

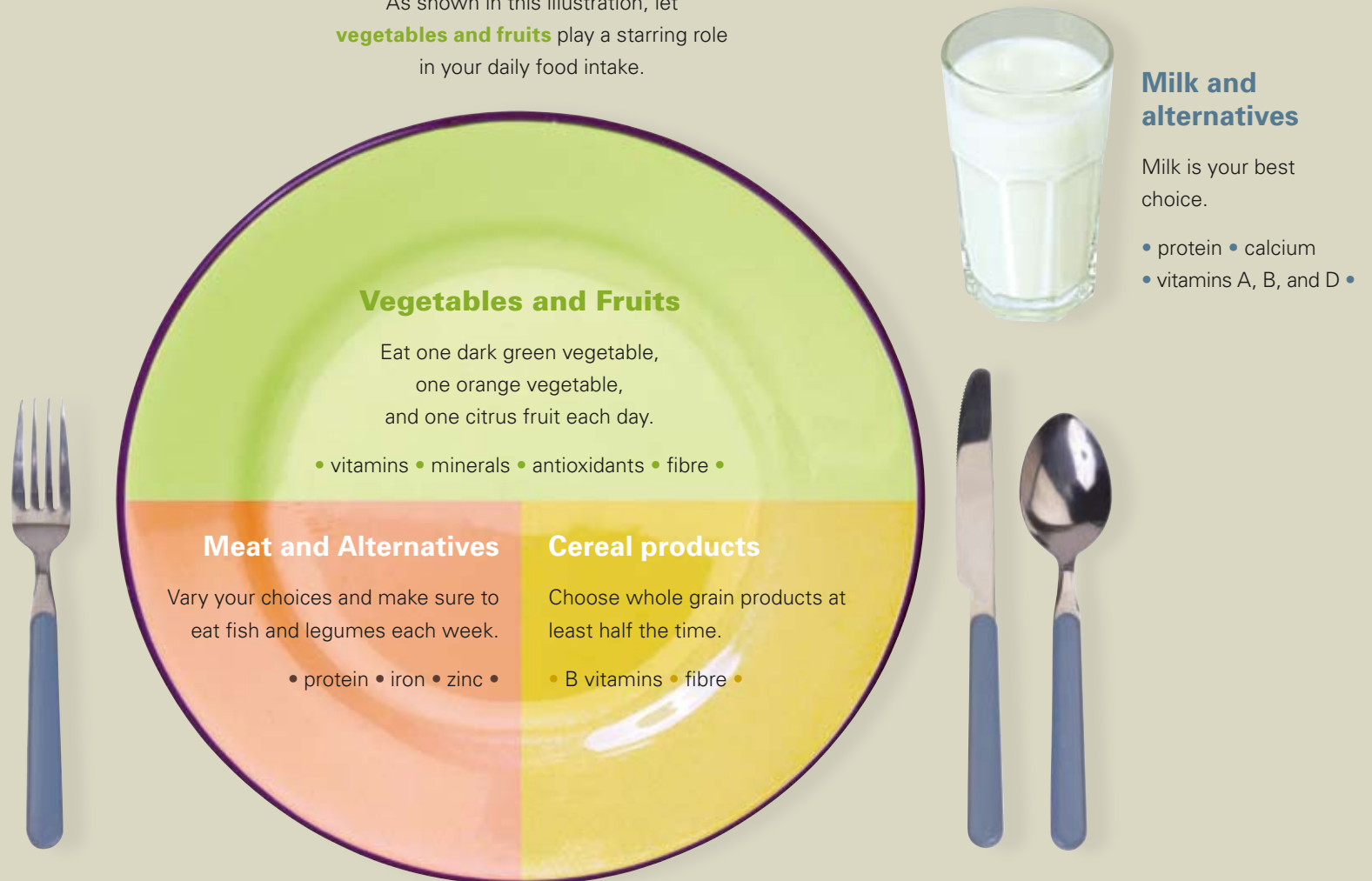


Eating Well on a Small Budget

Good nutrition favours and maintains good health. Healthy eating includes choosing a variety of foods from each of the four food groups of Canada's Food Guide: **vegetables and fruits**, **meat and alternatives**, **cereal products**, and **milk and alternatives**. Although a challenge, eating well on a small budget is possible. To do so, one needs a little planning, some creativity and basic cooking skills. Everyone can do it.

