olive and soybean.
 - ☐ Choose soft margarines that are low in saturated and trans fats.
 - ☐ Limit butter, hard margarine, lard and shortening.
-

Limit foods and beverages high in calories, fat, sugar or salt (sodium) such as:

- ☐ soft drinks
- ☐ cakes, pastries
- ☐ chocolate, candies
- ☐ cookies, granola bars
- ☐ doughnuts, muffins
- ☐ ice cream, frozen desserts
- ☐ french fries
- ☐ potato and nacho chips
- ☐ salty snacks
- ☐ alcohol
- ☐ fruit flavoured drinks
- ☐ sports and energy drink
- ☐ sweetened hot or cold drinks

2 Plan a Menu

Menu planning is a very important step in helping you stick to your budget. It is easy when you use ***Eating Well with Canada's Food Guide***.

Include at least three groups at every meal.

Helpful Hints:

- ☐ Check supplies at home to see what needs to be eaten first.
- ☐ Check in newspapers or store flyers for specials, particularly in the Meats and Alternatives group.
- ☐ Use frozen or canned vegetables and fruit. They are easy to use and low cost.
- ☐ Add foods from the other food groups to the main dish to complete the meal.
- ☐ Plan breakfast.
- ☐ Plan to use leftovers.
- ☐ Choose nutritious snacks that are lower in calories, fat, sugar and salt.
- ☐ Plan treats for birthdays or an occasional “take-out” or restaurant meal if budget permits.

Go to page 14 to see a sample one week menu.

3 Make a Shopping List

A shopping list will help you remember to buy all the items you need and stay on budget. Keep a notebook in the kitchen and write down items to buy when you need them.

- Use your menu plan and the “Foods to Have at Home” list.
- How much you need to buy will depend on how many people you are shopping for and how many servings are needed.

Foods to Have at Home

All purpose flour	Canned fruit	Ketchup
Whole wheat flour	Canned pasta sauce	Soy sauce
Natural bran	Tomato paste	Salt, pepper
Rice	Raisins	Vinegar
Macaroni/pasta	Tea	Chili powder
Rolled oats	Coffee	Garlic powder
Peanut butter	Brown sugar	Oregano
Onions	White sugar	Vanilla
Potatoes	Soft margarine	Cinnamon
Carrots	Cooking oil	Salad dressing
Frozen beans, peas	Cocoa	Mayonnaise
Canned corn	Baking powder	Dry mustard
Canned tomatoes	Skim milk powder	Cornstarch
Canned tuna	Canned salmon	Worcestershire Sauce
Canned or dried peas, beans, lentils	Chicken, beef or vegetable bouillon cubes	

Sample Shopping List

This shopping list has been planned using the sample menu on page14.

Grocery List

Vegetables and Fruit	Grain Products
<input type="checkbox"/> applesauce	<input type="checkbox"/> whole grain bread
<input type="checkbox"/> 100% fruit juice “on special”	<input type="checkbox"/> whole grain cereal
<input type="checkbox"/> fresh fruit in season	<input type="checkbox"/> rolled oats
<input type="checkbox"/> frozen fruit	<input type="checkbox"/> macaroni
<input type="checkbox"/> canned pineapple	<input type="checkbox"/> spaghetti
<input type="checkbox"/> canned peaches	<input type="checkbox"/> rice
<input type="checkbox"/> bananas	<input type="checkbox"/> oatmeal cookies
<input type="checkbox"/> apples	<input type="checkbox"/> whole grain crackers
<input type="checkbox"/> oranges	<input type="checkbox"/>
<input type="checkbox"/> onions	<input type="checkbox"/>
<input type="checkbox"/> carrots	<input type="checkbox"/>
<input type="checkbox"/> potatoes	
<input type="checkbox"/> fresh tomatoes	Meat and Alternatives
<input type="checkbox"/> celery	<input type="checkbox"/> eggs
<input type="checkbox"/> cucumber	<input type="checkbox"/> ground beef
<input type="checkbox"/> broccoli	<input type="checkbox"/> chicken for roasting
<input type="checkbox"/> garlic	<input type="checkbox"/> chuck roast
<input type="checkbox"/> green pepper	<input type="checkbox"/> canned tuna
<input type="checkbox"/> zucchini	<input type="checkbox"/> canned salmon
<input type="checkbox"/> mushrooms	<input type="checkbox"/> canned beans
<input type="checkbox"/> lettuce	<input type="checkbox"/> canned chickpeas
<input type="checkbox"/> cabbage	<input type="checkbox"/> peanut butter
<input type="checkbox"/> green beans	<input type="checkbox"/> sunflower seeds
<input type="checkbox"/> frozen vegetables	<input type="checkbox"/>
<input type="checkbox"/> tomato sauce	<input type="checkbox"/>
<input type="checkbox"/> vegetable soup	
<input type="checkbox"/> tomato soup	Milk and Alternatives
<input type="checkbox"/> pasta sauce	<input type="checkbox"/> milk
<input type="checkbox"/> canned corn	<input type="checkbox"/> cheddar cheese
<input type="checkbox"/>	<input type="checkbox"/> low-fat yogurt
<input type="checkbox"/>	<input type="checkbox"/> skim milk powder

