



**Heart
&Stroke™**

Heart-healthy eating on a budget

A practical guide to smart shopping, storing food and saving money

What's inside...

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How planning your meals can help you shop

Section 02 - At the grocery store

Learn how to get the most out of every dollar

Section 03 - Preparing and storing food

The best ways to store food safely





Heart-healthy eating habits focus on:

-  A variety of whole foods (vegetables, fruit)
-  Higher-fibre foods (whole grains, beans, legumes)
-  Protein from plant-based sources (legumes, nuts, seeds)
-  Lower-fat and lower-sugar dairy products
-  Proteins lower in saturated fats (fish, poultry, lean meats)
-  Water as the drink of choice

Let's figure out what works best for your tastes, skills and budget so you can find joy in eating while making the most of what you've got.

Try to limit:

-  Highly-processed foods
-  Foods high in added sugars and sodium



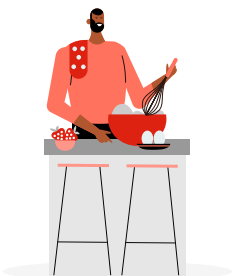
Before you shop

See how planning your meals can help you shop



At the grocery store

Learn how to get the most out of every dollar you spend



Preparing and storing food

Discover the best ways to store food safely to make it last



To learn more about how food choices can affect heart and brain health, visit:

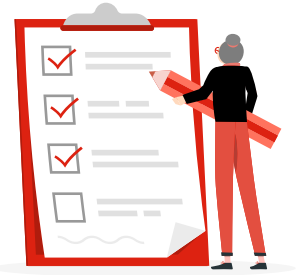


01

Before you shop



Before you shop



Plan your meals

Write down the meals you plan to make and the ingredients you'll need. A template or a notes app could help you stay organized.



Let the seasons inspire you

Example: in autumn, squash and apples might be in season, so you might plan for recipes with those ingredients.



Search for sales

Have a peek at the local grocery flyers or try and find out which day the stores change their sale prices.



If you can, buy local

It's fresher than imported produce and you're supporting local farmers and families.



Get the household involved

Getting your family involved makes mealtimes more communal and joyful. Plus, kids are more likely to eat the foods they help prepare.



Embrace frozen produce

Frozen vegetables and fruit are flash-frozen when they're at their freshest and they're almost always cheaper.



Repurpose recipes

Make extra so you have leftovers for those busy evenings and weekend activities or use leftovers to create a whole new meal.



For special diets, focus on what you can eat (not what you can't)

Example: for gluten-free diets, look for modified breads and pastas. Plus, beans, lentils and wheat-free grains are naturally gluten-free.

Getting your family involved makes mealtimes more communal and joyful.

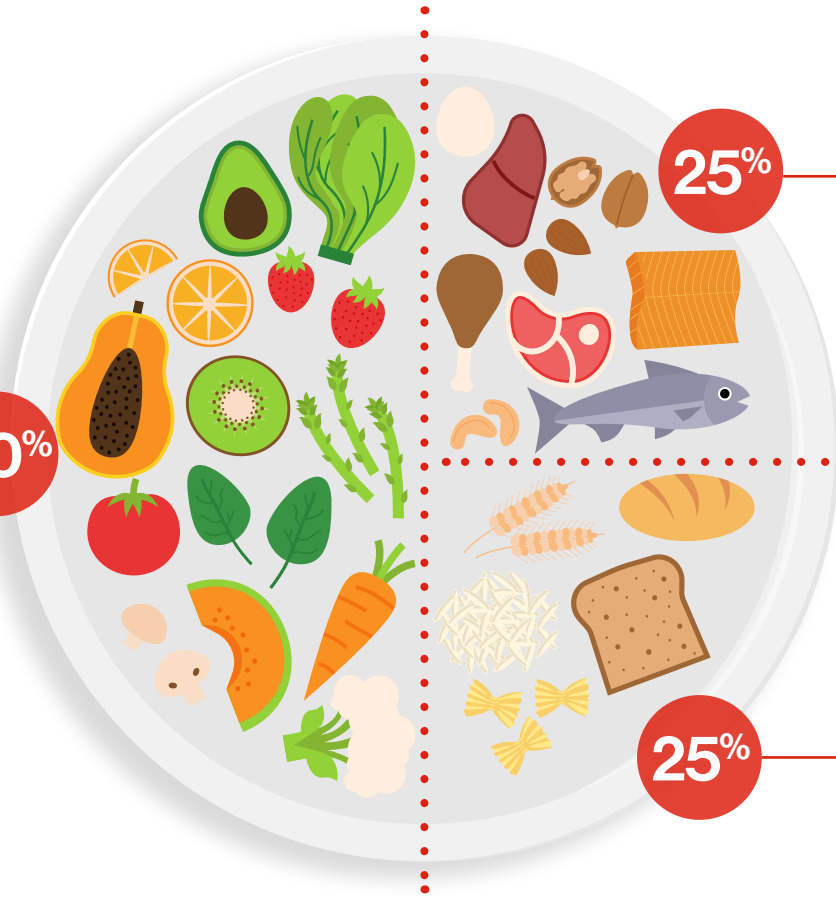


Meal planning to get the best nutrition



Half your meal with vegetables and fruit (can be canned, fresh, frozen or dried)

50%



One-quarter of your meal from protein foods, choosing plant-based proteins more often

25%



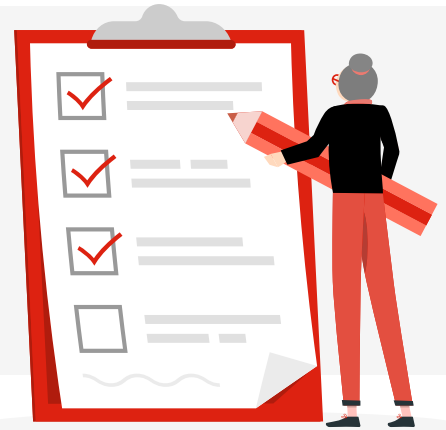
One-quarter of your meal with whole grain foods

25%

Note: food that's less processed may be more heart-healthy and contain more nutritional value. Some pre-made or pre-packaged convenience foods may be easy and last longer, but are usually high in fat, salt, sugar and calories. If you're making packaged foods part of your meal plan, check the Nutrition Facts label and think about serving sizes.

