



EATING WELL FOR LESS

 The John Howard Society of Fredericton

Benefits of Meal Planning

- * Helps save money & keeps you within your budget
- * Helps you save time in your kitchen
- * Allows you to make use of foods you have on hand
- * Reduces impulse buying and trips to the store
- * Helps you plan according to weekly specials
- * Reduces food waste and allows you to plan for leftovers.

Planning ahead

- * Set aside time to plan your meals for the week
- * If you use Food Smart and the Food Bank, be sure to check what you already have from these sources before you make your plan.
- * Determine your weekly budget
- * Plan to shop on optimum days. It is good to catch the Superstore on Wednesday evenings before their Thursday flyer comes out. Meat can be found discounted in the morning at St. Mary's grocery.
- * Make & use a grocery list based on that plan

Getting the Most out of Your Kitchen and Dollar

Eating is one of life's greatest pleasures. In a perfect world, healthy and delicious food would be all around us. It would be easy to choose and easy to enjoy. But of course it's not a perfect world. There are many barriers that can keep us from eating in a way that nourishes our bodies and satisfies our

tastes. Money just needn't be one of them. Kitchen skill, not budget, is the key to great food.

This booklet is designed to share delicious meals available to those on even the most strict of budgets and to share information about how to find nutritious and affordable food in the Fredericton area.



Tips for Meal Planning

Menu planning involves thinking about ways to make all aspects of mealtimes simpler, from shopping to cooking, to using leftovers. Creating a menu is a small investment of time that can create big rewards. Once you have a system in place, the rest will be a breeze.

Start by planning your main meal each day then plan for breakfast, lunch and snacks

Cook once – eat twice: the main ingredient for several meals can be made at one time. A roast chicken one night can be used for sandwiches, fajitas and soups through the week

Plan to cook in a large batch and freeze smaller portions for later, i.e., spaghetti, chili, soups and stews

Invest in good freezer containers or bags: shallow containers stack easily and allow for quick cooling and nice storage. Remember to label your bags or contain-

ers: what it is and the date stored.

Buy food that can be used in multiple ingredients: for example, if broccoli is on sale, it can be used as a side dish, in a chili or pasta sauce and in salad.

Think seasonally: fruit and vegetables are cheaper in their growing season and are much tastier. Use less expensive root vegetables in the winter

Buy in bulk: buying larger amounts can sometimes bring the price down. When you are working within a tight budget, you won't always be able to afford to shop for the future, but do it when you can. you

Rosemary Garlic Beef Stew

Total Cost: \$12.95 Cost Per Serving: \$1.62
Serves: 8 (1.25 cup)

1/2 lb. (4 medium) carrots \$0.55
1/2 sleeve celery \$0.65
1 medium onion \$0.36
2 lbs. red potatoes \$1.00
1 cup frozen peas \$0.80
2 Tbsp olive oil \$0.32
4 cloves garlic, minced \$0.32
1 1/2 lbs. beef stew meat \$9.06
Salt and pepper \$0.05
1/4 cup all-purpose flour \$0.04
2 cups beef broth \$0.30
2 Tbsp Dijon mustard \$0.24
1 Tbsp Worcestershire sauce \$0.06
1 Tbsp soy sauce \$0.10
1/2 Tbsp brown sugar \$0.02
1/2 Tbsp dried rosemary \$0.15

