Everybody's Food Budget Book
Are You...

...living on a limited income?
...a person just starting out on your own?
...a senior living alone?
...the caretaker of a family-style group home?
...a new Canadian?

If you are, then this booklet may be just what you are looking for to help you learn the basics about food selection, purchase, storage and preparation.

By following the seven steps outlined in this booklet, you should be able to get the best value from your food dollar. You will know that the food you choose is for your good health.
Follow these seven steps to get the best value from your food dollar.

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Follow *Eating Well with Canada's Food Guide*

*Eating Well with Canada's Food Guide* describes what amount of food you need and what type of food is part of a healthy eating pattern. Canada's Food Guide is for healthy people 2 years of age and older.

What does Canada's Food Guide tell you?

- Eat at least one dark green and one orange vegetable each day.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two food guide servings of fish each week.
- Choose foods that have little or no added fat, sugar or salt.
- Satisfy your thirst with water.
Canada's Food Guide recommends how many **Food Guide Servings** people should eat from each of the four food groups. The recommended number of servings depends on your age and gender.

### Recommended Number of **Food Guide Servings** per Day

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Sex</th>
<th>Girls and Boys</th>
<th>Boys</th>
<th>Teens</th>
<th>Females</th>
<th>Males</th>
<th>Adults</th>
<th>Females</th>
<th>Males</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>4-8</td>
<td>9-13</td>
<td>14-18</td>
<td>19-50</td>
<td>51+</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Vegetables and Fruit</td>
<td>4 5 6</td>
<td>7 8</td>
<td>7-8 8-10</td>
<td>7 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain Products</td>
<td>3 4 6</td>
<td>6 7</td>
<td>6-7 8</td>
<td>6 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk and Alternatives</td>
<td>2 2 3-4</td>
<td>3-4 3-4</td>
<td>2 2</td>
<td>3 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat and Alternatives</td>
<td>1 1 1-2</td>
<td>2 3</td>
<td>2 3</td>
<td>2 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Everyday, choose:

Vegetables and Fruit

What is One Food Guide Serving?

125 mL vegetables or fruits - fresh, frozen or canned 
250 mL raw, leafy vegetables 
125 mL cooked, leafy vegetables 
125 mL 100% juice - fresh, frozen or canned 
1 medium-sized apple, potato, carrot, orange, banana

A Best Buy!

Fresh Vegetables and Fruits in Season

Grain Products

What is One Food Guide Serving?

1 (35 g) slice bread 
175 mL cooked cereal 
30 g cold cereal 
125 mL cooked rice, pasta, couscous 
1/2 (35 g) pita, tortilla

A Best Buy!

Day-old Bread

Milk and Alternatives

What is One Food Guide Serving?

250 mL milk or powdered milk 
250 mL fortified soy beverage 
175 g yogurt 
50 g cheese (cheddar, mozzarella)

A Best Buy!

Skim Milk Powder
Meat and Alternatives

What is One Food Guide Serving?

75 g  cooked fish, shellfish, poultry, lean meat  2 1/2 oz
175 g  cooked legumes (beans, peas, lentils)  3/4 cup
2  eggs  2
30 mL  peanut or nut butters  2 tbsp
175 mL  tofu  3/4 cup

Dried or Canned Beans, Peas, or Lentils

- Include a small amount — 30 to 45 mL (2 to 3 tbsp.) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Limit foods and beverages high in calories, fat, sugar or salt (sodium) such as:

- cakes, pastries
- chocolate, candies
- cookies, granola bars
- doughnuts, muffins
- ice cream, frozen desserts
- french fries
- potato and nacho chips
- salty snacks
- alcohol
- fruit flavored drinks
- soft drinks
- sports and energy drinks
- sweetened hot or cold drinks
Plan a Menu

Menu planning is a very important step in helping you stick to your budget. It is easy when you use *Eating Well with Canada's Food Guide*.

When planning your menu, aim at including at least one *Food Guide Serving* from three or four food groups for every meal.

