

Helping Families Live Well in Manitoba

HOME & FAMILY



*Improving skills.
Sharing information.*



Brought to you by the
Manitoba Association
of Home Economists



Good food does not have to be expensive.

Eating well on a limited budget can be challenging, but knowing more about local food, how to prepare and preserve it, and how to get the best nutrition for your money can help.

HomeFamily.net

Developed by professional home economists, **HomeFamily.net** is filled with practical information for families in Manitoba.

- Meal Planning on a Budget
- Buying Local Food
- Community Food Resources

- Food Preparation
- Ways to Preserve Food
- Food Safety and Storage

- Tips for Food Shopping
- Household Budgeting
- Family & Parenting

We encourage you to build on your knowledge and skills in home economics. We are here to support you.



Manitoba Association
of Home Economists

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Manitoba has a strong and diverse group of farmers growing and raising food for our families and the world. When you support these local farmers, it is an important part of building a local food system which benefits families and strengthens our communities.

How HomeFamily.net can help...

Find Manitoba foods

- Links to find Manitoba produce including local farmers' markets, U-pick farms, pre-picked fruit and farmers that sell directly to you.
- Learn to identify local foods at the grocery store.

Eat Manitoba foods

- Food preparation, cooking and how to preserve local produce.
- Recipe links filled with ideas to include local ingredients in your meals.
- Ways to get the best value for your food dollar every day.

You might be surprised at how many food products are produced right here in Manitoba! Enjoy exploring the wholesome foods that Manitoba has to offer.

farm to table

Cooking Manitoba Vegetables

Not sure how to cook a new vegetable? Try roasting it!

- 1 Wash well.
- 2 Chop into bit-sized pieces.
- 3 Drizzle with canola oil and add salt, pepper or your favourite spices.
- 4 Bake at 400°F (200°C) for 30-45 minutes until fork tender.



Be flexible with vegetables!

Vegetables can be substituted in any recipe based on price, availability and your personal taste preference. Try these vegetable substitutes in some of your recipes:

- Broccoli or cauliflower for zucchini, asparagus, green beans or brussel sprouts.
- Carrots or cabbage for celery, snow peas or kohlrabi.
- Spinach or beet tops for kale, collard greens or bok choy.
- Bell peppers or zucchini for tomatoes, mushrooms or eggplant.
- Potatoes, parsnips or butternut squash for carrots, sweet potatoes or beets.

Manitoba farmers grow nutritious, high quality vegetables.

When vegetables are in season, they are generally less expensive and very tasty. Stock up and freeze or preserve them to eat at a later date.

Although the growing season is relatively short in Manitoba, advanced methods of storing vegetables like beets, cabbage, potatoes, carrots and parsnips give consumers good options for local vegetables throughout the winter months.

home grown

Hasselback Potatoes

Courtesy of Canola EatWell.

Ingredients

- 6-8 potatoes, scrubbed well
- 1/4 cup (60 mL) canola oil, divided
- 1 tsp (5 mL) pepper
- 1/2 tsp (2 mL) salt



Directions

- 1 Preheat oven to 425°F (220°C).
- 2 Line a 13 x 18 inch (33 x 46 cm) baking sheet with parchment paper.
- 3 Cut vertical parallel slits 1/8 to 1/4 inch (3 – 6 mm) apart, in the potatoes without cutting all the way through the potato.

TIP: Rest the potato lengthwise between two chopsticks or two wooden spoons to prevent cutting completely through.



- 4 Place potatoes on baking sheet and gently brush 2 Tbsp (30 mL) canola oil over the cut portions of potatoes. Season with salt and pepper.
- 5 Roast potatoes for 90 minutes, basting the potatoes every 30 minutes with remaining 2 Tbsp (30 mL) canola oil to ensure golden crisp edges.

Roasted Parsnip and Carrot Sticks

Courtesy of Canola EatWell.

Ingredients

- 1 lb (500 g) carrots, peeled
- 1 lb (500 g) parsnips, peeled
- 3 Tbsp (45 mL) canola oil, divided
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried thyme leaves
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) salt
- 1/3 cup (75 mL) fresh grated Parmesan cheese

Directions

- 1 Preheat oven to 425°F (220°C).
- 2 Line a 13 x 18 inch (33 x 46 cm) baking sheet with parchment paper.
- 3 Cut carrots and parsnips into thirds and cut each lengthwise into quarters; place in a large bowl. Toss with 2 Tbsp (30 mL) of the oil, garlic, thyme, pepper and salt.
- 4 On prepared baking sheet, spread carrots and parsnips. Roast for 15 minutes.



