



Tip Sheet:

Planning Meals

One of the best ways to make sure you eat well is to plan your meals ahead of time. This can help you:

- ◆ Get enough of all four food groups - Canada's Food Guide is a great resource!
- ◆ Add variety, so you're not eating the same foods day after day.
- ◆ Save money by buying only what you need.
- ◆ Use foods that you already have on hand.
- ◆ Save time by buying in bulk, and shopping less often.

More information:

Check out Canada's Food Guide at:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/

You can even order a free copy by mail!

Get healthy recipe ideas from the Heart and Stroke Foundation of Canada's website:

www.healthcheck.org/en/healthy-recipes/recipes.html