



Eat**Right** Ontario

Food Choices

When Money is Tight

MILK AND ALTERNATIVES BEST BUYS

My family enjoys milk products and yogurt. Are there any ways to save money?

- **Choose low fat milk** (skim, 1% M.F., or 2% M.F). It is the healthiest choice for adults and children over two years old.
- **Buy milk in 4 L bags or jugs instead of cartons.** Milk can be frozen for up to three months. Thaw bags of milk in your refrigerator and shake it before you open it.
- **Skim milk powder costs less than milk and is just as nutritious.** Once skim milk powder has been mixed with water, try mixing it with an equal amount of milk from the bag or carton for a creamier taste. You can also use it for cooking or baking.
- **Buy yogurt in a larger container** instead of single serve portions.
- **There is no need to spend extra money on ultra filtered milk.** It is no more nutritious than regular milk. The slightly longer shelf life is not important for most people.

Nutrition Tip:

If you prefer not to drink milk, try fortified soy beverages as an alternative.





EatRight Ontario

Food Choices

When Money is Tight

Many of the meals I make use cheese. What are the best buys?

- **Buy cheese in blocks when it is on sale** and slice or grate it yourself.
- **Freeze grated or block cheese to help make it last longer.** It will crumble when you thaw it, but it will be just as nutritious.
- **Skim milk and low fat cheeses (less than 20% M.F.) are healthier choices but often cost more.** Use a smaller amount of regular cheese in your recipes to save money and reduce fat.
- **Low fat cottage cheese can be a good substitute** for regular cheese in some recipes
- **Compare brands and the price of cheese per kilogram.** “No Name” or deli-packaged cheese often cost less.



To learn more, watch EatRight Ontario videos at
<http://www.eatrightontario.ca/en/videolist>.

Questions to ask your community service provider OR contact EatRight Ontario

- How much calcium and vitamin D do I need?
- How many servings of Milk and Alternatives does Canada's Food Guide recommend? What is a serving?



To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

Factsheet distributed by:



Eat**Right** Ontario

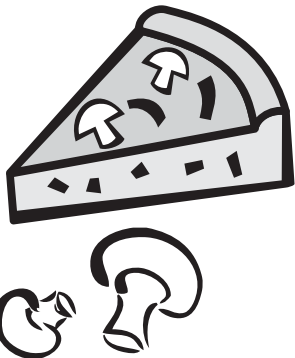
Food Choices

When Money is Tight

MILK AND ALTERNATIVES
BEST BUYS

RECIPES

You can also add leftover cooked meat such as diced ham or or chicken or ground beef.



Crustless Vegetable Cheese Quiche Serves 4

1 tsp	vegetable oil	5 mL
½	small onion, chopped	½
½ cup	sliced mushrooms (or canned)	125 mL
½ cup	chopped red or green pepper	125 mL
1 cup	grated Cheddar cheese	250 mL
4	eggs	4
1 cup	milk or (or make from skim milk powder)	250 mL
3 tbsp	butter or margarine, melted	45 mL
1/3 cup	all-purpose flour	75 mL
½ tsp	garlic powder	2 mL
½ tsp	dried parsley	2 mL
	salt and pepper to taste	

1. Put oil in large frying pan and set at medium heat. Add onion, mushrooms, and peppers. Cook and stir until vegetables are soft, about 5 minutes.
2. Spread vegetable mixture in a greased 8 x 8 x 2-inch (2 L) baking pan. Sprinkle cheese over top.
3. Combine eggs, milk melted butter or margarine, flour, garlic powder, parsley, and salt and pepper in a medium bowl. Beat with a whisk or fork until smooth. Pour mixture over cheese.
4. Bake, uncovered, in a 350° F oven for 40-45 minutes. Let stand for 5 minutes before serving.



EatRight Ontario

Food Choices

When Money is Tight

MILK AND ALTERNATIVES BEST BUYS

RECIPES

Yogurt Breakfast Parfait

¾ cup	low-fat yogurt (plain, vanilla or fruit-flavoured)	175 mL
½ cup	fruit (e.g. fresh or frozen berries, canned fruit, sliced bananas, apples or pears)	125 mL
½ cup	high fibre cereal (e.g. bran flakes, all bran)	125 mL

1. Put yogurt in a bowl. Top with fruit and cereal.



To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

Factsheet distributed by: