



## Meal Plans On A Budget

### Make a Menu

Decide which recipes you will make for lunch and dinner and make a grocery list from there. When you have a plan, you are less likely to reach for convenience meals. When you have a list, you are less likely to make impulsive purchases.

### Find The Sales

Be aware of the sales taking place when you go to shop and plan your food purchases. Be sure to buy foods your family will actually eat, so they don't go to waste.

### Know Your Stock

Be aware of the expiry dates of the food you have at home. Which ones do you need to use up? Look for recipes that use those foods and ingredients.

### Eat More Grains

Grains like rice, pasta, barley and couscous are inexpensive and can be used in many different recipes. Try them in soups, stews and salads.

### Share Ingredients

If a recipe calls for a special ingredient, find a friend (or two) and split on the purchase. Chances are that if you won't use the ingredient often, neither will they. This way you will all save!

### Cook Seasonally

Fruit and vegetables are cheaper when they're in season.

### Love Your Leftovers

Think about how you can use leftovers. If you're cooking roast chicken with rice and vegetables on Sunday night, make chicken sandwiches for Monday lunch. Use the bones to make a chicken soup and toss in any leftover vegetables and rice for Tuesday.

### Make Extra

Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra big pot of soup, or chop it and freeze it. If ground beef is on sale, make two lasagnas instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.

### Buy What People Like

Encourage your family to share their favourites and help with menu planning. That way you can look for favourite ingredients and foods when they go on sale. And, you'll have less waste.

Eat Right Ontario was our inspiration for this list, but we did  modify it a little. For their original list, visit: [www.eatrightontario.ca/en/Budget](http://www.eatrightontario.ca/en/Budget)

# Crossword ANSWERS

## ACROSS

6. chow
8. locavore
9. khash
10. miso
12. hin
14. clam
15. thyme
17. filet
18. rind
19. pemmican
21. detox
20. tup
22. riblet
23. seed
24. chip fest
26. takeout
27. bangers
29. head
31. probiotic
33. Deen
34. fondue
36. shellfish
38. commis
39. capon
43. scrambled
45. soy
46. bacon
48. chai
50. legume
52. Paris
55. strand
56. calories
57. oil
58. cuke
59. carbs

## DOWN

1. yam
2. eco
3. salmon
4. kohlrabi
5. choy
7. whole
11. split pea
13. coddled
14. child
15. tourtiere
16. miele
17. fudge
20. utensil
23. spud
24. condiments
25. pesto
26. taco
27. bio
28. eat
30. dine
31. Persian
32. coir
35. dim
36. sashimi
37. roux
38. cow
39. Caesar
40. stone
41. Nanaimo
42. lame
44. cactus
47. canola
49. Almas
50. lean
51. milk
52. peas
53. root
54. stir
55. salt

## Direct Farm Markets By The Numbers

There are 1,680 direct farm markets (DFM) in Ontario.

DFMs make up 3% of all Ontario farms.

Average gross income per DFM farm: \$375,000

75% of DFM farms had revenue increases in the past three years.

Direct Farm Markets in Ontario contribute approximately \$1,260,000,000 to the provincial economy.

SOURCE: ONTARIO FARMERS' FEDERATION



Direct Farm Markets are farms that deal directly with the customer. This occurs through on-farm sales, pick-your-own or off-site vending such as farmers' markets.

How can you govern a country which has 246 varieties of cheese?

- CHARLES DE GAULLE  
President of France (1959-1969)