- Spicy** 3 Tbsp (45 mL) mayonnaise
- Sriracha** 1 Tbsp (15 mL) lemon juice
- Mayo** 1 Tbsp (15 mL) chopped fresh parsley
- 1 Tbsp (15 mL) Sriracha sauce

- 5 Meanwhile, in a small bowl, toss remaining 1 Tbsp (15 mL) of canola oil with Parmesan cheese.
- 6 Remove baking sheet from oven, sprinkle with Parmesan mixture and toss to coat. Return sheet to oven and roast for 10 minutes or until golden brown.
- 7 Spicy Sriracha Mayo: In a small bowl, whisk together mayonnaise, lemon juice, parsley and sriracha. Serve as a dip.

Make healthy eating easier

Plan Ahead

- Plan your food menu for several days at a time to have healthy food choices on busy days and save time and money at the grocery store.
- Try to prepare some snacks and portions of meals in advance like washing/ chopping vegetables and batch cooking parts of meals like rice, pasta or beans that will be used throughout the week.
- Precook extra ground meats or pieces of chicken and freeze for fast, easy meals.
- Plan the night before for quick healthy breakfasts.
- Try to keep some basic foods on hand in your kitchen for days when you need to make healthy meals quickly and for times when you are unable to go to the store. Items like **eggs, canned fish, frozen/canned vegetables** and **fruit, canned beans and legumes, pasta sauce, pasta, rice** or other **whole grains (oats or bread), heart-healthy oils (canola or olive oil), canned or powdered milk** and your favourite **spices**. These food items make it easier to cook tasty, healthy meals quickly.

Cooking at Home

- Change up your cooking methods. Instead of pan-frying or deep-frying foods like chicken, fish or vegetables, try baking, roasting or grilling.
- Keep frozen vegetables on hand and add into family favourite recipes like macaroni & cheese, tuna casserole or chili.
- It's both economical and nutritious to add plant based proteins to your meals. Choose pulses (chickpeas, beans and lentils), soya products (tofu, tempeh and soy milk) and grains (quinoa and wild rice) as healthy options. If a meatless meal is new to your family, start by substituting half the meat with beans for added fibre and essential amino acids.
- Use whole grain ingredients whenever possible. They will keep you feeling full longer and have extra protein and nutrients.
- Substitute less healthy ingredients with healthier low fat and low sodium options.

At the Store

- Use the Nutrition Facts table to compare packaged foods to find the best option for you. Look for lower amounts of sodium, sugar and saturated/trans fats. Pick foods with higher amounts of fibre, vitamins and minerals.
- Spend most of your time shopping in the fresh food areas of the grocery store.
- Take advantage of sale prices whenever you can: substitute types of vegetables in your recipes and stock up on whole grains and basic foods.



Chicken Chili with Corn

Courtesy of Manitoba Chicken Producers
and Great Tastes of Manitoba.

Servings: 4 - 6

Prep Time: 15 min

Cook Time: 40 min

Total Time: 55 min



Ingredients

2 tsp (10 mL) canola oil

1 onion, chopped

2 cloves garlic, minced

1 lb (454 g) ground chicken

1 red pepper, chopped

2 stalks celery, sliced

2 Tbsp (30 mL) chili powder

1 tsp (5 mL) ground cumin

1/2 tsp (2 mL) salt

1/2 tsp (2 mL) dried oregano

1/4 tsp (1 mL) each hot pepper flakes and black pepper

1 can – 27 oz (796 mL) crushed tomatoes

1 can – 20 oz (570 mL) black beans, rinsed and drained

2 cups (500 mL) kernel corn (fresh, frozen or canned)

1/4 cup (60 mL) chopped fresh parsley (optional)

Directions

In a large skillet, heat oil over medium heat, cook onion and garlic until onion is soft. Add chicken and cook while stirring, breaking up the lumps, until the chicken is no longer pink. Stir in red pepper, celery, spices, tomatoes, and black beans. Bring to a boil; reduce heat, cover, and simmer for 20 minutes. Stir in corn and simmer, uncovered, for 10 minutes. Stir in parsley. Serve with salad, and crusty bread or corn bread.

plan ahead



There are simple changes you can make when preparing your meals to increase nutrition and still eat the foods you love!