4 Shop Smart

Smart shopping will help you stay within your budget.

- ❑ Use your shopping list!
- ❑ Shop at supermarkets and fresh produce markets. Convenience stores are much more expensive.
- ❑ Shop alone and eat before you shop. Hungry shoppers buy more than needed. Children may pressure you to buy unnecessary items.
- ❑ “Featured items” are often at the end of the aisle and are usually not at a lower price.
- ❑ Shop around the outside aisles first. Higher priced convenience items are most often found in the centre aisles.
- ❑ Lower cost foods are often found on the top and bottom shelves.
- ❑ If you have extra money and storage space, buy items that you use often in bulk when you see them on “special”.
- ❑ Compare prices between stores and popular brands.
- ❑ Unit pricing shows you the cost of an item per pound, kilogram or gram, and helps you compare prices of similar items of different brands and sizes. Most stores show the per-unit price on the shelf below the product.
- ❑ Use food labels to help you choose foods with less sugar, sodium and fat, and with more fibre.



5 Store it Right to Prevent Waste

Cupboard

- breads and cereals
- pasta and rice
- herbs and spices
- dry foods (i.e. flour)
- canned goods
- unopened condiments (i.e. ketchup)
- vegetable oil
- coffee
- bananas
- potatoes and onions (in a cool place)



Tip: Buy in bulk and save. Separate bulk packages into smaller family-sized bags, then freeze. Thaw only what you need.

Freezer

- all foods purchased frozen
- all **fresh** meat, fish or poultry to be kept more than three days
- all **cooked** meat, poultry, casseroles to be kept more than three days
- bread (optional - freezing keeps fresh)

Refrigerator

- milk, yogurt, cheese
- fresh meat, fish and poultry (up to 3 days on the lowest shelf)
- processed meats
- cooked meat, poultry, casseroles to be used in one or two days
- most fresh vegetables and fruit
- opened condiments
- butter, margarine
- peanut butter
- nuts
- eggs
- whole wheat flour



6 Use Leftovers

Throwing out food that is not eaten wastes money.

Here are some tips on how to use your leftovers:

- ❑ Add vegetables to your pasta, salads, casseroles, canned soups or spaghetti sauces.
- ❑ Add fruit to your yogurt, or blend into a milk shake or a smoothie.
- ❑ Use stale bread for grilled cheese sandwiches, French toast or croutons.
- ❑ Add leftover meat, cooked beans or tofu to a tossed salad, stir-fry, casserole, omelet, spaghetti sauce or soup.

Get the most out of your leftovers. Here's how:

- ❑ Place in refrigerator or freezer within two hours after cooking.
- ❑ Store in plastic or glass air-tight containers.
- ❑ Label and date containers/jars.
- ❑ Use refrigerated leftovers within two to three days after cooking. Use frozen leftovers within two months.
- ❑ Use only microwavable containers for heating leftovers in the microwave. Margarine or yogurt containers, for example, cannot be heated safely.



