

Food Choices When Money is Tight - Budget-Friendly Information Sheets and Recipes

Download and print these information sheets. They provide budget-friendly recipes, practical tips on saving money at the grocery store and healthy meal ideas that make the most of each ingredient.

Meal Planning Tips and Recipes

[Healthy Family Meals \(PDF\)](#)

[Planning Healthy Meals \(PDF\)](#)

[More recipes \(PDF\)](#)

Saving Money at the Grocery Store

[Save Money at the Grocery Store \(PDF\)](#)

[Fruit Best Buys \(PDF\)](#)

[Storing Fruit \(PDF\)](#)

[Vegetable Best Buys \(PDF\)](#)

[Storing Vegetables \(PDF\)](#)

[Grain Products Best Buys \(PDF\)](#)

[Meat and Alternatives Best Buys \(PDF\)](#)

[Milk and Alternatives Best Buys \(PDF\)](#)

[Places to go when you do not have enough money for food \(PDF\)](#)

