



Eat**Right** Ontario

Food Choices

When Money is Tight

MILK AND ALTERNATIVES BEST BUYS

My family enjoys milk products and yogurt. Are there any ways to save money?

- **Choose low fat milk** (skim, 1% M.F., or 2% M.F). It is the healthiest choice for adults and children over two years old.
- **Buy milk in 4 L bags or jugs instead of cartons.** Milk can be frozen for up to three months. Thaw bags of milk in your refrigerator and shake it before you open it.
- **Skim milk powder costs less than milk and is just as nutritious.** Once skim milk powder has been mixed with water, try mixing it with an equal amount of milk from the bag or carton for a creamier taste. You can also use it for cooking or baking.
- **Buy yogurt in a larger container** instead of single serve portions.
- **There is no need to spend extra money on ultra filtered milk.** It is no more nutritious than regular milk. The slightly longer shelf life is not important for most people.

Nutrition Tip:

If you prefer not to drink milk, try fortified soy beverages as an alternative.





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Many of the meals I make use cheese. What are the best buys?

- **Buy cheese in blocks when it is on sale** and slice or grate it yourself.
- **Freeze grated or block cheese to help make it last longer.** It will crumble when you thaw it, but it will be just as nutritious.
- **Skim milk and low fat cheeses (less than 20% M.F.) are healthier choices but often cost more.** Use a smaller amount of regular cheese in your recipes to save money and reduce fat.
- **Low fat cottage cheese can be a good substitute** for regular cheese in some recipes
- **Compare brands and the price of cheese per kilogram.** “No Name” or deli-packaged cheese often cost less.



To learn more, watch EatRight Ontario videos at
<http://www.eatrightontario.ca/en/videolist>.

Questions to ask your community service provider OR contact EatRight Ontario

- How much calcium and vitamin D do I need?
- How many servings of Milk and Alternatives does Canada's Food Guide recommend? What is a serving?



To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

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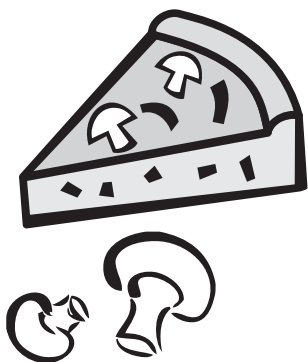
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RECIPES

You can also add leftover cooked meat such as diced ham or or chicken or ground beef.



Crustless Vegetable Cheese Quiche Serves 4

1 tsp	vegetable oil	5 mL
½	small onion, chopped	½
½ cup	sliced mushrooms (or canned)	125 mL
½ cup	chopped red or green pepper	125 mL
1 cup	grated Cheddar cheese	250 mL
4	eggs	4
1 cup	milk or (or make from skim milk powder)	250 mL
3 tbsp	butter or margarine, melted	45 mL
1/3 cup	all-purpose flour	75 mL
½ tsp	garlic powder	2 mL
½ tsp	dried parsley	2 mL
	salt and pepper to taste	

1. Put oil in large frying pan and set at medium heat. Add onion, mushrooms, and peppers. Cook and stir until vegetables are soft, about 5 minutes.
2. Spread vegetable mixture in a greased 8 x 8 x 2-inch (2 L) baking pan. Sprinkle cheese over top.
3. Combine eggs, milk melted butter or margarine, flour, garlic powder, parsley, and salt and pepper in a medium bowl. Beat with a whisk or fork until smooth. Pour mixture over cheese.
4. Bake, uncovered, in a 350° F oven for 40-45 minutes. Let stand for 5 minutes before serving.



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RECIPES

Yogurt Breakfast Parfait

¾ cup	low-fat yogurt (plain, vanilla or fruit-flavoured)	175 mL
½ cup	fruit (e.g. fresh or frozen berries, canned fruit, sliced bananas, apples or pears)	125 mL
½ cup	high fibre cereal (e.g. bran flakes, all bran)	125 mL

1. Put yogurt in a bowl. Top with fruit and cereal.



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