Sample One Week Menu

Use this menu to help plan your own menu based on your family's tastes and needs.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Fresh fruit, scrambled egg, whole grain toast, milk	Apple juice, cold whole grain cereal with milk	Orange, boiled egg, whole grain toast, milk	Orange juice, hot oatmeal made with milk and topped with raisins	Fresh fruit, peanut butter on whole grain toast, milk	Apple juice, whole grain toast, cheddar cheese	Orange juice, cold whole grain cereal with milk
NOON MEAL	Vegetable soup, salmon sandwich, orange, milk	Beef sandwich, cole slaw*, fresh fruit, milk	Tomato soup, grilled cheese sandwich, milk	Corn chowder*, whole grain bread, carrot sticks, milk	Quick macaroni and cheese*, lettuce and tomato, apple juice	Tuna casserole*, carrot sticks, banana, milk	Vegetable omelet*, whole grain bread, canned peaches, milk
EVENING MEAL	Chuck pot roast*, roast potatoes, carrots, whole grain bread, chocolate pudding	Vegetarian chili*, whole grain bread or cooked rice, vanilla pudding	Couscous with summer vegetables*, fruit crisp*	Roast chicken*, baked potatoes, green beans, whole grain bread, yogurt	Stir fried chicken and vegetables*, rice, oatmeal cookies, fresh fruit	Spaghetti with meat and tomato sauce, tossed salad, canned pineapple	Take-out pizza, tossed salad, frozen yogurt
SNACK	Whole grain toast, apple	Whole grain crackers, apple	Apple carrot muffin* and milk	Whole grain crackers, applesauce	Chocolate banana muffin* and milk	Cheese, whole grain crackers	Apple, sunflower seeds

* Recipes in "Step 7: Cook Your Own"

Tips used to make this menu plan

- ❑ Leftovers from Sunday's chuck pot roast are used to make beef sandwiches for Monday noon
- ❑ Baked beans, pea soup, eggs and peanut butter are inexpensive sources of protein and are used to keep meat costs down.
- ❑ Leftover chicken from Wednesday evening makes a delicious stir-fry on Thursday.
- ❑ Some fresh in season fresh fruits and vegetables are a bargain at certain times of the year. At other times, frozen or canned are cheaper.
- ❑ This menu would be good for a week when newspapers or store flyers advertise a sale on roasting chickens and ground beef.



7 Cook Your Own

Here are some easy ways to prepare meals that are less expensive than store bought, ready made foods.

How to Make a Pot Roast

1. Brown meat on all sides in a little hot oil in a big heavy pot.
2. Season with salt and pepper and add a small amount, about 60 mL ($\frac{1}{4}$ cup) of liquid (water or soup stock). Cover tightly and simmer in a 160°C (325°F) oven or on the stove-top until tender (about two hours per kg or one hour per lb). Vegetables can be added in the last half hour.



How to Roast a Chicken

1. Remove neck and giblets from inside chicken.
2. Place two or three garlic cloves and one large onion, chopped, in cavity of a three pound chicken.
3. Cook at 180°C (350°F) for about one and a half hours, (20-25 minutes per 500g (one pound)).
4. Baste occasionally with vegetable or olive oil. Chicken is done when bones separate easily from joints.

How to Make a “Catch-all” Casserole from Leftovers

1. In a large pot, add cooked legumes, cooked meat, fish or poultry (cut into bite-sized pieces), and an equal amount of cooked vegetables. You can also add cooked rice, macaroni or potato. Mix well.
2. Add one or more of the following to make it more moist: condensed cream soup, milk, vegetable broth, meat stock, tomato sauce or gravy.
3. Add a topping: bread crumbs, grated cheese or pastry.
4. Heat thoroughly at 190°C (375°F) for about 30 minutes.



How to Make an Omelet

1. In a bowl, beat together two eggs and 30 mL (2 tbsp) milk. Add a dash of salt and pepper.
2. Heat 5 mL (1 tsp) vegetable oil in frying pan on medium high heat.
3. Pour in egg mixture. Cook at low heat.
4. During cooking, lift edges and tip pan so that uncooked mixture flows underneath. Do not stir. Cook until omelet is set.
5. Sprinkle half of the omelet with tomato slices, pieces of onion, green pepper, leftover cooked vegetables, or grated cheese. Fold the omelet in half.



