

Shop and Save in the Grocery Store



Healthy foods have a reputation for being “too expensive”. This is a common myth. You can eat well on a budget by knowing what to look for at the grocery store.

Get the most nutrition for your dollar by following these tips:

- Buy vegetables and fruit in season and freeze.
- Choose root vegetables such as carrots, turnip, parsnips and beets more often. They usually cost less and keep longer than other produce.
- Use frozen vegetables and fruit. They are as nutritious as fresh and you only use the amount you need at one time, so there’s no waste!
- Try canned vegetables and fruit. Drain and rinse before using.
- Watch for bread to go on sale and freeze the extra loaves.
- Buy value packs of meat and fish, divide and freeze some to use later.
- Have a meatless meal at least once a week. Beans, peas, lentils, eggs and peanut butter are lower cost protein options.
- Buy larger blocks of cheese. They are usually a better deal than smaller blocks or packages of pre-shredded cheese. You can grate them yourself and freeze.
- Buy cuts of meat that are less costly like stewing meat and shoulder cuts. Make them tender by using a marinade or cooking in water or low sodium broth.

Food of the Month

Beets



Fresh beets are a budget friendly vegetable. Did you know the greens are also edible?

There are many ways to eat beets:

- Peel raw beets, grate them and add to salad or coleslaw.
- Boil whole beets and remove the skin. Serve with a drizzle of oil, a splash of cider vinegar and black pepper.
- Cut beets into quarters, drizzle with oil and roast in the oven.
- Serve cooked beets with a dollop of sour cream or plain Greek yogurt.
- Sauté beet greens with a little oil, garlic and balsamic vinegar.

In Your Sobeys Store Buy Store Brands

Compare pricing on store brands, like Compliments, with name brand items as they usually cost less. It is an easy way to save money on your next grocery bill.

Beet and Carrot Citrus Slaw



Serves 8

Ingredients:

1 cup	(250ml)	Beets, raw, peeled, grated
2 cups	(500ml)	Carrots, peeled, grated
1 cup	(250ml)	Apple, cut into small matchsticks
1 tbsp	(15 ml)	Olive oil
2 tsp	(10 ml)	Balsamic vinegar
2 tbsp	(30 ml)	Orange juice
1½ tsp	(7 ml)	Orange zest
¼ tsp	(½ ml)	Salt
2 tbsp	(30 ml)	Sunflower seeds, roasted, unsalted
2 tbsp	(30 ml)	Raisins

Directions:

1. Mix beets, carrots and apple in a large bowl.
2. Whisk oil, vinegar, juice, zest and salt together in a small bowl. Pour over vegetables and toss to coat.
3. Sprinkle sunflower seeds and raisins on top and mix to combine.

Nutrition Information per Serving:

Calories	66
Fat	3 grams
Carbohydrate	9 grams
Fibre	2 grams
Protein	1 grams
Sodium	72 milligrams

Did you know?

Canned beans may contain sodium. Drain and rinse canned beans, chickpeas and lentils to get rid of about 40% of the sodium.

Chef's Corner

Cooking with Legumes

Use legumes such as beans, split peas, chickpeas and lentils to reduce the cost of your meals while still getting protein.

Cook dried beans, lentils or split peas according to the instructions on the package. You can also use canned legumes. Drain canned legumes and rinse with water before using to reduce the sodium.

Here are some easy ways to use legumes:

- Use puréed beans to thicken sauces or soups.
- Add legumes to pasta sauces, soups, stews or rice.
- Make a chili with a variety of beans.
- Make a bean salad or add beans to your salad.
- Make a Mexican pizza with black beans, salsa and cheese.
- Add lentils to burgers or meatloaf.
- Replace ½ the fat in cookie, muffin and brownie recipes with puréed beans or lentils.



Pharmacy Corner

AutoFill Plus

AutoFill Plus is a unique program designed to automatically refill your medications. It's all about your convenience - reduce the number of missed doses, wait times and trips to the pharmacy.

Your Sobeys Pharmacist will even notify you when your prescriptions are ready for pick up and when you need to contact your doctor for renewals.



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