



Before you Begin

Grocery Shopping Tips

Grocery Shopping

- Prior to each session you will need to buy the groceries as per the shopping list.
- Always check the best before date when selecting ingredients.
- Ensure perishable foods or any cold food items are promptly refrigerated after shopping to minimize any food safety risks.

Shop for Healthy Choices

Vegetables and Fruit

- Choose local produce when possible. Use Foodland Ontario's [availability guide](#) to find out when Ontario vegetables and fruit are in season.
- Choose frozen vegetables and fruit without added sugar and salt. Ensure bags are well sealed and frozen solid.
- Choose canned vegetables that have no added salt and canned fruits packed in water or juice rather than syrup. Inspect cans for damage, like bulges, dents and rust. Also check best before dates on cans.
- Choose fruit juice that is labeled "100% pure juice". Anything labeled as "drink", "beverage", "punch" or "cocktail" usually contains very little fruit juice.
- Choose dried fruit packages that are well sealed. Fruit should feel soft as an indicator of freshness. Be sure to check best before dates.

Let's Get Cookin'!



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Grocery Shopping Tips (cont'd.)

Grain Products

- Choose 100% whole-wheat bread, tortillas, etc. The first ingredient on the package should indicate “whole wheat” or “100% whole grain flour”.
- Choose brown or parboiled rice more often as they are higher in fibre.
- Quinoa is an ancient grain from South America that has a nutty flavour. It is high in fibre and considered a complete protein.
- All grains should be stored in a cool dry place in a tightly sealed container.

Milk and Alternatives

- Choose skim, 1%, or 2% milk most often.
- Choose cheese packages that are well-sealed. Check the best before date.

Protein

- Canned products like canned lentils, chickpeas, and beans are often preserved with salt. Always drain and then thoroughly rinse in a colander before use. Also look for no salt or low salt alternatives.

Oils and Fats

- Choose vegetable oils like olive, canola or safflower oil, as these are rich in healthy fats. All vegetable oils are naturally cholesterol-free.

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