Helpful Hints:

- Check supplies at home to see what needs to be eaten first.
- If you have a newspaper or grocery store flyer, check for items that are on special, particularly foods from the Meat and Alternatives group. Also look for in-store specials.
- Add foods from the other food groups to complete the main meal.
- Plan breakfast and other meals next.
- Plan to use leftovers.
- Remember that snacks should be nutritious: choose snacks that are low in calories, fat, sugar and salt.
- Plan treats for birthdays or an *occasional* "take-out" or restaurant meal if budget permits. If you plan for it, you will stay within your budget.

Go to pages 11 and 12 to see a sample one week menu.
A shopping list will help you remember to buy all the items you need. Keep a list in the kitchen and write down items that you need to buy.

- Use your menu plan and the "Foods to Have at Home" list to see what you need to buy.
- How much you need to buy will depend on how many people you are shopping for and how many servings.

### Foods to Have at Home

<table>
<thead>
<tr>
<th>All purpose flour</th>
<th>Canned fruit</th>
<th>Soy sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat flour</td>
<td>Tomato paste</td>
<td>Salt, pepper</td>
</tr>
<tr>
<td>Natural bran</td>
<td>Raisins</td>
<td>Vinegar</td>
</tr>
<tr>
<td>Rice</td>
<td>Tea</td>
<td>Chicken, beef or vegetable</td>
</tr>
<tr>
<td>Macaroni/pasta</td>
<td>Coffee</td>
<td>bouqueton cubes</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>Brown sugar</td>
<td>Chili powder</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>White sugar</td>
<td>Garlic powder</td>
</tr>
<tr>
<td>Onions</td>
<td>Soft margarine</td>
<td>Oregano</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Cooking oil</td>
<td>Vanilla</td>
</tr>
<tr>
<td>Carrots</td>
<td>Cocoa</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>Dried peas, beans, lentils</td>
<td>Baking powder</td>
<td>Salad dressing</td>
</tr>
<tr>
<td>Frozen beans, peas</td>
<td>Skim milk powder</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Canned corn</td>
<td>Cornstarch</td>
<td></td>
</tr>
<tr>
<td>Canned tomatoes</td>
<td>Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>Canned tuna</td>
<td>Dry mustard</td>
<td></td>
</tr>
<tr>
<td>Canned salmon</td>
<td>Ketchup</td>
<td></td>
</tr>
</tbody>
</table>
This shopping list has been planned using the sample menu on pages 11 and 12.

### Vegetables and Fruit
- applesauce
- 100% fruit juice "on special"
- fresh fruit in season
- canned pineapple
- canned peaches
- bananas
- apples
- oranges
- onions
- carrots
- potatoes
- fresh tomatoes
- celery
- cucumber
- broccoli
- garlic
- green pepper
- zucchini
- mushrooms
- lettuce
- cabbage
- green beans
- tomato sauce
- vegetable soup
- tomato soup
- spaghetti sauce with meat
- canned cream corn

### Grain Products
- whole grain bread
- whole grain cereal
- rolled oats
- macaroni
- spaghetti
- rice
- oatmeal cookies
- whole grain crackers

### Milk and Alternatives
- milk
- cheddar cheese
- low-fat yogurt
- skim milk powder

### Meat and Alternatives
- eggs
- ground beef
- chicken for roasting
- chuck roast
- canned tuna
- canned salmon
- canned beans
- canned chickpeas
- peanut butter
- sunflower seeds
Smart Shopping

Smart shopping will help you stay within your budget.

- Use your shopping list!
- Shop at supermarkets and fresh produce markets. Corner convenience stores are much more expensive.
- Try to shop alone and eat before you shop. Hungry shoppers buy more than they need. Children may pressure you to buy unnecessary items.
- "Featured items", which are often at the end of the aisle, are usually not a lower price.
- Shop around the outside aisles first. Higher priced convenience items are most often found in the centre aisles.
- Lower cost foods are often found on the top and bottom shelves.
- Look for and compare prices on store and "no name" brands.
- If you have extra money and storage space, buy items that you use often when you see them on "special".
- Unit pricing helps you to compare similar items of different sizes and brands and get the best price. Most stores show the unit price on the shelf below the product.
Store it Right to Prevent Waste

- breads and cereals
- pasta and rice
- herbs and spices
- dry foods (i.e. flour)

- potatoes and onions (in a cool place)
- bananas

- canned goods
- unopened condiments (i.e. ketchup)
- vegetable oil

**TIP**

Buy in bulk and save.