Instructions

Dice the onion and slice the carrots and celery. Wash the potatoes well and cut them into one inch cubes. Place the onion, carrots, celery, and potatoes into a large slow cooker. Place the stew meat in a large bowl and season liberally with salt and pepper. Add the flour and toss the meat until it is coated. Set the floured meat aside. Heat the olive oil in a large heavy skillet over medium heat. Sauté the garlic in the hot oil for about one minute, or until soft and fragrant. Add the floured meat and all the flour from the bottom of the bowl to the skillet. Let the beef cook without stirring for a few minutes to allow it to brown on one side. Stir and repeat until most or all sides of the beef pieces are browned. Add the browned beef to the slow cooker and stir to combine with the vegetables. Return the skillet to the burner and turn the heat down to low. Add the beef broth, Dijon, Worcestershire sauce, soy sauce, brown sugar, rosemary, and thyme to the skillet. Stir to combine the ingredients and dissolve the browned bits from the bottom of the skillet. Once everything is dissolved off the bottom of the skillet, pour the sauce over the ingredients in the slow cooker. The sauce will not cover the contents of the slow cooker, but it's okay. More moisture will be released as it cooks. Place the lid on the slow cooker and cook on high for four hours. After four hours, remove the lid and stir the stew, breaking the beef into smaller pieces as you stir. Taste the stew and adjust the salt if needed. Serve hot as is, or over a bowl of rice or pasta.

Chunky Lentil and Vegetable Soup

Total Cost: \$5.24 Cost Per Serving: \$0.52
Serves: 8 (1.25 cups)

2 Tbsp olive oil \$0.32
2 cloves garlic \$0.25
1 medium onion \$0.35
1/2 lb. (3-4) carrots \$0.55
3 ribs celery \$0.80
1 (15 oz.) can black beans \$1.15
1 cup brown or green lentils \$0.40
1 tsp cumin \$0.10
1 tsp oregano \$0.10
1/4 tsp cayenne pepper \$0.02
1 tsp sugar
Freshly ground black pepper \$0.05
1 (15 oz.) can diced tomatoes \$1.15
4 cups vegetable broth \$0.52
1/2 tsp salt \$0.02

This is a highly nutritious soup, rich in protein and vitamins. It is also super easy to whip up! Mince the garlic and dice the onion, slice the celery and peel and slice the carrots. Add all to slow cooker with oil.

Drain the can of black beans and add it to the cooker along with the dry lentils, cumin, oregano, cayenne pepper, and some pepper and sugar. Finally, add the diced tomatoes (with juices) and vegetable broth, and stir to combine.

Cook on high for 4 hours or low for 8: check to see if lentils are tender: if not, heat for longer.



FREEZING LEFT OVERS

Make a full batch or a double batch and freeze for future use! Stews and soups freeze really well and will stay good for 2-3 months if properly stored. Write name of food and date made on a freezer bag, fill 3/4 full, seal and store laying flat in your freezer.

Slow Cooker Potato Soup

Total Cost: \$6.23 Cost Per Serving: \$0.78
Serves: 8

1 medium yellow onion \$0.36
2 stalks celery \$0.35
2 medium carrots \$0.25
1 Tbsp minced garlic \$0.24
3 lbs. potatoes \$3.00
6 cups chicken broth* \$0.50
1/4 tsp cracked pepper \$0.02
2 cups milk \$1.25
1/4 cup all-purpose flour \$0.20
1 tsp salt \$0.05



Finely dice the celery and onion. Peel the carrots and then grate them on a cheese grater. Mince the garlic. Add all of this to the slow cooker. Clean the potatoes well, cut into one inch cubes or smaller, and add them to the slow cooker.

Prepare 6 cups of chicken broth by dissolving the chicken base in 6 cups of water (or use home-made or store bought broth). Add to the slow cooker. Add some freshly cracked black pepper (about a 1/4 tsp). Secure the lid on the cooker and cook on high for approximately 8 hours (give or take an hour).

Open the slow cooker and test the potatoes for tenderness. They should be very soft. The onions and celery should also be very soft and transparent. Whisk 1/4 cup of flour into 2 cups of milk and then stir that mixture into the soup. Secure the lid once more and let cook on high for another 30 minutes. After 30 minutes, the soup should once again be bubbling. It needs to be bubbling for the flour to have its full thickening power. Use a potato masher, immersion blender, or a hand mixer to "mash" the potatoes. Or, you can transfer half of the soup to a blender and puree (be careful, it's HOT) until smooth and then stir it back in to the rest. Taste the soup and add salt as needed (about one teaspoon). Serve hot, add diced bacon for flavor.