A Nutritious Meal

As shown in this illustration, let **vegetables and fruits** play a starring role in your daily food intake.



Vegetables and Fruits

Eat one dark green vegetable,
one orange vegetable,
and one citrus fruit each day.

- vitamins • minerals • antioxidants • fibre •

Meat and Alternatives

Vary your choices and make sure to
eat fish and legumes each week.

- protein • iron • zinc •

Cereal products

Choose whole grain products at
least half the time.

- B vitamins • fibre •



Milk and alternatives

Milk is your best choice.

- protein • calcium
- vitamins A, B, and D •

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The Montreal Diet Dispensary (MDD) Nutritious Food Basket A Nourishing and Economical Food Order

Use this shopping guide to make your family's weekly food order.

- 1) Using the table, highlight each family member according to sex and age, and the corresponding column underneath.
- 2) For each food category, add up the necessary amounts for each family member and enter this number in the column under "TOTAL".
- 3) To create your weekly shopping list use the amounts entered in the "TOTAL" column for each food category.

Food category	Unit	Child	Male Individuals								Female Individuals								Pregnancy			Lactation			TOTAL
		1 to 3	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	4 to 8	9 to 13	14 to 18	19 to 30	31 to 50	51 to 70	≥ 71	≤ 18	19 to 30	31 to 50	≤ 18	19 to 30	31 to 50			
Milk 3.25% m.f.	Litre	5	—	—	—	—	—	—	—	—	—	—	—	—	—	—	7	7	7	7	7	7			
Milk 2% m.f.	Litre	—	5	6	7	6	5	—	—	5	6	6	5	5	—	—	—	—	—	—	—	—			
Milk 1% m.f.	Litre	—	—	—	—	—	—	5	5	—	—	—	—	—	5	5	—	—	—	—	—	—			
Meat	kg	0.21	0.48	0.48	0.75	0.75	0.75	0.75	0.68	0.42	0.42	0.60	0.60	0.60	0.60	0.48	0.60	0.60	0.60	0.60	0.60	0.60			
Fish	kg	0.12	0.18	0.24	0.30	0.30	0.30	0.30	0.30	0.18	0.24	0.24	0.30	0.30	0.30	0.24	0.30	0.30	0.30	0.30	0.30	0.30			
Liver	kg	0.03	0.06	0.09	0.15	0.15	0.15	0.15	0.15	0.06	0.09	0.12	0.12	0.12	0.12	0.12	0.15	0.15	0.15	0.15	0.15	0.15			
Eggs	unit	3	3	4	6	3	3	3	3	3	3	3	3	3	3	3	7	7	7	7	7	7			
Cheese	g	60	120	120	150	150	120	120	120	90	120	120	120	120	120	120	120	120	120	120	120	120			
Peanut butter	g	90	120	210	240	150	150	150	120	105	135	135	135	135	120	120	180	135	120	135	135	135			
Legumes*	g	60	100	180	240	240	200	200	200	100	150	150	200	200	200	200	200	200	200	200	200	200			
Citrus	kg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2			
Other fruits	kg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1			
Vegetables	kg	1	1.5	2.5	2.5	2.5	2.5	2.5	2.5	1.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5			
Potatoes	kg	0.5	1	1.5	2	2	1.75	1.5	1.25	1	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25	1.25			
Bread	sl.**	14	28	42	56	35	35	28	28	28	35	35	35	28	21	21	35	28	28	35	28	28			
Rice, pasta, flour, etc.	g	120	210	280	350	350	300	300	300	175	245	245	245	210	210	210	270	210	210	210	210	210			
Breakfast cereals	g	210	280	420	420	420	420	420	350	210	315	315	315	280	280	210	420	350	280	350	420	280			
Butter/Margarine	g	30	90	105	135	135	135	105	105	70	75	75	75	75	75	60	75	75	75	75	75	75			
Other fats	g	60	105	135	180	180	180	180	165	105	135	135	135	135	135	120	135	135	105	135	135	105			
Sugar	g	60	105	135	210	210	210	210	180	105	105	105	105	105	105	105	105	105	105	105	105	105			
Other sweets	g	60	105	135	180	180	180	180	180	105	120	120	120	120	120	120	120	120	105	120	120	105			
Flax seed	g	—	—	49	49	49	49	49	49	—	49	49	49	49	49	49	49	49	49	49	49	49			
Baby cereal	g	60	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			