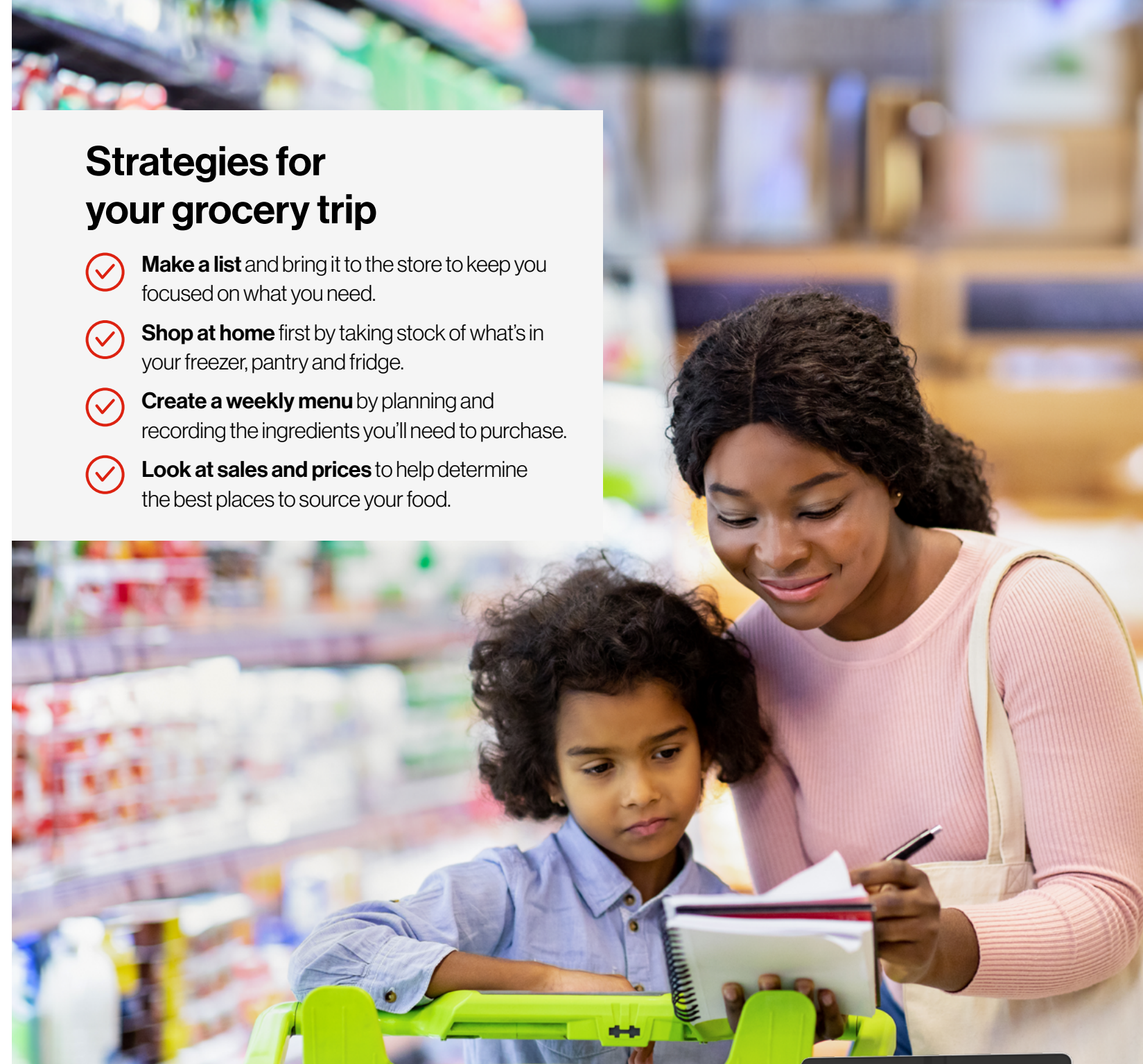
For some meal-planning inspiration visit:

For more information visit:



Strategies for your grocery trip

- ✓ **Make a list** and bring it to the store to keep you focused on what you need.
- ✓ **Shop at home** first by taking stock of what's in your freezer, pantry and fridge.
- ✓ **Create a weekly menu** by planning and recording the ingredients you'll need to purchase.
- ✓ **Look at sales and prices** to help determine the best places to source your food.



Setting up a pantry over time can help you have basics on hand, keeping you prepared for anything. To learn more visit:



02

At the grocery store



At the grocery store



Hunt for discounts

Flyers, coupons, apps, points - make them work for you!



Bring your own bags/bins

This can help save you a few cents on plastics bags. Plus, it's better for the environment.



Read the packaging

All packaged foods have a Nutrition Facts table. Use it to choose food that's lower in salt, sugar and saturated fat.



Price match

Some stores will match the advertised price at a competing store. Just show the flyer price to customer service and ask if their store will match the lower price.



Target sales, not "specials"

A "special" could just mean a promotion or display of a certain product (like potato chips before Superbowl Sunday). Check the price before buying.



Look high and low

Most brands pay to be placed at eye level to catch our attention. You'll often find lesser known (and better priced) brands on higher or lower shelves.



Choose generic brands

Going with generic or "no name" brands will help you save. They're often made by the same food manufacturers that make the popular brands but sell for cheaper.



Do it yourself (DIY)

Buying foods in their close-to-natural state can help save money. Example: a 1kg bag of whole, unpeeled carrots costs a lot less than a 1kg bag of pre-cut baby carrots.



Share and save

Shopping with friends or family can help you buy in bulk and split the cost.



Find food banks, mobile markets, community gardens or kitchens

These organizations make food more accessible and affordable. Check out what's in your area.

