



Eat**Right** Ontario

Food Choices

When Money is Tight

MEAT AND ALTERNATIVES BEST BUYS

I spend a lot of my food budget on meat.
How can I save money on this food group?

Buy less expensive types of meat, poultry
and fish such as:

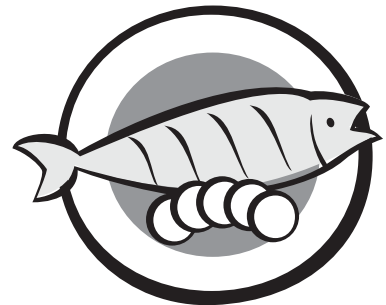
- stewing meat
- outside, inside or eye of round
- blade or flank steak
- regular or medium ground meat
- pork shoulder
- chicken pieces (legs, thighs) or whole chicken
- plain frozen fish fillets such as salmon, tilapia, sole, haddock and pollock
- canned fish like salmon, “light” tuna, sardines and herring

Lower priced meats can be less tender because they are lower in fat. Try these ways to make meat more tender:

- Marinate meat overnight in the refrigerator.
- Pound the meat using a mallet before cooking.
- Cook meat slowly for a few hours in a liquid such as water, broth or tomato juice.

Nutrition Tip:

Fish contains a healthy type of fat. Eat fish at least twice a week to get the health benefits.





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Try these tips to help you keep costs down:

- **Boxed, seasoned and prepared meats, poultry and fish cost more.** Save money by preparing your own. Use leftover meat for sandwiches instead of buying deli meat.
- **Buy larger amounts of meat, poultry or fish when it is on special** and if you have space in your freezer. Package it into smaller portions and freeze it.
- **Keep portions small.** A serving of meat, poultry or fish is just 75 grams (2.5 oz) or about the size of a deck of cards. Have 2 to 3 servings per day. Enjoy meals that use small amounts of meat and lots of vegetables, pasta or rice. Try stir-fries, casseroles, curries and pasta dishes.

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 do I prepare dried beans, peas and lentils?
- What are some family-friendly recipes that use less meat?
- How many servings of Meat and Alternatives does Canada's Food Guide recommend? What is a serving?

Enjoy these healthy and tasty meatless meal ideas.



Explore meat alternatives like eggs, dried beans, peas and

lentils, soy products and nuts and seeds. Try eating a few meatless meals each week:

- curried chickpeas and rice
- vegetable cheese omelette
- vegetarian bean chili
- lentil casserole or soup
- tofu stir-fry
- egg salad sandwich
- hummus and vegetable pita



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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RECIPES

Baked Breaded Fish Fillets Serves 4

½ cup	bread crumbs	125 mL
½ tsp	oregano or Italian seasoning	2 mL
¼ tsp	black pepper	1 mL
2 tbsp	vegetable oil	30 mL
¾ lbs	white fish fillets, such as tilapia, sole, haddock or pollock	375 g

1. Preheat oven to 375° F. Lightly oil a baking sheet.
2. In a bowl, combine bread crumbs, oregano (or Italian seasoning) and pepper.
3. Brush both sides of each fish fillet with oil, then coat in bread crumb mixture.
4. Bake for 10 minutes, then turn fillets over and continue to bake for 5 to 10 minutes, or until the fish flakes with a fork.





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RECIPES

Basic Marinade for Meat, Fish and Poultry

Makes 3/4 cup

¼ cup	soy sauce	60 mL
¼ cup	vegetable oil	60 mL
½ tsp	garlic powder (or 2 garlic cloves, minced)	2 mL
¼ cup	lemon juice or orange juice	60 mL

1. In a small bowl, whisk together soy sauce, vegetable oil, garlic cloves and juice.
2. Combine meat and marinade in a sealed container or plastic bag. Refrigerate for at least 4 hours (or overnight). For safety, any leftover marinade that has touched raw meat, fish, or poultry must be thrown away.



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