Separate bulk packages into smaller family-sized bags, then freeze.

Thaw only what you need.

### CUPBOARD

- all foods purchased frozen
- all fresh meat, fish or poultry to be kept more than 3 days
- all cooked meat, poultry, casseroles to be kept more than 3 days
- bread (optional - freezing keeps fresh)

### FREEZER

- milk, yogurt, cheese
- fresh meat, fish and poultry (up to 3 days on the lowest shelf)
- processed meats
- cooked meat, poultry, casseroles to be used in one or two days
- most fresh vegetables and fruit
- opened condiments
- butter, margarine
- peanut butter
- nuts
- coffee
- eggs
- whole wheat flour

### REFRIGERATOR
Using Leftovers

Throwing out food that is not eaten is food and money wasted so **Cook Once, and Eat Twice!**

Here are some tips on how to use your leftovers:

- Add vegetables to your pasta, salads, casseroles, canned soups or spaghetti sauces.
- Add fruit to your yogurt or blend into your favorite milk shake or smoothie.
- Use stale bread for grilled cheese sandwiches, French toast or for croutons to top salads and soups.
- Add leftover meat or tofu to a tossed salad, stir-fry, casserole, omelet, spaghetti sauce or soup.

Get the most out of your leftovers. Here's how:

- Place in refrigerator or freezer within 2hrs after cooking.
- Store in plastic or glass air-tight containers.
- Remember to label and date containers/jars.
- Use leftovers within 2 to 3 days after cooking.
- Use only microwavable containers for heating leftovers in the microwave. Margarine or yogurt containers, for example, cannot be heated safely.
This menu has been included in this booklet to show you how easy it is to plan a menu. Your menu will be different from this one as it will be planned based on your family's tastes and needs.

<table>
<thead>
<tr>
<th></th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Fresh fruit</td>
<td>Apple juice</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td>Scrambled egg</td>
<td>Cold whole grain cereal with milk</td>
<td>Boiled egg</td>
</tr>
<tr>
<td></td>
<td>Whole grain toast</td>
<td></td>
<td>Whole grain toast</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td><strong>NOON MEAL</strong></td>
<td>Vegetable soup</td>
<td>Beef sandwich</td>
<td>Tomato soup</td>
</tr>
<tr>
<td></td>
<td>Salmon sandwich</td>
<td>Cole Slaw*</td>
<td>Grilled cheese sandwich</td>
</tr>
<tr>
<td></td>
<td>Orange</td>
<td>Fresh fruit*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td><strong>EVENING MEAL</strong></td>
<td>Chuck pot roast*</td>
<td>Vegetarian Chili*</td>
<td>Couscous with</td>
</tr>
<tr>
<td></td>
<td>Roast potatoes</td>
<td></td>
<td>Summer Vegetables*</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>Whole grain bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole grain bread</td>
<td>Chocolate pudding*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chocolate</td>
<td>Whole grain bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pudding*</td>
<td>bread or cooked rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vanilla pudding*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>Whole grain toast</td>
<td>Whole grain crackers</td>
<td>Whole grain</td>
</tr>
<tr>
<td></td>
<td>Apple</td>
<td>Apple</td>
<td>cereal and milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Recipes in &quot;Step 7: Cook Your Own&quot;</strong></td>
</tr>
</tbody>
</table>

**MENU PLANNING HINTS USED**

- Leftovers from Sunday's Chuck Pot Roast are used to make sandwiches for Monday noon.
- Baked beans, pea soup, eggs and peanut butter are used to keep meat costs down.
Leftover chicken from Wednesday evening makes a delicious stir-fry dish on Thursday.

Some seasonal fresh fruits and vegetables are a bargain at certain times of the year. At other times, frozen or canned are cheaper.

This menu would be good for the week when the newspaper advertises roasting chickens and ground beef "on sale".