Slow Cooker Chicken & Dumplings

Total Cost: \$10.28 Cost Per Serving: \$1.71
Serves: 6

2 cloves garlic \$0.16
1 medium yellow onion \$0.35
3 ribs celery \$0.80
4 medium potatoes (peeled and cubed) \$1.00
½ lb (3-4) carrots \$0.55
1 cup frozen peas \$ 0.80
1 large (¾ lb.) chicken breast \$2.80
1 tsp dried basil \$0.10
1 tsp dried thyme \$0.10
1 tsp dried oregano \$0.10
freshly cracked pepper \$0.05
4 cups water \$0.00
1 tsp salt (plus more to taste) \$0.05
Dumplings
1½ cups all-purpose flour \$1.20
½ tsp baking powder \$0.15
½ tsp salt \$0.02
½ Tbsp dried parsley \$0.15
6 Tbsp cold butter or margarine \$1.15
¾ tsp sugar \$0.05
⅔ cup milk \$0.70

Mince the garlic, dice the onion, and slice the carrots and celery into small pieces. Add the garlic, onion, carrot, celery, peas, basil, thyme, chicken breast, water, and some freshly cracked pepper to a slow cooker. Stir to combine and then cook on high for four hours or low for eight hours.

After cooking for four hours on high or eight hours on low, remove the chicken from the broth and place it on a cutting board (if you cooked on low heat, turn it to high now). Use two forks to shred the chicken. Return the chicken to the pot and stir in 1 tsp of salt to the soup. Keep the slow cooker covered as much as possible during this process to retain heat and maintain the temperature.

Allow the soup to continue to cook on high while you mix the dumpling batter. In a medium bowl combine the flour, baking powder, salt, parsley, and sugar. Mix well. Add butter in small chunks and cut it in or work it in with your hands until the mixture resembles damp sand. Add the milk and stir until a very soft paste-like mixture forms.

Remove the lid from the slow cooker and drop the dumpling batter into the soup by the heaping spoonful. Return the lid to the slow cooker and allow the dumplings to steam for 20 minutes. After 20 minutes they should have fluffed and expanded from the heat. Although they may look moist on the outside, they will be light and fluffy on the inside. Serve hot.



Easy Slow cooker Vegetarian Chili

Total cost: \$7.50 Cost per serving: \$0.94
8 servings

1 cup boiling water
1 cup texturized vegetable protein (TVP) \$0.50
2 onions chopped \$0.70
8 cloves of garlic minced \$0.60
3 sticks of celery diced \$0.50
1 Tbs chili powder \$0.20
1 tsp cumin \$0.10
Salt
Pepper
1 tsp Cayenne pepper \$0.10
1 Tbs brown sugar \$0.15
1 can black beans \$1.15
1 can kidney beans \$1.15
1 large can diced tomatoes \$1.15
1 cup frozen corn \$0.80
2 carrots grated \$0.25

Hydrate the TVP by pouring boiling water over top: leave aside in a bowl. Sauté onions, garlic and celery over medium—high heat until tender. Add TVP mixture and sauté for 3 more minutes. Add all to slow cooker. Add, spices and sugar. Rinse beans and add to cooker. Add tomatoes, corn and carrots. Cook on high for 4 hours or low for 8 hours. Keep an eye on your chili, if it is too thick, add a bit of water.

NOTE: chili is a great dish for most vegetables, feel free to add sweet potatoes (1 inch cubes), peppers

TVP is an inexpensive and awesome meat substitute that takes on the flavours of the dish you add it to. It can be bought at bulk food stores for about \$2.00/lb and one pound will make close to 12 cups of TVP (once hydrated). It can be used in chili, tacos, spaghetti sauce as a substitute for ground beef. A ¼-cup serving of dry TVP contains around 11 grams of protein. This amount can supply a woman with 24 percent of her daily protein requirement and a man with 19 percent of his protein needs per day. Unlike most other plant-based sources of protein, TVP is a complete protein, meaning it contains all of the amino acids your body requires. Using TVP instead of red meat as a protein source in your diet may help lower your risk of diabetes, heart disease and cancer.

