Expiry Date VS Best Before Date

Expiry Date	What is it?	Best Before Date
Last date the product can be safely consumed.		Refers to the quality, not the safety of the food
May become unsafe to eat beyond this point.	Health impacts	No negative health impacts. Best before date no longer applies if package has been opened.
Commonly found on perishable items like dairy products, meat, tuna, and prepared foods.	When it is used	Required for foods with a shelf life of 90 days or less. Exceptions apply to fresh fruit, vegetables and other packaged foods.
Be aware of changes in taste, smell, colour, texture and mold.	Changes in food	Some changes in flavour, nutritional quality, and freshness.

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Saving on Food

Budgeting Tips

End of day sales

Many groceries offer up to 50% discounts on perishable and near-expiry foods by the end of the day. Check stores like Loblaws near closing time to find great deals on produce, baked items and cooked meals.

Buy in season

Buying fruits and vegetables when they're in season means they're fresher and tastier at a discount! Buy pineapples in the spring, watermelon in the summer, apples in the fall, oranges in the winter.

Use a points program

Points programs help you save money. You earn points when you spend, which can get you discounts or free stuff, helping you save more. Examples include PC Optimum and Air Miles.

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Food Labels

Common food claims and Ingredients Lists

Fat Free

Means the food must have less than 0.5 grams of fat *per serving*

Calorie Free

The food must have less than 5 calories *per serving*

Natural

Food that has no added vitamins, nutrients, artificial flavours or other additives.

Organic

A form of farming that does not use chemicals and pesticides. It has little effect on nutritional value.

Light

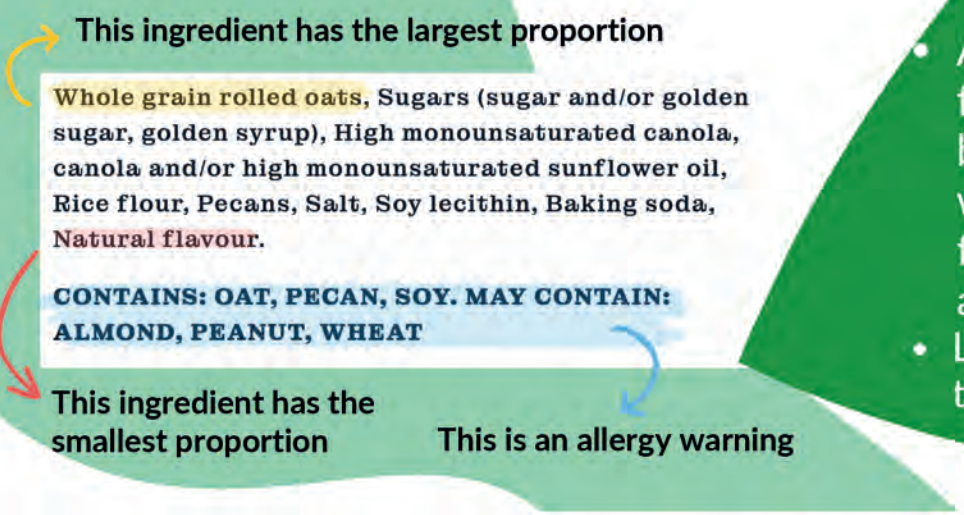
The food is modified so that it contains at least 25% less of a nutrient when compared to the regular product

Fortified

Has vitamins, mineral, and/or amino acids added improve their nutritional quality.

Ingredients Lists

- An ingredients list is will be found on most foods except bakery products and items with few ingredients like fresh produce, fresh meats, and teas or coffees.
- Look for this information close to the nutritional value chart



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Understanding the Nutrition Fact Table

Serving size

- Tells you the amount of the food you are eating
- Compare to the size of the container to see how many servings are in the package

Nutrition Facts
Valeur nutritive

Per 1 bar (35 g)
pour 1 barre (35 g)

Calories 170	% Daily Value* / % valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Vitamins and Minerals

- Look for foods with lots of vitamins and nutrients, especially Vitamin A, Vitamin C, iron, calcium, and potassium

Calories

- How much energy is in each *serving size*
- The average adult needs between 2000 and 4000 calories per day depending on height and weight

% Daily Value

- Tells you the percentage of the daily recommended intake (RDI) of this nutrient
- Information in this chart is based off a 2000 calorie diet

Fats

- Split into saturated and trans fats, it is best to keep these fats lower in your diet for heart health

Carbohydrates

- Look for foods with high fibre
- Avoid foods with high sugar levels

Proteins

- High protein foods are great for growth and repair of tissues like muscle, hair, and skin

Cholesterol

- Important to keep this low if you any heart issues
- Keep this nutrient less than 200mg per day

Sodium

- High levels are linked to high blood pressure, try to sodium intake below 2300g per day

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Food Groups

For a healthy lifestyle

DAIRY

3 servings per day

- Vitamin D
- Increase gut health
- Strong bones and teeth
- Milk, yogurt, butter, cheese, ice cream, ricotta

FRUITS AND VEGETABLES

Half of plate

- Nutrient rich
- Cancer and heart disease fighter
- Fresh, frozen, canned
- Dried mangos

PROTEIN

Quarter of plate

- Nutrient rich
- Body builder
- Boosts metabolism & immune system
- Fish, lentils, seafood, beans, peanut butter, protein bars

GRAINS

Quarter of plate

- Energy booster
- Boosts digestion
- Reduce diabetes
- Barley, brown rice, quinoa, pasta, cereal, mac n' cheese

Ethnic Foods

Cultural Incorporation:

- **Spanish:** Gazpacho/ arroz con leche/ fabada asturiana/ quesos
- **Arab:** fattoush, baba ganoush/mansaf, kushari/kebab, falafel, hummus/labneh
- **Indian:** aloo gobi, fruit chaat/pulao, roti/ tandoori chicken, tikka/lassi, paneer
- **Chinese:** stir fried bok choy, dumplings, congee, tofu, duck, milk tea

Recipes to Try:

- Asian Style Pork & Pear Lettuce Wrap
- Spicy Fish Tacos with Pear Mango Salsa
- Shrimp Tacos with Pear & Cabbage Slaw
- Pear & Barley Salad
- Beef, Beans, & Wild Rice Skillet
- Mediterranean Roasted Vegetables & Chickpeas
- Pork & Okra Creole
- Mocha Frappe
- Black Bean Brownies

Scan for recipes

Eat Well, Live Well

A BALANCED PLATE IS A HAPPY PLATE

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