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>Fresh fruit</td>
<td>Apple juice</td>
<td>Orange juice</td>
</tr>
<tr>
<td>Hot oatmeal made with milk</td>
<td>Peanut butter on whole grain toast</td>
<td>Whole grain toast</td>
<td>Cold whole grain cereal with milk</td>
</tr>
<tr>
<td>and topped with raisins</td>
<td>Milk</td>
<td>Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>Corn chowder*</td>
<td>Quick macaroni and cheese*</td>
<td>Tuna casserole*</td>
<td>Vegetable omelet*</td>
</tr>
<tr>
<td>Whole grain bread</td>
<td>Lettuce and tomato</td>
<td>Carrot sticks</td>
<td>Whole grain bread</td>
</tr>
<tr>
<td>Carrot sticks</td>
<td>Apple juice</td>
<td>Banana</td>
<td>Canned peaches</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Roast chicken*</td>
<td>Stir fried chicken and vegetables*</td>
<td>Spaghetti with meat and tomato</td>
<td>Take-out pizza</td>
</tr>
<tr>
<td>Baked potatoes</td>
<td>Rice</td>
<td>sauce</td>
<td>Tossed salad</td>
</tr>
<tr>
<td>Green beans</td>
<td>Oatmeal cookies</td>
<td>Tossed salad</td>
<td>Frozen yogurt</td>
</tr>
<tr>
<td>Whole grain bread</td>
<td>Fresh fruit</td>
<td>Canned pineapple</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole grain crackers</td>
<td>Whole grain cereal and milk</td>
<td>Cheese</td>
<td>Apple</td>
</tr>
<tr>
<td>Applesauce</td>
<td></td>
<td>Whole grain crackers</td>
<td>Sunflower seeds</td>
</tr>
</tbody>
</table>

* Recipes in "Step 7: Cook Your Own*
Cook Your Own

Here are some ways to prepare meals that will be less expensive than those made from convenience items.

How to Make a Pot Roast

1. Brown meat on all sides in a little hot oil in a big heavy pot.

2. Season with salt and pepper and add a small amount, about a 1/4 cup (50 mL) of liquid (water or soup stock). Cover tightly and simmer in a 325°F (160°C) oven or on the stove-top until tender (about 1 hour/lb. or 2 hours/kg). Vegetables can be added for the last half hour.

How to Roast a Chicken

1. Remove neck and giblets from inside.

2. Place 2 or 3 garlic cloves and 1 large onion, chopped, in cavity of a 3 pound chicken.

3. Cook at 350°F (180°C) for about 1-1/2 hours (20-25 minutes per pound).

4. Baste occasionally with vegetable or olive oil. Chicken is done when bones separate easily from joints.
How to Make a "Catch-all" Casserole from Leftovers

1. In a large pot, add cooked meat, fish or poultry (cut into bite-sized pieces), and an equal amount of cooked vegetables. You can also add cooked rice, macaroni or potato. Mix well.

2. Add one or more of the following to make it more moist: condensed cream soup, milk, vegetable broth, meat stock, tomato sauce or gravy.

3. Add a topping: bread crumbs, grated cheese or pastry.

4. Heat thoroughly at 375°F (190°C) for about 30 minutes.

How to Make an Omelet

1. In a bowl, beat together 2 eggs and 2 tbsp. (30 mL) milk. Add a dash of salt and pepper.

2. Heat 1 tsp. (5 mL) vegetable oil in frying pan on medium high heat.

3. Pour in egg mixture. Cook at low heat.

4. During cooking, lift edges and tip pan so that uncooked mixture flows underneath. Do not stir. Cook until omelet is set.

5. Sprinkle half of the omelet with leftover cooked vegetables, tomato slices, pieces of onion, green pepper, or grated cheese. Fold the other half of the omelet over the other side.
How to Stir-Fry

1 Cut cooked meat or tofu (2 cups or 500 mL) into bite-size pieces. Prepare an equal amount of cut-up vegetables (carrots, celery, zucchini, green peppers, onions, mushrooms, etc.)* Mix together 2 tbsp. (30 mL) cornstarch and 1 ½ tbsp. (20 mL) soy sauce. Set aside.