* dried beans or peas (30 g = 125 ml or ½ cup cooked)

** slice (= 30 g)

Reference Prices



In January 2007, the cost of the MDD food basket was \$6.11 per person per day.

Use the opposite list of reference prices to find the best buys at the grocery store.

- 1) On the package, or on the shelf label, locate the price of the food. Ensure that you are comparing the same unit as that in the table.
- 2) Compare the food price with that in the table to check if it costs more, less or about the same.
- 3) Good "economical" choices will now be clear to you!

Food categories	Reference price (\$) / unit *
Milk 2%	1.22 / L
Meat**	7.25 / kg
Pork liver	4.00 / kg
Fish**	9.48 / kg
Eggs	2.49 / dozen
Cheese	11.33 / kg
Peanut butter	1.99 / 500 g
Legumes	4.06 / kg
Potato	0.66 / kg
Vegetables (other than potato)**	3.25 / kg
Citrus	1.55 / kg
Fruits (other than citrus)**	2.64 / kg
Breakfast cereals	4.26 / kg
Bread	1.99 / 675 g
Rice / pasta / flour	1.64 / kg

* Based on the January 2007 prices of the MDD food basket

** Average price to match for the food category

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The Chefs'

Recipes

Here are four healthy, economical, savoury recipes created by the chefs who participated in the "Challenge":

•
Sœur Angèle

•
Pasquale Vari

•
Nicole-Anne Gagnon

•
Stelio Perombelon

•
Bon appetit!

Sœur Angèle

Warm Bean Salad

8 servings

- 1 $\frac{2}{3}$ cups cooked dried beans (400 mL)
of your choice
or 1 can 14 oz (398 mL) mixed beans
- $\frac{1}{4}$ cup vegetable oil (60 mL)
- 1 yellow or red onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 1 can 12 oz (341 mL) corn kernels
- 2 fresh tomatoes, diced
- $\frac{1}{4}$ cup soy sauce (60 mL)
- 1 tbsp prepared mustard (15 mL)
- 1 tbsp dry basil (15 mL)
- $\frac{1}{2}$ tsp ground cinnamon (2 mL)
- $\frac{1}{2}$ tsp cumin (2 mL)
- $\frac{1}{2}$ tsp chili powder (2 mL)
- 2 cups broccoli florets, blanched (500 mL)
- 1 cup frozen diced mixed vegetables (250 mL)
- 1 tbsp lemon juice (15 mL)
- Pepper to taste

Instructions

1. Drain and rinse beans well.
2. Heat oil in a saucepan; sauté onion, garlic and celery until onion is transparent.
3. Drain corn. Add to saucepan with all other ingredients, except the beans.
4. Bring to a boil and then add the beans.
5. Heat through and serve.

The salad may also be made ahead of time, chilled, and served cold.