Lower the fat

- Choose lean cuts of meat whenever possible. Drain all fat from ground meats when cooking.
- Substitute regular fat milk, yogurts and cheese for low-fat options.
- Instead of using butter, shortening or lard in recipes, heart-healthy oils like canola oil to reduce saturated fat.

TIP: In baking recipes, replace 1 cup of solid fat with 3/4 cup of oil. In cooking, replace equal amounts of solid fat with oil.

When baking, try cutting the oil in half and replacing it with applesauce!

Decrease the salt (sodium)

- In any dish, cut back on the salt and enhance the flavour by using herbs, spices, garlic, onions or a squeeze of lemon.
- Whenever possible, choose low-sodium broths, or dilute the regular broth with extra water to lower the sodium per serving.
- Drain and rinse canned vegetables and beans to decrease salt, or choose low sodium options.

Cut back the added sugar

- Make water your beverage of choice. Sugary drinks should be limited to special occasions.
- If you love sugary breakfast cereals, try mixing them into low sugar cereal options.
- Buy plain yogurt and add fresh or frozen fruit for sweetness instead of buying pre-flavoured yogurt.
- When reading ingredient labels be aware of the many names that sugar has: White sugar, fancy molasses, beet sugar, corn syrup, honey, fructose, glucose, sucrose...these are all added sugars and the list goes on!
- Cut back sugar in almost any baking recipe and enhance the flavour with added spices.
- If you add sugar regularly to coffee, tea, cereals or pancakes (syrup), try to cut the amount in half and gradually decrease the added sugar to little or none!

Eat more fibre

- Choose whole grain foods whenever possible. Whole grain pasta, brown or wild rice, and whole grain breads are good options.
- Include more pulses, like beans, lentils and peas into your cooking.
- Eat raw vegetables and fruit every day. Choose fruits like apples, berries and pears and vegetables like carrots, beets and broccoli.
- Add seeds and nuts to your salads, baking, cooking recipes and snacks. These can be high in calories, so limit the amount added.

Morning Glory Muffins

Courtesy of Healthy Start Mom & Me.

Ingredients

Makes 12 muffins

- 2 cups (500 mL) flour (white or whole wheat)
- 1 cup (250 mL) sugar
- 1/2 tsp (2 mL) salt
- 2 tsp (10 mL) baking soda
- 2 tsp (10 mL) cinnamon
- 2 cups (500 mL) grated carrots (approx. 3 large)
- 1 apple, peeled, cored and grated
- 1/2 cup (125 mL) shredded coconut
- 2 eggs
- 1/2 cup (125 mL) oil
- 2 tsp (10 mL) vanilla



Directions

- 1 Preheat oven to 350°F (180°C).
- 2 In a large bowl, add flour, sugar, salt, baking soda and cinnamon. Mix well.
- 3 Add to this mixture the grated carrots, grated apple and shredded coconut.
- 4 In a small bowl, beat two eggs, then add the oil and vanilla.
- 5 Add wet ingredients to the dry ingredients. Mix only until dry ingredients are completely combined. Do not overmix.
- 6 Grease muffin tin or use paper muffin cups. Spoon batter into muffin tin to 2/3 full.
- 7 Bake in preheated oven for 15 - 20 minutes. Check that muffins are done by inserting a toothpick or fork into the middle of the muffin. If it comes out clean, the muffin is cooked. Remove from muffin pan and cool.

To make these muffins lower in fat, replace half the oil with 1/4 cup applesauce or 1/4 cup mashed bananas.

TIP: Freeze shredded vegetables in measured amounts for convenient use in baking. Thaw and drain any extra liquid before adding to your recipe.

Freezing Fruits and Vegetables



Freezing your own produce at home is a great way to take advantage of lower prices and avoid food waste when you have extra vegetables.

Buy extra fruit and vegetables when they are in season and more affordable, then freeze to enjoy in the future months!