How to Stir-Fry

1. Cut 500 mL (2 cups) cooked meat or tofu into bite-size pieces. Prepare an equal amount of chopped vegetables* (carrots, celery, zucchini, green peppers, onions, mushrooms, etc). Mix together 30 mL (2 tbsp) cornstarch and 20 mL (1½ tbsp) soy sauce and set aside.
 2. In a hot frying pan or wok, heat 15-30 mL (1-2 tbsp) vegetable oil. Add vegetables and cook until tender crisp, stirring constantly. For more flavor add 5 mL (1 tsp) fresh ginger, minced and 1 garlic clove, minced.
 3. Add 250 mL (1 cup) beef, chicken or vegetable broth or water to the vegetables. Stir in cornstarch and soy sauce mixture. Stir until thickened.
 4. Add cooked meat or tofu. Heat thoroughly. Serve with rice, noodles, or pasta.
- * Double the amount of vegetables (1 L or 4 cups) for vegetable only stir-fry.



Recipes

Cole Slaw

Makes 6 servings

Ingredients

1 medium cabbage, shredded*
250 mL (1 cup) grated carrot
1 small onion, chopped
250 mL (1 cup) vinegar
60 mL (¼ cup) sugar
90 mL (6 tbsp) vegetable oil
5 mL (1 tsp) celery seed (optional)

Directions

- Prepare vegetables and mix together in a large bowl.
- In saucepan, combine vinegar, sugar, salad oil, celery seed and salt.
- Heat to boiling point, reduce heat and simmer three minutes.
- Pour hot dressing over vegetables, stir well, cover and chill in refrigerator. (Dressing may be re-used).

* OR use two 16 oz. bags of pre-cut coleslaw mix



Adapted from Anyone Can Cook, Ministry of Agriculture and Food Ontario

Vegetarian Chili

Makes about 4 servings

Ingredients

540 mL (one 19 oz) can red kidney beans
540 mL (one 19 oz) can chickpeas
796 mL (one 28 oz) can diced tomatoes
125 mL (½ cup) rice
1 large onion, chopped
1 clove garlic, chopped
15 mL (1 tbsp) oil
30 mL (2 tbsp) tomato paste
1 stock cube
chili powder to taste
salt and pepper to taste



Directions

- Drain and rinse kidney beans and chickpeas.
- Heat oil in a large saucepan on medium heat for about 30 seconds. Add garlic and onion. Fry until softened*.
- Add all other ingredients except chili powder and bring to a boil.
- Reduce heat. Add chili powder, salt and pepper and any other spices to taste. Simmer for about 1 hour, adding water if necessary.
- Serve topped with grated cheese. Enjoy with a green salad and whole wheat bread for a complete meal.

* For Chili Con Carne (chili with meat) add ground beef when cooking the onions and garlic.

You can also add frozen or leftover vegetables to this chili.

To see a video of this recipe, please go to

<http://www.parentinginottawa.ca/en/Vegetarian-Chili.aspx>

Corn Chowder

Makes 6 servings

Ingredients

15 mL (1 tbsp) vegetable oil or margarine
175 mL ($\frac{3}{4}$ cup) onion, chopped
375 mL (1 $\frac{1}{2}$ cups) potatoes, chopped
250 mL (1 cup) water
375 mL (1 $\frac{1}{2}$ cups) milk
15 mL (1 tbsp) flour
10 mL (2 tsp) dried basil
540 ml (one 19 oz) can cream style corn
salt and pepper to taste



Directions

- Melt margarine in a heavy pot over medium heat. Add onions. Cook until soft, about five minutes.
- Add potatoes and water. Bring to a boil.
- Turn heat to low. Cover and simmer until potatoes are almost soft, about 15 minutes.
- Mix together milk, flour, and Italian herbs in a bowl.
- Add milk mixture to potatoes.
- Turn heat to medium-low. Cook until thick and smooth. Stir constantly.
- Add corn and heat for five more minutes.
- Add salt and pepper to taste.

From the New Thrifty Kitchen, The Surrey Food Bank Advisory Council, 1998

Couscous with Summer Vegetables

Couscous is a delicious, mild tasting grain product originally from North Africa. It is available in bulk or in the pasta aisles of your supermarket.

Makes 8 servings

Ingredients

30 mL (2 tbsp) vegetable oil
3 stalks celery, chopped
3 carrots, chopped
2 zucchinis, chopped
15 mL (1 tbsp) dried basil
salt and pepper to taste
375 mL (1 ½ cups) couscous,
uncooked
500 mL (2 cups) vegetable stock



Directions

- Heat oil in a large pot over medium heat.
- Add celery and carrots. Cook until softened but not browned, about seven minutes. Stir often.
- Add zucchini and cook until slightly softened, about four minutes.
- Add basil, salt and pepper.
- Add couscous to pot and gently stir to mix well.
- Gently stir in vegetable stock. Bring to a boil.
- Cover pot and remove from heat. Let couscous stand until tender, and all liquid is absorbed, about five minutes.