Pasquale Vari

chef at ITHQ

Exotic Chicken and Vegetable Fricassee

4 servings

- 3 medium carrots
- 4 chicken thighs
- 2 onions, chopped
- 2 garlic cloves, minced
- $\frac{1}{4}$ cup vegetable oil (60 mL)
- 2 cans 19 oz (540 mL) whole tomatoes
- 1 tsp curry powder (5 mL) – more, if desired
- 1 tsp ground cumin (5 mL)
- 2 cups frozen green beans (500 mL)
- Salt and pepper to taste

Instructions

1. Peel and cut carrots, julienne style (narrow sticks).
2. Remove skin from chicken thighs.
3. In a saucepan or Dutch oven, sauté onion and garlic in oil.
4. Add chicken and cook for 4 minutes.
5. Chop tomatoes coarsely and add to chicken mixture.
6. Add spices, salt and pepper.
7. Bring to a boil. Reduce heat and simmer for at least 35 minutes.
8. Add carrots and green beans. Simmer a few more minutes until carrots are tender.
9. Serve the fricassee with cooked macaroni.



Nicole-Anne Gagnon

chef at ITHQ



Baked Sole Niçois

4 servings

- 1 garlic head
- 2 tbsp vegetable oil (30 ml)
- 1¼ lb frozen filets of sole (560 g)
- 1 onion, finely sliced into rings
- 1 fresh tomato, cubed
- ½ tsp dry mustard powder (2 ml)
- ½ tsp crushed dried thyme (2 ml)
- 3 hard boiled eggs
- 5 finely sliced potatoes
- 3 tbsp vegetable oil (45 ml)
- Salt and pepper to taste

Instructions

1. Preheat oven to 350°F (180°C).
2. Cut top off garlic head and drizzle top with one teaspoon oil.
3. Wrap garlic head in aluminium foil and bake in oven for 30 minutes. Let cool and press out two or three cloves. *
4. Meanwhile, cut sole filets into strips. Mix the sole, onion rings, diced tomatoes, one teaspoon oil, mustard powder, thyme and the two or three baked garlic cloves.
5. Add salt and pepper if desired and place in an ovenproof dish.
6. Slice or cube the hard boiled eggs and add to the dish.
7. Cover with potato slices. Drizzle with remaining oil. Salt to taste.
8. Cook in oven at 375°F (190°C) for 30 minutes or until potatoes are tender and golden.
9. Serve with a green vegetable.

Variation: Replace sliced potatoes with mashed potatoes. Cover with aluminium foil before placing in oven.

* *The rest of the garlic can be conserved for a few days in the fridge. This step can be done in advance while cooking another dish.*

Stelio Perombelon



Caramelized Beef on Apple, Carrot and Spinach Salad with Honey Dressing

4 servings

- 1 lb round steak (500 g)
- ½ cup broccoli florets (125 ml)

- Marinade**
- 1 tsp dry mustard powder (5 ml)
 - 1 tsp ground ginger (5 ml)
 - 1 tbsp soy sauce (15 ml)
 - 1 tsp honey (5 ml)
 - 1 garlic clove, minced

- Dressing**
- 2 tsp honey (10 ml)
 - 2 tbsp white vinegar (30 ml)
 - ⅔ cup canola oil (150 ml)
 - 1 tbsp dried basil (15 ml)
 - Salt and pepper to taste

- Salad**
- 2 cups fresh spinach (500 ml)
 - 2 cups lettuce (500 ml)
 - 4 grated apples
 - 4 grated carrots

Instructions

1. Mix ingredients to make marinade.
2. Cut beef into strips and marinate for 15 minutes.
3. To make dressing mix honey and vinegar in a bowl. Warm for a few seconds to dissolve (can be done in microwave oven). Let cool and add oil, basil, salt and pepper.
4. To prepare salad cut spinach and lettuce into fine strips. Add grated apples and carrots. Set aside.
5. Heat a bit of oil in a non-stick frying pan. Stir-fry marinated beef strips allowing strips to caramelize on each side (about 1½ minutes) before flipping. Once cooked, drain using a colander.
6. In the same pan, add a bit of oil and sauté broccoli, keeping it crunchy.

To serve:

1. Toss salad ingredients with dressing and divide onto 4 plates.
2. Cover with beef strips and broccoli and serve.