Follow these simple steps for freezing produce:

- 1 Rinse the produce and pat dry.
- 2 If freezing fruit, remove any stems or pits, cut to the desired size and spread in a single layer on a baking sheet and freeze.
- 3 *If freezing vegetables*, blanch the vegetables first (briefly cook in boiling water) according to the chart on the following page. This step is necessary to maintain the best quality colour, taste and texture.
- 4 Once the blanching time is complete, use a slotted spoon to transfer vegetables out of the boiling water and into a bowl of ice cold water to cool.
- 5 Drain vegetables well and pat dry. Lay in a single layer on a baking sheet to freeze.
- 6 Once fruits or vegetables are frozen on the tray, transfer into a freezer safe container or freezer bag. Be sure to label with the produce description and date frozen. Use your frozen produce within 12 months for best quality.



freeze

For more information on
freezing fruits and vegetables,
visit HomeFamily.net

Use frozen vegetables in soups, stews, casseroles and stir-frys. Many vegetables will also make a delicious side dish.

Add frozen fruit to breakfast cereals, baking, desserts and smoothies.

Freeze shredded carrots, zucchini and squash in pre-measured portions for easy use in soups or baking recipes.

Blanching Times for Common Vegetables

VEGETABLE	BLANCHING TIME AND PREPARATION
Beans (green, snap, wax)	Cut in 2 - 4" lengths, 3 min blanch
Beets	Cook fully without peeling (30 - 45 min), then peel, remove root/stem and slice
Broccoli / Cauliflower	Cut in pieces, 3 min blanch
Cabbage	Coarsely shred, 1 1/2 min blanch
Carrots	Small whole carrot, 5 min blanch Sliced 1/4" pieces, 2 min blanch
Corn	On-the-cob, 7 - 11 min (small-large) Kernel, 4 min blanch
Fresh Herbs	Chopped or whole, no blanching needed
Greens (spinach, kale)	Cut as desired, 2 min blanch
Onions	Dice in 1/4" pieces, no blanching needed
Parsnips/Turnips	Cut in 1/2" pieces, 2 min blanch
Peas	Edible pod, 2 min blanch Shelled, 1 1/2 min blanch
Peppers (bell, sweet)	Slice or dice, 2 min blanch
Potatoes/Sweet potatoes	Cook fully and mash, freeze in portion sizes
Pumpkin	Cook fully and mash, freeze in portion sizes
Rhubarb	Chop, 1 min blanch but not necessary
Squash (butternut, acorn)	Cook until soft, mash or dice and freeze in portion sizes
Tomatoes	Whole, boil for 30 seconds to loosen skin, peel and core, no blanching needed
Zucchini	Coarsely grated, 1 min blanch

Information from the National Center for Home Food Preservation

Top 10 Tips for Food Shopping

- 1 Before shopping, plan your weekly meals and snacks and make a grocery list with things you need.
- 2 Use weekly store flyers to find the best prices before deciding on the menu. Many stores will match low prices if you bring the flyer with you.
- 3 Always look through your pantry, fridge and freezer before shopping to avoid buying items you already have.
- 4 Do most of your food shopping in large discount stores. You may need to go to a smaller store for specialty items, but prices are generally higher.
- 5 Whenever possible, if there are sale prices, stock up on basic items like pasta, rice, cereals, whole grains, canned fish, canned tomatoes, beans and canned/frozen vegetables.
- 6 Buy meat in bulk sizes when possible to take advantage of larger quantity discounts. Freeze into smaller portion sizes for easy thawing and cooking.
- 7 Buy generic brands more often. They are often processed in the same facility as commercial brands and they will cost less.
- 8 Buy local produce when it is in-season and costs less. If prices are really good, buy extra vegetables and freeze, can or dry them to use later. Canned and frozen produce are healthy options and may have better prices than out-of-season produce.
- 9 Buy fruits and vegetables in whole form to wash and chop at home. Anything pre-washed or chopped in the store will cost more.
- 10 Use unit prices when comparing costs. Don't assume that buying the largest size will always be the cheapest, especially if smaller sizes are on sale.

choices



Compare Prices at the Store

Use **Unit Price** to find the best buy.

Unit price shows the price based on the product weight or volume, helping you compare what brand or size is the best deal.