2 In a hot frying pan or wok, heat 1-2 tbsp. (15-30 mL) vegetable oil. Add vegetables and cook until tender crisp, stirring constantly. For more flavor add 1 tsp. (5 mL) fresh ginger, minced and 1 clove garlic minced.

3 Add 1 cup (250 mL) beef, chicken or vegetable bouillon or water to the vegetables. Stir in cornstarch and soy sauce mixture. Stir until thickened.

4 Add cooked meat or tofu. Heat thoroughly. Serve with rice, noodles, or pasta.

* Double the amount of vegetables (4 cups or 1 L) for vegetable only stir-fry.
Pudding Mix

1 2/3 cup cornstarch 400 mL
2 cups sugar 500 mL
1 tsp. salt (optional) 5 mL
8 cups skim milk powder 2 L

1. Combine all ingredients.
2. Mix well enough to take out all the lumps.
3. Store in tightly covered jar or container.

Vanilla Pudding

Makes 6 servings

2 cups pudding mix 500 mL
3 cups water 750 mL
2 tbsp. margarine 30 mL
1 tsp. vanilla 5 mL

1. Add water to pudding mix in saucepan over low heat.
2. Stir and cook until thickened (10-15 minutes).
3. Stir in margarine.

Chocolate Pudding: Make same as vanilla pudding but add 1/4 cup (50 mL) cocoa and 1/4 cup (50 mL) sugar to pudding mix before adding water.

Fruit Pudding: Make same as vanilla pudding but add 1 can (284 mL) of chopped and drained peach halves or other canned fruit to cooled pudding.

Pudding recipes from Eating Better...A Basic Shelf Cookbook
**Fruit Crisp**

Makes 6 servings

- 4 cups fresh, frozen or 1 L canned/drained fruit
- 3/4 cup quick-cooking rolled oats 175 mL
- 2 tbsp. water 30 mL
- 3 tbsp. all-purpose flour 50 mL (white or whole wheat)
- 3 tbsp. soft butter or margarine 50 mL
- 3-5 tbsp. brown sugar 50-75 mL

1. Place fruit in a 1 1/2 quart (1.5 L) greased baking pan or casserole. Add water.
2. Combine flour, sugar, rolled oats and salt in another bowl. Add butter or margarine and mix until crumbly.
3. Sprinkle evenly over fruit.
4. Bake uncovered at 375°F (190°C) for approximately 30 minutes or until fruit is tender and topping is golden brown.

**Cole Slaw**

Makes 6 servings

- 1 medium cabbage, shredded 1
- 1 cup grated carrot 250 mL
- 1 small onion, finely chopped 1
- 1 cup vinegar 250 mL
- 3/4 cup sugar 175 mL
- 1/2 cup vegetable oil 125 mL
- 1 tsp. celery seed 5 mL
- 1/2 tsp. salt 2 mL

1. Prepare vegetables and mix together in a large bowl.
2. In saucepan, combine vinegar, sugar, salad oil, celery seed and salt.
3. Heat to boiling point, reduce heat and simmer 3 minutes.
4. Pour hot dressing over vegetables, stir well, cover and chill in refrigerator. (Dressing may be re-used).

From Anyone Can Cook, Ministry of Agriculture and Food Ontario
Vegetarian Chili

1 19 oz (540 mL) can red kidney beans
1 19 oz (540 mL) can chickpeas
1 28 oz (796 mL) can diced tomatoes
1/2 cup rice 125 mL
1 large onion, chopped
1 clove garlic, chopped
1 tbsp. oil 15 mL
2 tbsp. tomato paste 30 mL
1 stock cube
Chili powder to taste
Salt and pepper to taste.

1. Drain then rinse kidney beans and chickpeas.

2. Heat large saucepan on medium heat for about 30 seconds. Add oil, chopped garlic and onion. Fry until softened*.

3. Add all other ingredients except chilli powder and bring to boil.

4. Reduce heat and add chilli powder and salt and pepper and any other spices to taste. Simmer for about 1 hour, adding water if necessary.

