



Eat**Right** Ontario

# Food Choices

## When Money is Tight

### VEGETABLE **BEST BUYS**

I know I should eat more vegetables. How can I do this when I don't have a lot of money to buy fresh vegetables?

Eating lots of vegetables has many health benefits. Try these tips to help you eat more vegetables and keep costs down:

- **Buy fresh vegetables when they are in season.** Shop at farmers' markets, flea markets, or pick-your-own farms to save money on locally grown vegetables. Go to [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) for a guide on when Ontario vegetables are available.
- **Some fresh vegetables are a good buy all year round.** For example, potatoes, carrots, cabbage, onions and sweet potatoes.
- **Bags of vegetables** such as potatoes and onions are a better buy than single pieces.
- **Pre-washed, pre-cut and packaged vegetables and salads cost more.** Save money by preparing your own.
- **Look for a food buying club in your area** (e.g. The Good Food Box). Go to [www.foodshare.net](http://www.foodshare.net) for more information on Good Food Box programs in Ontario.
- **Try growing your own vegetables** in a small garden, window box, or container. Look for a Community Garden in your area where you can grow vegetables with other people.

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**Nutrition Tip:**  
Choose dark green and orange vegetables more often. They have many important nutrients.





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### Frozen and canned vegetables cost less than fresh but are they as healthy?

- **Frozen vegetables can be just as nutritious as fresh.** Choose plain frozen vegetables without added seasonings and sauces. They cost less and have less salt, sugar and fat. Frozen vegetables keep well and are always ready to be added to other menu items.
  - **Canned vegetables can also be a healthy choice.** Drain and rinse to help wash away some of the salt. Choose lower sodium (salt) brands when you can.
  - **Save money by buying frozen and canned vegetables on sale.** “No Name” or store brands usually cost less.
- Add frozen or leftover vegetables to soups, chili, stews, curries or salads.
  - Add a package of fresh or thawed frozen spinach in your favourite lasagna or pasta recipe.
  - Add peas, broccoli or cauliflower to macaroni and cheese.
  - Use frozen mixed vegetables to make a stir fry.
  - Enjoy hearty vegetable soups as a main dish.

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

#### Questions to ask your community service agency OR contact EatRight Ontario

- How can I help my kids eat more vegetables?
- What are the health benefits of dark green and orange vegetables?
- How many servings of Vegetables and Fruit 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](http://www.eatrightontario.ca/en/budget)

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## RECIPES

### Oven-Baked Sweet Potato Fries

with Curry Mayo Serves 8

#### Sweet Potato Fries

1 ½ lbs	sweet potatoes, peeled and cut into ½ - inch (1 cm) thick spears	750g
¼ cup	canola or olive oil	60 mL
1 tsp	ground cumin	5 mL
½ tsp	salt (optional)	2 mL

#### Curry Mayo

¼ cup	light mayonnaise	60mL
1 tsp	curry powder	5mL
1 tsp	liquid honey	5mL

#### Fries:

1. Heat oven to 425° F (220° C).
2. In a large bowl, combine sweet potatoes, oil and cumin, tossing until fries are well coated.
3. Spread in a single layer on a baking sheet lined with foil. Bake for 15 minutes. Flip potatoes over and bake for 15 minutes until browned and tender.
4. Transfer potatoes to a plate lined with paper towels and sprinkle with salt (if using).

**Mayo:** Meanwhile, in a small bowl, combine mayonnaise, curry powder and honey. Cover and refrigerate until ready to use. Serve fries with curry mayo for dipping.

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**Tip:**  
1 ½ lbs (750g)  
is about 6 sweet  
potatoes.





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## RECIPES

### Roasted Vegetables Serves 4

4 cups	mixed vegetables (potatoes, carrots, onions, squash, turnip etc.)	1 L
2 tbsp	vegetable oil	30 mL
1 tsp	dried thyme, rosemary or basil	5 mL
2 tbsp	sugar or honey (optional)	30 mL
1 tsp	mustard or 1 tsp (5 mL) dried mustard	15 mL

1. Heat oven to 400° F.
2. Cut vegetables in one inch (2.5 cm) pieces. Place in lightly greased 9 x 13 inch (4 L) pan.
3. Mix together the rest of the ingredients and toss together with vegetables in the pan.
4. Bake for 45 minutes to 1 hour until vegetables are tender. Stir once or twice.

*(Adapted with permission from You Can Cook, Naniamo Community Kitchens Society. [www.naniamocommunitykitchens.org](http://www.naniamocommunitykitchens.org))*



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