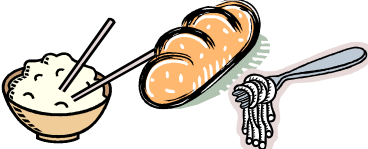

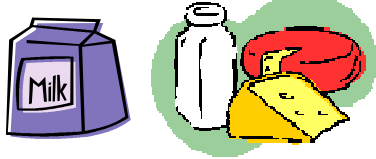
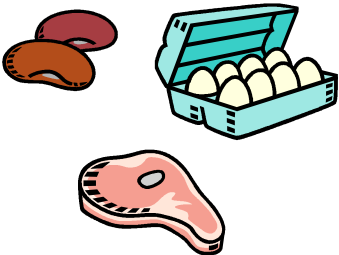


Penny Pinchers Fridge Poster

Check the chart below for good food buys from the four food groups.

Extra Money	Food Group	Money Savers
<ul style="list-style-type: none"> • Individual instant hot cereals • Most ready-to-eat cereals, especially individual serving size packages • Fancy rolls and breads 	<p data-bbox="649 390 906 426">Grain Products</p> 	<ul style="list-style-type: none"> • Most cooked cereals • Spaghetti, macaroni or other noodles • White (converted or parboiled) or brown rice • 100 % whole wheat bread, especially if day-old
<ul style="list-style-type: none"> • Individual cans of fruit • Mushrooms • Out-of-season fruit and vegetables • Frozen vegetables with sauce or breading • Exotic fruit and vegetables 	<p data-bbox="683 642 870 768">Vegetables and Fruits</p> 	<ul style="list-style-type: none"> • In-season fresh vegetables and fruit • Frozen vegetables, plain • Apples, bananas • Cabbage • Squash • Spinach • Carrots • Onions, potatoes • Rutabaga (yellow turnip) • Frozen 100% pure fruit juice
<ul style="list-style-type: none"> • Flavoured and/or individual yogurts • Ice cream • Individual canned puddings • Milk in cartons • Milkshakes • Cheese – processed, pre-sliced or shredded 	<p data-bbox="672 1010 878 1094">Milk and Alternatives</p> 	<ul style="list-style-type: none"> • Plain, “no-name” brand yogurt in large containers • Homemade puddings • Milk, in bags • Skim milk powder • Cheese – natural, cut from a block
<ul style="list-style-type: none"> • Bacon, spare ribs • Luncheon meats • Canned salmon • Corned beef • Lamb chops • Pork tenderloin • Round roast • Shrimp • T-bone steak • Most fresh fish • Battered fish, fish sticks • Convenience frozen main dishes – compared to dishes made from scratch 	<p data-bbox="672 1314 878 1398">Meat and Alternatives</p> 	<ul style="list-style-type: none"> • Canned tuna • Chicken (cheaper if bought whole) • Dried beans, peas or lentils • Baked beans • Eggs • Plain frozen fish fillets • Lean ground beef • Peanut butter • Turkey • Cheaper cuts of beef – blade, shoulder, etc. • Pork roasts (look for specials) • Convenience frozen main dishes – compared to eating out

Adapted from the former City of Scarborough Health Department. Distributed by the North Bay Parry Sound District Health Unit
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