Serve topped with grated cheese.
Enjoy with a green salad and whole wheat bread for a complete meal.

*For Chilli con carne (chilli with meat) add ground beef when cooking the onions and garlic.

Other vegetables you could add are corn, chopped celery, pepper and/or chopped potato.
# Corn Chowder

Makes 6 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp. vegetable oil or margarine</td>
<td>15 mL</td>
</tr>
<tr>
<td>3/4 cup onion, chopped</td>
<td>175 mL</td>
</tr>
<tr>
<td>1 1/2 cups potatoes, chopped</td>
<td>375 mL</td>
</tr>
<tr>
<td>1 cup water</td>
<td>250 mL</td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
<td>375 mL</td>
</tr>
<tr>
<td>1 tbsp. flour</td>
<td>15 mL</td>
</tr>
<tr>
<td>2 tsp. dried basil</td>
<td>10 mL</td>
</tr>
<tr>
<td>1 19 oz can (540 mL) cream style corn</td>
<td>1</td>
</tr>
</tbody>
</table>

1. Melt margarine in a heavy pot over medium heat. Add onions. Cook until soft, about 5 minutes.
2. Add potatoes and water. Bring to a boil.
3. Turn heat to low. Cover and simmer until potatoes are almost soft, about 15 minutes.
4. Mix together milk, flour, and Italian herbs in a bowl.
5. Add milk mixture to potatoes.
7. Add corn and heat for 5 more minutes.
8. Add salt and pepper to taste.

Couscous with Summer Vegetables

Makes 8 servings

2 tbsp. vegetable oil 30 mL
3 stalks celery, chopped 3
3 carrots, chopped 3
2 zucchini, chopped 2
1 tbsp. dried basil 15 mL
salt and pepper to taste
1 1/2 cups couscous, uncooked 375 mL
2 cups vegetable stock 500 mL

1. Heat oil in a large pot over medium heat.
2. Add celery and carrots. Cook until softened but not browned, about 7 minutes. Stir often.
3. Add zucchini and cook until slightly softened, about 4 minutes.
4. Add basil, salt and pepper.
5. Add couscous to pot and gently stir to mix well.
7. Cover pot and remove from heat. Let couscous stand still until it is tender and all liquid is absorbed, about 5 minutes.


Couscous is a delicious, mild tasting grain originally from North Africa. It is available in bulk or in the pasta aisle of your supermarket.
Quick Macaroni and Cheese

Makes 4 servings

1 cup dry macaroni 250 mL
4 cups boiling water 1 L
1/8 tsp. salt 1/2 mL
2 tbsp. flour 30 mL
1/4 tsp. dry mustard 1 mL
1/8 tsp. pepper 1/2 mL
1 cup milk 250 mL
1 tbsp. onion, finely chopped 15 mL
1 cup cheddar cheese, grated 250 mL

1. Cook macaroni in boiling, salted water until tender.
2. Mix flour, mustard and pepper with 1/2 cup (125 mL) of the milk until smooth. With the remaining milk, mix together the onion and cheese. Stir into macaroni.
3. Cook over low heat, stirring to prevent sticking until sauce thickens, about 10 minutes.

From Eating Better... A Basic Shelf Cookbook
City of York Health Unit, 1987
Tuna Casserole

Makes 5-6 servings

2 6 oz. (170 g) can tuna
2 1/2 cups rice, cooked
1 or 2 14 oz. (398 g) can peas, drained
4 tsp. margarine
1 cup onion, chopped
7 tsp. flour
1 1/4 cup milk
1 tsp. Worcestershire Sauce
1/2 tsp. pepper
1 cup cheddar cheese, grated

1. Drain and flake tuna.
2. Place cooked rice in bottom of a well-greased baking dish.
3. Add peas and tuna.
4. Fry onion in margarine until soft; add flour.
5. Add seasonings to milk and add to flour mixture.
7. Top with cheese. Bake in 375°F (190°C) oven for 25 minutes.

Adapted from Eating Better...A Basic Shelf Cookbook
City of York Health Unit, 1987
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