

Eat Well, Spend Less

Tips for Newcomers



Plan your shopping

- Decide how much you will spend per week or month on groceries.
- Check flyers, mobile apps and websites for deals on food.
- Plan your menu around specials and take inventory of the foods you already have at home.
- Make a grocery list and stick to it.
- Avoid grocery shopping on an empty stomach. You may be tempted to buy foods you don't need.

At the grocery store

- Get to know the cost of food. When possible, compare the unit price on the label to find the cheapest product.
- Look on all shelves. The less expensive products are sometimes found on the top or bottom shelves.
- Keep track of your spending by using a calculator.
- Choose seasonal vegetables and fruits, they are usually cheaper. Canned or frozen fruits and vegetables can also be healthy and economical choices.
- Buy in bulk or large format to save.

At home

- Prepare your meals at home! Highly processed ready-to-eat meals cost more and are less nutritious.
- Cook in larger quantities when you find ingredients on sale. Freeze the extra in meal-size portions.
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- Use leftovers. You can add leftover meat, rice, pasta or vegetables to your favorite dishes. For example, use leftover chicken to make sandwiches.
- If possible, grow some of your own food at home, or in a community garden.
- Drink tap water. Make water your beverage of choice!

Cooking at home saves money, develops new skills and adds to the pleasure of eating! Experiment with traditional recipes from different cultures to find tasty dishes at low prices.

Find recipe ideas:

[Canada's Food Guide - Food Guide Kitchen](#)



Find international grocery stores:

[Immigration - Specialty Grocery Stores](#)

