
Web Resources: Food Budgeting

CommunityKitchens.ca

The website for the Vancouver Community Kitchen Project, sponsored by BC Gas, Greater Vancouver Food Bank Society, REACH Community Health Center, and the Vancouver/Richmond Health Board. Community kitchens consist of a group of individuals who come together to prepare meals, learn to cook, and eat. Contains information on how to organize and lead a community kitchen, as well as how to get involved in one. The new Vancouver Community Kitchens cookbook, "Many Hands", is available for ordering; a few of the great recipes from this book are featured online.

- Homepage
<http://www.communitykitchens.ca>

Consumers' Association of Canada - "Shop Smart"

Seven Food Tips on how to shop smart and eat well provided by the Consumers' Association of Canada. Food Tips are easy-to-read and will help plan for good health. Includes information on how to store and prepare foods from each food group.

- "Shop Smart" pdf
<http://www.consumer.ca/pdf/food.pdf>
- Homepage
<http://www.consumer.ca>

Dietitians of Canada - "Eating Value For Your \$"

A factsheet on food budgeting provided by Dietitians of Canada. Offers seven money-saving tips for planning and preparing meals, which won't compromise the nutritional quality of your diet. Includes two sample shopping lists, showing how to get more for your money at the grocery store.

- "Eating Value For Your \$"
http://www.dietitians.ca/english/factsheets/e1997_07.html
- Homepage
<http://www.dietitians.ca>

HealthyEating.net

A site by Nancy Frawley, a health promotion specialist, that contains a large collection of healthy eating and cooking resources. Good tips for eating healthy on a budget. The Featured Website section includes a comprehensive list of Canadian and American health and nutrition web resources.

- Healthy Eating on a Budget subsection
http://www.healthyeating.net/he_4-02.htm
- Shopping/Saving Money subsection
http://www.healthyeating.net/he_15.htm#shopping
- Homepage
<http://www.healthyeating.net>

Disclaimer: Dial-A-Dietitian does not necessarily endorse the information or advice provided by any of the websites listed or linked to. Consult your doctor or registered dietitian before making any diet, fitness, or treatment changes.



USDA - "Recipes and Tips for Healthy, Thrifty Meals"

A publication by the United States Department of Agriculture - Center for Nutrition Policy and Promotion. Provides guidance on how to make smart health and cost choices in preparing meals. Includes tips for planning meals, shopping, best buys for cost and nutrition, healthy cooking, and food safety.

- "Recipes and Tips for Healthy, Thrifty Meals" web version
http://www.pueblo.gsa.gov/cic_text/food/rec-thrifty/recipes.htm
- Recipes and Tips for Healthy, Thrifty Meals" pdf version
http://www.pueblo.gsa.gov/cic_text/food/rec-thrifty/thrifty.pdf
- Homepage
<http://www.pueblo.gsa.gov>

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