

October 26, 2022

Healthy Eating while Being on a Tight Budget

There are more than 595,000 households in Ontario that faces barriers to access food (1). Being able to eat healthy while on a tight budget can be challenging, especially food prices now a days has been continuously increasing. Here are some ideas to help you save money when planning your meals.

1. Plan it out

Always check to see what you have at home before making a grocery list. You can always make plans on how you can make use of leftovers you have. This can also reduce food waste.

2. Shop wisely

Stick to your grocery list and only buy what you really need. Compare prices on flyers and use the unit price when you are at the store. Often, non-branded food products cost less than name brands. Stock up on non-perishable food items that are on sale. Frozen fruits and vegetables are both affordable and convenient choices.

3. Use pulses

Pulses are affordable protein options. They often cost much less than meats but contain a good amount of protein. Canned beans and lentils do not require cooking which saves preparation time. They are also very high in fiber which is beneficial for blood sugar management.

4. Prepare your own meals instead of eating out

Eating at restaurants often cost you much more. Cook your own meals at home and pack for your lunch to work or school will help reduce your food cost if you regularly eat out.

5. Call 211 Ontario

They can help you locate the nearest food bank or food programs that is close to you.

To learn more tips and tricks on preparing healthy meals while the budget is tight, Come join us at World Diabetes Day event, November 11, 2022, at Unison Health and Community Services, Keele-Rogers Site. **For more information on the event call 416 787 1661 ext 3303.**

Reference (1) Tarasuk, Mitchell, Dachner, (2016). [Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity \(PROOF\).](#)

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