

211

- Know what services exist in our community, which ones are best suited to meet your needs, and how to access them. If you have ever tried to find the right resource to meet your specific needs, you know that it takes time and often a lot of phone calls.

• Not anymore!

• The next time you have a community resource question, just call 211 (your community resource know-it-alls)!

• At 211, we know:

- where a single-parent can find childcare
- where students can find free and low-cost events and entertainment
- where a newcomer to Canada can learn to speak English
- where a senior can volunteer their time
- where a family can donate their new and gently-used household goods

• And many other ways you can help your community and your community can help you

• We are here to provide community resource referrals to: individuals and families who are in need of support; helping professionals who are looking for a specific program or service for a client; and members of the community who want to give back through volunteering and/or donations.

• It's the easiest way to get all the information you need on the social, health and government services in your community.

• So, the next time you've got a community program or services question, dial **2-1-1** or visit **www.211edmonton.com**.

presenting

Options for Eating Healthy on a Budget

You can eat a whole day's worth of healthy food for about the same price as a meal out, all it takes is time and planning.

Don't be afraid to go to a store to just buy one item that you know is on sale.

Compare prices. Store and generic brands are typically less even if a brand name is on sale.

Shop with a grocery list and stick to it.

Save money by shopping at a dollar store first. Look for cereal, canned salmon, canned soup, canned pineapple, mayo, bouillon cubes and sweet chili sauce there.

Shop first Tuesday of the month. Save-On Foods, Sobey's and Safeway offer 10-15% discount on the first Tuesday. Find out your grocery stores discount day and shop then.

Bread: Day old or McGavins Bread Basket.

Spices: Bulk Barn or Dollarama. You can also buy small amounts in bulk for less than packaged spices.

Check flyers for sales and coupons. They may have coupons for buy one get one free.

Tools

Weekly Menu Planning

Being prepared is always a good idea. Jot down a supper idea for each day of the week and include a list of main ingredients. Don't forget your leftover day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Favourites

When you create a great meal, write it down. Keep track of ingredients and substitutions so you can make it a staple at your table.



Buy canned soups with low sodium content or at the can for “reduced sodium”, “low salt”, and “no salt added”.

Eat lots of fibre. Choose whole grains and whole wheat foods. Whole grains make you feel fuller, longer.



Buy a variety of fresh fruits and vegetables. The Canada Food Guide recommends adults get between 7 and 10 servings of fruits and vegetables each day. Children should have between 4 and 8 servings.



Aim to have 2 cups of milk a day. Milk is a great source of calcium and vitamin D.

A soup and sandwich combo makes a great lunch for every day of the week. Try a variety of different soup and sandwich combinations



Notes

Use notes to keep track of sales. Most major grocery stores have a discount day. Find out when it is and keep track. You can save 10% - 15% of your grocery bill.

Store:

Location:

Discount Day:

Store:

Location:

Discount Day:

Store:

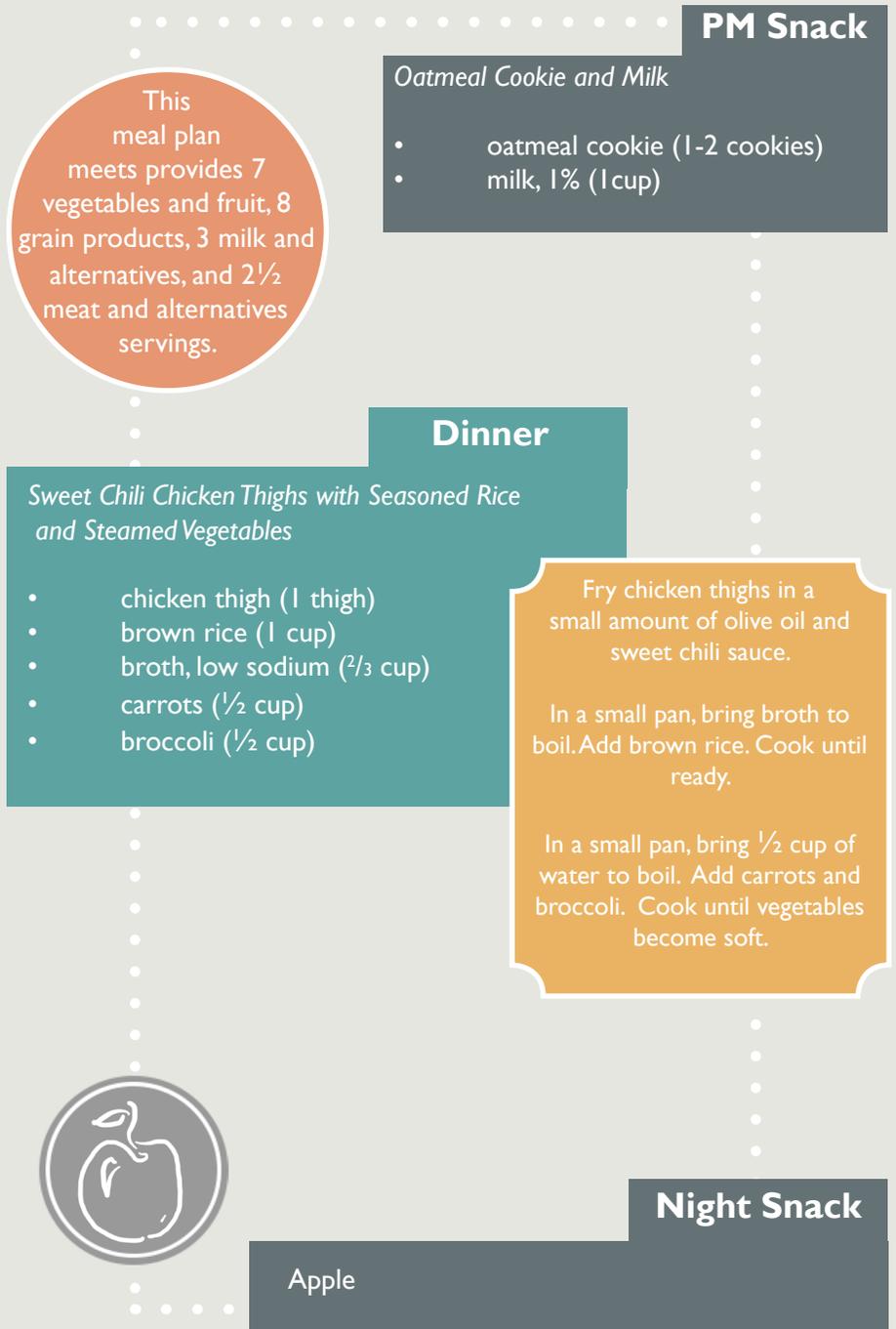
Location:

