

Strategies to Support Healthy Food Choices



In this factsheet, you will learn about:



Ways to access and enjoy fresh, frozen, canned, and dried foods



Fresh foods

- Shop at local farmers' markets, produce stands, and grocery stores
- Grow foods in a garden or on a farm
- Forage and gather fresh foods that grow in your community
- Fish or hunt



Frozen foods

- Buy lower sodium frozen foods when fresh foods are not accessible
- Freeze seasonal or leftover fresh foods to enjoy later



Canned foods

- Buy lower sodium and sugar canned foods when fresh foods are not accessible
- Can or preserve home-grown or harvested foods to enjoy later

Tip: Rinse canned foods under cold water to remove excess sodium or sugar



Dried foods

- Buy in bulk
- Dry home-grown, harvested, or previously purchased fresh foods to enjoy later

Budget-friendly tips for accessing healthy foods

There are a many ways to **eat healthy** while on a **budget!**



Find foods **on sale** in store flyers or newspaper advertisements



Use **coupons** and **price matching**

Tip: It may be beneficial to bring a calculator to help with costing



Choose **no-name** or **store brand** options



Visit the “**reduced**” **section** at the grocery store

Tip: Choose foods with a “best before” or “expiry” date that will provide enough time to eat, preserve, or freeze to prevent waste



Pick items on **higher** or **lower shelves**

Note: The most expensive items are usually on the middle shelves



Shop with others, buy in bulk, and **split the cost** of groceries



See if **community gardens, farmers’ markets, food boxes, and/or meal delivery programs** are available locally

Tip: It may be helpful to call a public health unit or a community social service helpline to learn more



Trade and/or **share food** with family, friends, and neighbours