From the New Thrifty Kitchen, The Surrey Food Bank Advisory Council, 1998

Quick Macaroni and Cheese

Makes 4 servings

Ingredients

250 mL (1 cup) dry macaroni
1 L (4 cups) boiling water
½ mL (1/8 tsp) salt
30 mL (2 tbsp) flour
1 mL (¼ tsp) dry mustard
½ mL (1/8 tsp) pepper
250 mL (1 cup) milk
15 mL (1 tbsp) onion, finely chopped
250 mL (1 cup) cheddar cheese, grated



Directions

- Cook macaroni in boiling, salted water until tender.
- Mix flour, mustard and pepper with 125 mL (½ cup) of the milk until smooth. With the remaining milk, mix together the onion and cheese. Stir into macaroni.
- Cook over low heat, stirring to prevent sticking until sauce thickens, about 10 minutes.

To see a video of this recipe, please go to <http://www.parentinginottawa.ca/en/Quick-Macaroni-and-Cheese.aspx>

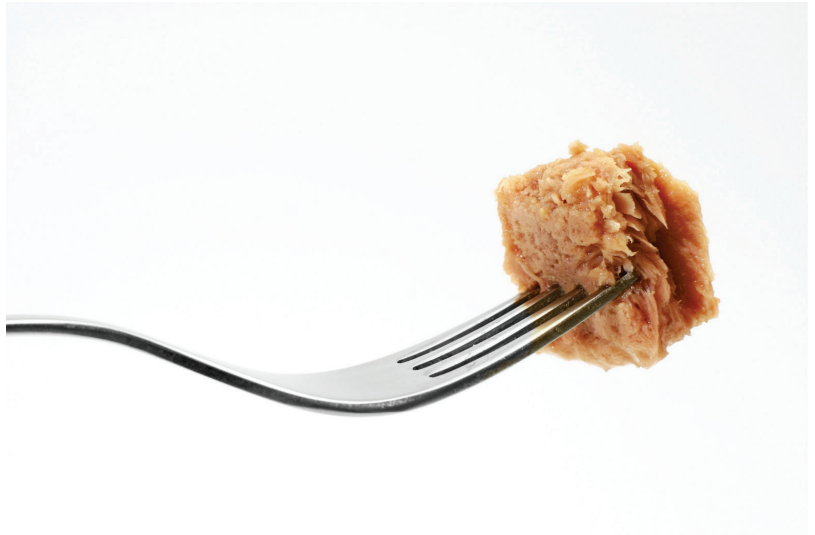
From the New Thrifty Kitchen, The Surrey Food Bank Advisory Council, 1998

Tuna Casserole

Makes 4 servings

Ingredients

196 g (one 7 oz) can tuna
500 mL (2 cups) rice, cooked
280 g (one 10 oz) can peas, drained
10 mL (2 tsp) margarine
125 mL (½ cup) onion, chopped
25 mL (5 tsp) flour
250 mL (1 cup) milk
2 mL (½ tsp) Worcestershire Sauce
½ mL (1/8 tsp) pepper
125 mL (½ cup) cheddar cheese,
grated



Directions

- Drain and flake tuna.
- Place cooked rice in bottom of a well-greased baking dish.
- Add peas and tuna.
- Fry onion in margarine until soft; add flour.
- Add seasonings to milk and add to flour mixture.
- Stir until thick. Pour over ingredients in baking dish.
- Top with cheese. Bake in 190°C (375°F) oven for 25 minutes.

Adapted from Eating Better... A Basic Shelf Cookbook, City of York Health Unit, 1987

Best Muffin Mix

This muffin mix is the base for two delicious muffin recipes. You can have a quick snack or dessert ready in very little time!