Discount Day:

Store:

Location:

Discount Day:



Cheap Supper Ideas for the Rest of the Week

Tuesday

Easy Meatloaf with Boiled Potatoes and Broccoli - servings: 4-6

- ground beef, lean or extra lean (1/2 kg)
- onion, medium (1)
- bread, whole grain (2 slices)
- eggs (1)
- tomato soup, low sodium (1/2 can)
- chili powder (1/2 tsp)
- pepper and salt (to taste)
- potatoes, boiled (2 cups)
- broccoli, steamed (2 cups)

Preheat oven to 400°F. Chop onion and break bread into crumbs. Combine beef, onion, bread, egg, soup, chili powder, pepper, and salt in a large bowl. Grease a baking pan (you can use olive oil). Place the mixture into the pan. Bake for 30 minutes. Boil potatoes and steam broccoli. Serve with meatloaf to make a healthy meal.

Wednesday

Delicious Chicken Pizzarella - servings: 4-6

- chicken thigh (1 thigh)
- brown rice (1 cup)
- broth, low sodium (2/3 cup)
- carrots (1/2 cup)
- broccoli (1/2 cup)



Preheat oven to 350°F. Place chicken into a baking pan. Combine tomato sauce, mushrooms, onion, and garlic and pour over chicken. Bake for 45 minutes. Sprinkle cheese over chicken. Bake again for 5 minutes or until cheese melts.

Boil noodles and steam carrots. Serve with chicken pizzarella for a delicious and nutritious meal.

Programs that Help Reduce the Cost

Food Banks

A food bank is a non-profit hunger relief organization that receives food donations to distribute to those in need. Food banks are found in most communities and rely on donors and volunteers to carry out day-to-day operations.

Edmonton's Food Bank

Each month, more than 13,000 people receive hampers from Edmonton's Food Bank or one of the over 210 agencies, churches or food depots with which we are affiliated. The Food Bank also distributes food to more than 350,000 meals and snacks each month. Approximately 40 per cent of clients served are children under 18.

When individuals call the Food Bank looking for assistance, they are asked questions about their situation such as their name, address, family size, source of income, and what has happened that has left them short of money and food. During this process, the individual may be provided with information on other helping agencies or groups such as low-cost housing, collective kitchens, free meals, free or low-cost household goods or clothing, a food co-op, employment information (resumes, access to fax and phone), Health For Two (pre-natal health connection), emergency shelters and immigrant services.

If you require food assistance, please call: 780.425.4190
Monday to Friday 8:30 am to 4:00 pm
www.edmontonsfoodbank.com

Wecan Food Basket Society of Alberta

The Wecan Food Basket Society is a membership based program where participants buy a \$5 membership in order to purchase fresh food through the society. The Society buys food in bulk and then distributes it depots throughout the Edmonton area. Once a month, volunteer member drivers pick up food from the supplier (The Grocery People), members then count, sort and pack the baskets for pick up. Members pay on the first Friday of the month and pick up their food baskets on the third Thursday (or sometimes Friday) of the month. The monthly cost of baskets depends on if meat or produce or both are ordered.

