



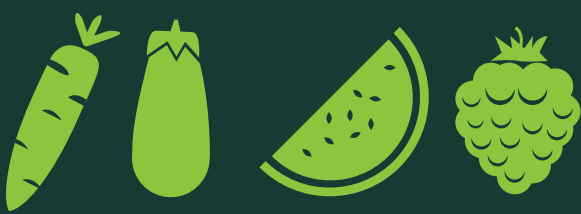
# The Power of Food



Here's a list of nutritious foods and how to find affordable versions.

Many of these items are also common to food banks, and may already be part their hampers!

## Nutritious Foods



Vegetables and fruit



Whole grains



Legumes like beans and lentils



Nuts and seeds



Milk, cheese and yogurt



Fish, seafood and poultry



Healthy oils like canola and olive oil

## What to Look For

Any fresh, frozen or canned vegetable. The best prices are on bananas, cabbage, sweet potatoes, onion, carrots, beets, kale and canned tomatoes. Also look for hearty canned vegetable soups and chili.



The most affordable grains are oats, rice, barley and pasta.



Dried beans and lentils cost less than canned. You can also find beans in the freezer section for about \$2/2 cups. Look for canned bean chili too.



Nuts are expensive, but seeds are much more affordable. Look for sunflower or pumpkin seeds, which cost 1/4 of nuts. Or, opt for peanut butter.



Skim milk powder, evaporated milk or tubs of yogurt (rather than single-serve containers) are best bets.



Canned tuna, salmon and chicken – choose what's on sale.



Choose the lowest cost oil or whatever is on sale.

