

Budget-Friendly Nutrition

Good nutrition is important at any age



You can buy a variety of **healthy foods** and still **control what you spend**.

Some local senior's centres and organizations (e.g., Meals on Wheels) **offer low cost, hot meals**.

BUDGET-FRIENDLY SHOPPING

Healthy eating does not have to cost more. You can still choose many different healthy foods while eating on a budget.

Tips to eat healthy on a budget:



Make a list of groceries that you need and stick to the list



Go shopping with a friend and split large packages



Compare prices between similar food items and brands



Buy foods that are in-season, frozen, and canned



Look for senior discount days and other sales

TRANSPORTATION

Travelling to and from the grocery store can be challenging, **but there are still other ways to access healthy foods.**

Tips to access healthy foods with and without transportation:

 Check if a community program offers rides to the grocery store

 Split the cost of taxi or ride share program with a friend

 Ask a family member or friend who drives if you can go together

 Order your groceries by phone or online for home delivery

LOW COST FOODS

Vegetables and fruits

Fresh vegetables and fruits that are in-season, frozen vegetables and fruits, canned, low-sodium/low-sugar vegetables and fruits

Whole grain foods

Whole grain pasta, whole grain bread, brown or wild rice, oatmeal, cornmeal, cream of wheat

Protein foods

Dried or low-sodium canned beans, peas or lentils, eggs, tofu, canned fish, less expensive cuts of meat (e.g., stewing, blade, flank, pork shoulder), powdered milk

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Learn more! Explore helpful resources and tools at: food-guide.canada.ca