Makes 3 L (12 cups)

Ingredients

1375 mL (5 ½ cups) all-purpose flour
560 mL (2 ¼ cups) whole wheat flour
560 mL (2 ¼ cups) natural bran
475 mL (1 ¾ cups) skim milk powder
375 mL (1 ½ cups) granulated sugar
30 mL (2 tbsp) baking powder
10 mL (2 tsp) salt

Directions

- In a large bowl, stir together all ingredients. Stir well.
- Transfer in an airtight container.
- Store in a cool dry place.
- Stir well before using in a recipe.
- Use Best Muffin Mix in the delicious variations to follow!



Chocolate Banana Muffins

Makes 9 muffins

Ingredients

675 mL (2 ¾ cups) Best Muffin Mix
175 mL (¾ cup) chocolate chips
250 mL (1 cup) mashed bananas
75 mL (1/3 cup) water
75 mL (1/3 cup) vegetable oil
1 egg
5 mL (1 tsp) vanilla extract
9 (optional) thin banana slices

Directions

- In a large bowl, stir together Best Muffin Mix with chocolate chips.
- Whisk together banana, water, oil, egg and vanilla.
- Pour over dry ingredients. Stir together just until moistened.
- Spoon into greased or paper-lined muffin cups.
- Top each muffin with a slice of banana.
- Bake in 190°C (375°F) oven for about 30 minutes or until tops are firm to the touch.

Recipes reprinted with permission from Elizabeth Baird, Canadian Living Magazine, October 1994

Apple Carrot Muffins

Makes 9 muffins

Ingredients

675 mL (2 $\frac{3}{4}$ cups) Best Muffin Mix
375 mL (1 $\frac{1}{2}$ cups) about 5 small shredded carrots
150 mL ($\frac{2}{3}$ cup) raisins
5 mL (1 tsp) cinnamon
5 mL (1 tsp) nutmeg
2 mL ($\frac{1}{2}$ tsp) baking soda
175 mL ($\frac{3}{4}$ cup) apple juice
75 mL ($\frac{1}{3}$ cup) vegetable oil
60 mL ($\frac{1}{4}$ cup) molasses
1 egg
5 mL (1 tsp) vanilla extract

Directions

- In a large bowl, stir together Best Muffin Mix with carrots, raisins, cinnamon, nutmeg and baking soda.
- In a separate bowl, whisk together apple juice, oil, molasses, egg and vanilla.
- Pour over dry ingredients. Stir together just until moistened.
- Spoon into greased or paper-lined muffin cups.
- Bake in 190°C (375°F) oven for about 30 minutes or until tops are firm to the touch.

Fruit Crisp

Makes 6 servings

Ingredients

400 mL (4 cups) fresh, frozen or canned, drained fruit
175 mL ($\frac{3}{4}$ cup) quick-cooking rolled oats
30 mL (2 tbsp) water
50 mL (3 tbsp) all-purpose flour (white or whole wheat)
50 mL (3 tbsp) soft butter or margarine
50-75 mL (3-5 tbsp) brown sugar

Directions

- Place fruit in a 1.5 L (1 $\frac{1}{2}$ quart) greased baking pan or casserole dish. Add the water.
- Combine flour, sugar, rolled oats and salt in another bowl. Add butter or margarine and mix until crumbly.
- Sprinkle evenly over fruit.
- Bake uncovered at 190°C (375°F) for approximately 30 minutes or until fruit is tender and topping is golden brown.



Additional resources to help you out:

Ottawa Good Food Box

This program provides a variety of healthy and affordable fresh vegetables and fruit. For more information call 613-860-6767 or go to their website at ottawagoodfoodbox.ca.

The Ottawa Food Bank

If you are in need of food, find a food bank that is closest to you. Go to ottawafoodbank.ca for more information.

The Basic Shelf Cookbook

This cookbook has recipes that can be made from one list of low-cost, nutritious ingredients that make up a “basic shelf”. Most of these ingredients keep for a long time and do not need to be refrigerated. To order your own copy, call Canadian Public Health Association at 613-725-3769 or order online at <https://publications.cpha.ca/products/3-1bk04220>. The cost is \$7.50 plus tax and shipping.

Nutritious Food Basket

The Nutritious Food Basket survey measures the real cost of basic healthy eating. Ottawa Public Health collects the data from grocery stores across the city every year. If you would like information about the current cost of a Nutritious Food Basket, please call Ottawa Public Health at 613-580-6744 or go online at ottawapublichealth.ca.



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Ottawa Public Health

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