For more information visit:



03

Preparing and storing food



Preparing and storing food



Cook “too much” and store

Batch cooking a larger amount of a dish allows you to cook once but eat twice or more. This might mean more cooking time up-front, but it saves lots of time later for busy days and helps stock the freezer.

Batch cooking is also a great family or friend activity. You can have fun and leave with a good mix of foods. Some community kitchens offer cooking clubs or batch cooking events.



Divide things before freezing

Freezing things in portions can be a great option to be sure it lasts longer. It's not easy to guess at portions in advance, but separating food can help avoid food waste and make it easier to defrost.

Label foods with the date when you made them to ensure proper tracking and food preservation.



Create your own convenience

We've all needed a quick grab-and-go snack or meal. Pre-cutting vegetables or fruits when you have time makes it fast and easy to make heart-friendly choices.

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Accessing food – let alone healthy food that fits our needs – is challenging.

You're not alone. Food is diverse, life-giving and best enjoyed with others, so reach out to friends and neighbours for their ideas and look for opportunities to cook and eat together.

Preparing and storing food

Store food to keep it fresh, longer



Divide leafy greens

For larger containers of greens, divide into two containers or more and shake. For heads of lettuce, cabbage or green onions, wash then wrap in a paper towel and store in a plastic bag or sealed container in the fridge.



Don't wash mushrooms

Wipe them with a clean cloth just before using. Although many come in plastic, mushrooms keep best when stored in a paper bag in the fridge.



Scrub produce with a rind or thick peel

Washing foods like oranges, cantaloupe, melon, carrots and potatoes helps remove bacteria before eating and cooking.



Wait to wash berries

They tend to spoil quickly, so wash just before eating.



Looking for more inspiration?

Browse our [tasty, heart-healthy recipes](#)

Learn more about [healthy living to prevent heart disease and stroke](#)

More [healthy eating basics](#)

How to [eat healthy at home](#)

Try these tips for [getting more produce into your diet](#)





Eat your greens frittata

Ingredients

- | | |
|---|---------------------------------------|
| 1 container (5 oz/142 g) baby spinach, washed | 2 tsp (10 mL) extra virgin olive oil |
| 1 red bell pepper, diced | 5 eggs |
| 3 cloves garlic, minced | 1/3 cup (75 mL) water or skim milk |
| 1/4 tsp (1 mL) hot pepper flakes | 2 tbsp (25 mL) grated parmesan cheese |

Directions

Step 1

In an ovenproof 10 inch (25 cm) nonstick skillet, cook spinach with water that is still clinging to leaves, over medium heat stirring for about 2 minutes or until wilted. Add pepper, garlic and hot pepper flakes; stir to combine. Add oil and cook for 3 minutes or until softened.

Step 2

In a bowl, whisk together eggs, water and cheese. Pour into skillet, stirring to combine with spinach. Cook lifting edge with rubber spatula, letting runny egg go to the bottom. Let cook, until edge is starting to set.

Step 3

Place skillet about 4 inches (10 cm) under broiler for about 3 minutes or until top is set and light golden.



Tips

If your skillet has a plastic or wooden handle, make it ovenproof by wrapping the handle with foil before placing in the oven.

Looking for a lunch idea in a snap? Cut frittata into larger squares and tuck into whole grain pita halves or roll into whole grain tortilla.

Add more flavour by serving frittata with sodium reduced pasta sauce or salsa.

Nutritional information

Per serving: One 2.5 in (5 cm) slice

Calories 144	Total fat 10 g
	Saturated fat 3 g
Protein 10 g	Cholesterol 235 mg
Sodium 150 mg	Carbohydrates 4 g
Potassium 298 mg	Fibre 1 g
	Sugars 2 g
	Added sugars 0 g

View this and other great recipes here:

[Healthy Living Recipes](#)



We hope you found some inspiration in this guide that you, your family and your community can try today.

For more heart-healthy eating content, visit
www.heartandstroke.ca/healthy-living



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Funded by the
Government of Canada's
Community Services Recovery Fund

Canada 