Slow cooker East Coast Baked Beans

Total Cost: \$7.45 Cost Per Serving: \$0.83
Serves: 9

2 onions \$0.70
6 oz. smoked bacon \$2.00 (optional)
2 cups of yellow-eyed beans 3.00
½ cup brown sugar \$0.30
½ cup molasses \$1.10
1 Tbs dried mustard \$0.24
generous cracked black pepper \$0.05
to taste salt \$0.05

Cover beans in large bowl with water and soak over night. Drain the next morning and put in pot: cover with lots of water and boil for 1—1½ hours. Drain.

Quarter the onion and cut bacon into 1 inch pieces (optional), put in slow cooker. Put in beans. Mix together sugar, molasses, dried mustard, pepper and salt in bowl and then add to the slow cooker: add 4 cups of water. Put lid on and cook on high for 6 hours or until tender.

Beans are an incredible source of fibre and protein! Did you know that baked beans count a vegetable serving, in fact, 1 cup of baked beans is equal to more than 1.5 cups of vegetables. Baked beans also contain energy giving low glycaemic index carbohydrates. One cup of beans is a great source of protein with more than 10 grams of protein, equal to a 50 gram steak or 1 ½ eggs. Because of their high fibre content, beans also help to reduce cholesterol and can help reduce heart disease!



Learn more about Healthy Home Cooking

The **Greener Village** host monthly programs, such as, Collective Kitchens – groups of individuals cooking together taking home food to share with their families. They also host workshops on basic food meal planning and preparation, cooking and preserving inexpensive, nutritious food, while using hands on learning.

To learn more, call 459-7461

Become a Food Mentor!

Community Food Mentors (CFMs) are a province-wide network of certified individuals who share their skills in food and nutrition within their own communities. The goals of this program are to build partnerships and community capacity to increase food security in New Brunswick by addressing these challenges. YOU can become trained as a Food Mentor and share your passion for great, affordable food with others in our community! Free training!

To learn more, call: 206-3837

Want fresh produce at whole sale prices?

Community Food Smart is a bulk food buying club for individuals and families keen on purchasing quality fruits and vegetables at affordable prices, sourced from local farmers when possible.

Each bag costs \$15 and comparisons to date have proven that to buy the same amount of food from retailers would cost approximately twice this price. Members can place an order for up to two food bags each month. Orders must be placed with Distributors by the first Thursday of each month. One week later, on the second Thursday of the month, the fresh produce bags are ready for pick up.

For a distribution site near you, call: 453-1706

8 Vegetarian Proteins to add to your Meals

QUINOA:



TIP: ADD TO SALADS AND BAKED GOODS.

1 cup = 8 grams protein

BUCKWHEAT



TIP: SUB FOR REGULAR FLOUR.

1 cup = 6 grams protein

HEMPSEED



TIP: TOP OFF YOGURT AND COOKIES.

2 tbsp = 10 grams protein

CHIA SEED



TIP: SPRINKLE IN SMOOTHIES AND BAKED GOODS.

2 tbsp = 4 grams protein

SOY



TIP: SUB FOR MEATS IN ASIAN DISHES.

1/2 cup = 10 grams protein

PEANUT BUTTER SANDWICH



TIP: HAVE FOR A PRE OR POST WORKOUT SNACK.

2-slice sandwich with 2 tbsp peanut butter = 15 grams protein

HUMMUS AND PITA



TIP: HAVE FOR A SNACK OR APPETIZER.

1 whole-wheat pita and 2 tbsp hummus = 7 grams protein

RICE AND BEANS



TIP: SERVE AS A SIDE DISH.

1 cup = 7 grams protein



Resources found through: Mapleton Teaching Kitchen, *Eating Well for Less*; Leanne Brown, *Eating Well on \$4/day, Good and Cheap*; Greatist.com; and Budgetbytes.com