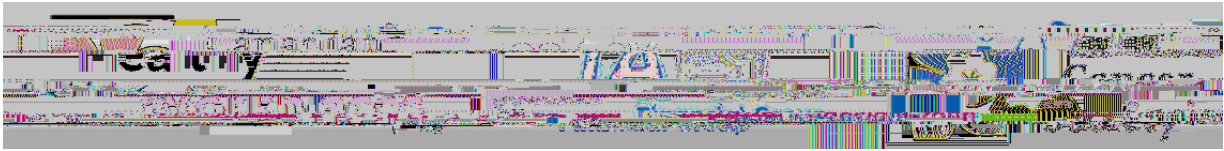


Eating Well – Work Edition

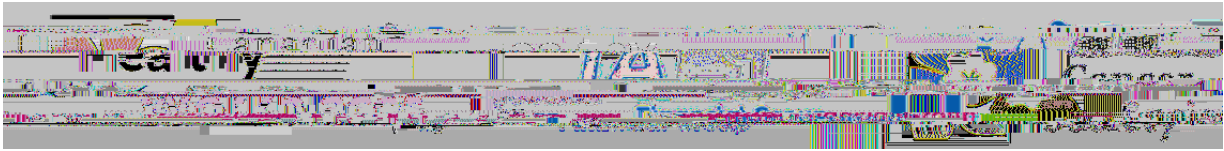
It can be tricky to eat well when you've got a busy day at work. The key is to plan ahead by packing a healthy



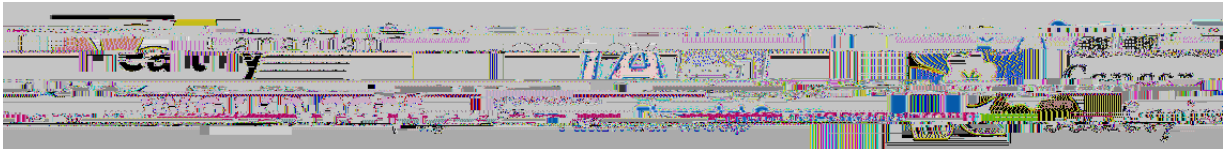
Canada's New Food Guide

Canada's Food Guide recommends that you eat a variety of healthy foods each day. This includes:





Eating Healthy on a Budget



Shop for sales

- ✓ Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list.
- ✓ Look for reduced prices. Products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price or discount. These products are just as healthy as “perfect” varieties and buying them also helps reduce food waste.

Compare prices

- ✓ Compare the unit price on the label to know which product is less expensive.
- ✓ In grocery stores where price-matching is offered, use flyers or apps like Flipp to price match products on sale.
- ✓ Scan different shelves. Companies pay more to place their products at eye level. You may find other versions of the same foods on higher or lower shelves.
- ✓ Compare prices on generic and brand name products to see if there is a difference before choosing.
- ✓ Foods sold in single-serve packaging can cost more. Buy the full size or family size version and divide it up yourself.

Stock up

- ✓ Stock up on canned goods and staples when they are on sale.
- ✓ Extend the shelf life of sale products. Freeze:
 - fish
 - fruit
 - vegetables
 - whole grain bread
 - lean meats or poultry
- ✓ Buying foods in bulk can help you save money. Be careful not to buy more than you need, because this can lead to waste.

Consider the season

- ✓ Fresh vegetables and fruit are usually less expensive when they are in season.
- ✓ Frozen and canned vegetables and fruits are also healthy options. They can be less expensive than fresh produce when it is out of season.

Choose plant-based protein foods more often

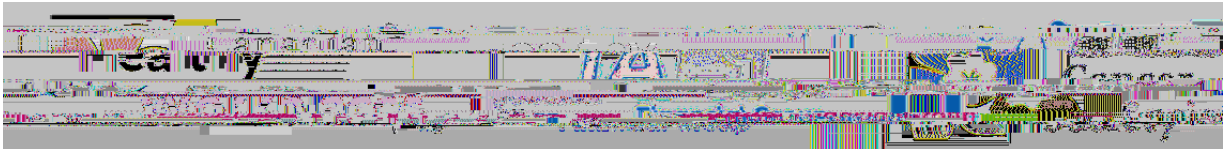
- ✓ Beans, lentils and other legumes are inexpensive protein foods. Use them in your meals several times a week.

Limit highly processed foods

- ✓ Limit highly processed foods. These are usually low in vitamins and minerals and can cost more.
- ✓ Prepare foods at home. Although they can save time, prepackaged foods such as grated cheese and pre-seasoned meat cost more.

Explore grocery stores

- ✓ Shop at discount grocery stores, which offer lower prices.
- ✓ Avoid grocery shopping at convenience stores, which are more expensive.



- ✓ Check with your grocery store to see if it offers any discounts. Some stores feature a "seniors' day" or a student discount day with special discounts.

Sources: Canadian Cancer Society