
Nutrition Month 2021

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March is Nutrition Month.

Healthy eating is different for everyone. Everyone has their own culture and traditions. Everyone has their own preferences and nutritional needs. There is no “one-size-fits-all” for healthy eating.

This year’s theme is “Good for you! Dieticians help you find your healthy.”

Visit nutritionmonth2021.ca for more tips and ideas on healthy eating for you.

7 tips to plan meals on a budget

Here are seven tips to help you plan nutritious meals on a budget:

1. Plan your meals around foods that are on sale. Check store flyers, newspaper inserts and coupon sites online.
2. Plan at least one meatless meal a week. Legumes (beans, lentils, dried peas), eggs, tofu, peanut butter and canned fish offer protein at a good price.
3. Check your pantry, refrigerator and freezer. Look at the expiry dates of the foods and ingredients. Find recipes to use them up.
4. Grains such as rice, pasta, barley and couscous are inexpensive. They can be used in soups, stews and salads.
5. Avoid recipes that need a special ingredient you may only use once. Leave the ingredient out or try the recipe with one you already have at home.
6. Vegetables and fruit cost less when in season.
7. Make extras. Don’t let vegetables go to waste. Use them all up by making an extra big pot of soup.



Adapted from unlockfood.ca • Photos: Pixabay/Steve Buissinne