For more information visit www.wecanfood.com or email info@wecanfood.com



Bread Runs

These Bread Runs provide free day-old bread and sometimes other food on a drop-in basis. Please refer to the specific services offered below.

Garneau United Church – 11148-84 Avenue
Time: Saturdays from 9:00 a.m. to 10:00 a.m.
Provides: free day-old bread on a drop-in basis.



Mill Woods Bread Run – 15 Grand Meadow Crescent
Time: Saturdays from 10 a.m. to 11:30 a.m. Please arrive early
Provides: free day-old bread and a variety of fruits and vegetables on a drop-in basis.

Freedom Centre Bread Run – 4925-134 Avenue
Time: Wednesdays from 10:00 a.m. to 11:00 a.m.
Provides: day-old bread, pastries, fresh vegetables and sometimes other food items when available.

*Bread Run times and location are subject to change. Please visit www.edmontonsfoodbank.com

Thursday

Frittata with Vegetables - servings: 2

- potatoes, diced (1 cup)
- celery, fresh, sliced (1/4 cup)
- onion, small, chopped (1/4 onion)
- pepper, green, fresh, chopped (1)
- oil, olive or canola (2 tsp)
- parsley, fresh, minced (1 tbsp)
- eggs, beaten (3)
- salt and pepper (to taste)
- cheese, cheddar, shredded (1/4 cup)
- optional: tomato, small (1)

Boil potatoes until soft inside.

Fry up celery, onion, and green pepper in oil in a frying pan over medium heat. Add potatoes and parsley.

Reduce the heat to low. Pour the eggs over the vegetable and add salt and pepper.

Allow the eggs to set without stirring.

When the bottom of frittata is cooked, and the top is runny, add the cheese. Cover and cook for 5-7 minutes until eggs are set.

Optional: garnish frittata with tomatoes.



You bought a frozen pizza from a grocery store, so let's see how you can make it a healthier meal. Here's what you can do to make pizza night a more balanced choice:

Friday

Pizza Night

- share your pizza - have 1-2 slices of pizza
- add 1 cup of salad or steamed vegetables to your pizza
- add 1 cup of milk (low fat or skim) to your meal

Cheap Supper Ideas for the Rest of the Week

Saturday

Tasty Pizza-style Fish - servings: 4



- frozen fish fillets, thawed (1/2 kg)
- tomato sauce (1/2 cup)
- pepper, fresh, green, chopped (1)
- parsley, fresh, chopped (1/4 cup)
- basil, dried (1/2 tsp)
- mozzarella cheese, skim (1 cup)
- rice, brown, boiled (2 cups)

Preheat oven to 450°F.
Grease a baking dish.
Place fish fillets in the dish. Pour tomato sauce on top. Sprinkle green pepper, parsley, basil, and cheese.
Bake for 10 minutes until the cheese is bubbly and fish flakes easily.

Boil the rice and green beans. Season to taste and serve with pizza-style fish! Enjoy your meal.

Sunday

Leftovers Wrap Night - servings: 3

- wraps, whole-wheat (3)
- leftover cooked meats or fish
- leftover vegetables
- leftover potatoes or rice
- mayonnaise, light (3 tsp)



You have cooked all week and you probably have leftovers. Now it's time to clean out your fridge.
Take your leftover meats or fish and place in the middle of the wrap. Add your leftover vegetables. Add 1 tsp of mayonnaise per wrap. Make the wrap. Serve with leftover potatoes, rice, or noodles – whatever you have available.

Programs that Help Reduce the Cost



Collective Kitchens

Collective kitchens are small groups of people who get together on a regular basis to plan and cook meals. Members share ideas and recipes while learning to improve their basic cooking skills. This includes planning, shopping and preparing meals for themselves and their families. By cooking together and sharing food, time and money are saved. Meals can be frozen and used when money is tight or time is limited.

Collective kitchen members meet once a month. Two members will do the shopping for the group the day before and the group will prepare four to five main dishes each time they meet. The cost varies by kitchen but may be as little as \$2 per person in the family. Most kitchens operate in community settings such as community centres, churches and schools. Anyone who is interested in cooking and meeting new people can join a collective kitchen.

For more information on these programs, call Diane Thursby at 780.735.3044 or email: diane.thursby@albertahealthservices.ca

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Basic Shelf Program

The Basic Shelf program is a series of workshops where a small group is taught how to cook and shop for food on a limited budget. The program is based on the strategy of keeping a 'basic shelf' of ingredients with which participants learn to create a variety of nutritious and affordable meals. The program is comprised of 10 weekly workshops and a team of facilitators leads the program, ensuring each workshop is educational and informative.

Participants receive "The Basic Shelf Cookbook" designed to utilize the basic shelf of ingredients, with tips on how to shop, store and cook on a limited budget. If you are interested in this program please contact Diane Thursby at 780.735.3044. or email: diane.thursby@albertahealthservices.ca