Some stores will show the unit price on the store shelf tag along with the price per item. This is convenient for shoppers but is not found in all stores.

UNIT PRICE
is the price per unit
(e.g. price per gram)

750g H&F Cottage Cheese 1NMF.

UNIT PRICE	RETAIL PRICE
\$0.79 Per 100g	\$5.95

RETAIL PRICE
is the price you pay,
your total cost
for the item.

How to calculate Unit Price:

$$\begin{array}{c} \text{RETAIL PRICE} \\ \$5.95 \end{array} \div \begin{array}{c} \text{NUMBER OF UNITS} \\ 750\text{g} \end{array} = \begin{array}{c} \text{UNIT PRICE} \\ .00793 \text{ per gram} \\ \text{or } \$0.79/100\text{g} \end{array}$$

Finding the Best Price

Both sizes of Raisin Bran are on sale, but which size box is the better deal? Look at the unit price and compare.



Small box weight: 425g



Family size weight: 755g

To compare the two prices, look for the UNIT PRICE.

If it is not given on the shelf label, you can calculate yourself.

Retail Price \div Number of Units = Unit Price

$\$2.96 / 425\text{g} = \$0.00696/\text{gram}$

$\$5.98 / 755\text{g} = \$0.00792/\text{gram}$

The **SMALLER** size box is actually better value than the large box!

Always use UNIT PRICE to find the best price.

Community Food Resources



Connecting with others in your community can provide support and help save time and money on food.

- Take advantage of farmer markets and fresh local produce in the summer months for best quality and prices. Get to know the farmers and local foods available where you live.
- Start a cooking club or join a community kitchen. Having a group of people who get together regularly to cook big batches of healthy food is a great way to find support and meet new friends. Share in the cost and work of cooking, and take healthy meals home to your family.
- Team up with a friend or two to create your own “buying club” to take advantage of larger quantity discounts on basic items.
- Take a grocery store tour, often guided by a dietitian, to become familiar with foods that are available and tips for shopping.
- Join a community garden or plant your own small garden. Call community leaders to find out if there is a community garden in your area. There are special funding opportunities from the Manitoba government for groups wanting to start their own community garden.
- Public health dietitians work throughout the province to assist individuals with healthy eating. Call your local health office to be connected with a dietitian.
- Join community Facebook groups that supply information on food box programs and donations of rescued food (near expiry produce from grocery stores and food suppliers).
- If you are unable to afford enough food for yourself or your family, call Harvest Manitoba for an appointment to access a food bank near you.



Turkey Minestrone Soup

Courtesy of Manitoba Turkey and Great Tastes of Manitoba.

Servings: 6 - 8

Prep Time: 10 min

Cook Time: 45 min

Total Time: 55 min

Ingredients

1 lb (450 g) boneless, skinless turkey thigh, diced

2 Tbsp (30 mL) olive oil

1/2 cup (125 mL) white onion, diced

1 cup (250 mL) carrots, diced

1/2 cup (125 mL) celery, diced

6 cups (1.5 L) homemade or low-sodium turkey or chicken stock

1 can – 26 oz (796 mL) tomatoes, chopped



1/2 cup (125 mL) macaroni noodles

1 Tbsp (15 mL) fresh parsley, chopped

1 tsp (5 mL) fresh oregano, chopped

1 can – 18 oz (540 mL) white kidney beans, drained and rinsed

To taste, sea salt and freshly ground black pepper

1/4 cup (60 mL) fresh Parmesan cheese

Directions

Sauté turkey, onions, carrots and celery in olive oil until onions are soft. Add stock and tomatoes and bring to a simmer. Add noodles and simmer until carrots are soft and noodles are cooked. Add parsley, oregano and kidney beans. Season with salt and pepper to taste and serve with fresh Parmesan cheese.

COOKING TIPS:

Increase fibre by using whole wheat pasta (any noodle can be used).


Use your leftovers! Soups and stews are a great way to use leftovers and any vegetables that are close to spoiling. Extra vegetables mean extra nutrition.

Substitute ingredients for what is in season, or on hand in your kitchen. Fresh, frozen and canned vegetables are all healthy options.

Fresh herbs can be replaced with dried herbs. Rule of thumb is 1 Tbsp fresh herbs = 1 tsp dried herbs

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