

# Simple advices to save money while shopping

## 1. BUY FROZEN OR CANNED PRODUCTS

- Spare yourself time
  - No washing or cutting necessary
  - Fast and easy to cook
  - Legumes are pre-soaked, allowing for a shorter preparation



- Fruits and vegetables are usually frozen within 3 to 4 hours after harvest ensuring maximum freshness and flavor!
- Most nutrients are preserved
- Longer preservation = ↓ du gaspillage
- Practical and available all year long



## 2. PRIORITIZE HOUSE BRANDS



- 20% to 30% cheaper according to *Agriculture and Agri-Food Canada!*
- Similar quality to other brands!
- Beware of product placement : more expensive products are usually put at eye level. Look at the higher or lower shelves!

## 3. TAILOR YOUR MENU AROUND DISCOUNT

- Compare flyers and prices before you go shopping.
- Adapt your weekly menu according to discounts.
- Shop towards the end of the day to benefit from discount on products nearing their expiration date.
- Maxi, IGA and Tigre Géant will match lower prices! Bring proof of a lower price for the same item.



Compare prices with apps like “Reebee” or “Flipp”, which compile multiple flyers to show you the best price for specific products as well as its location!

# Simple advices to save money while shopping

THE FOLLOWING SUPERMARKETS : WALMART, SUPER C ET MAXI HAVE LOWER PRICES ACCORDING TO THE "PROTÉGEZ-VOUS" MAGASINE, WHICH COMPARED PRICES IN UP TO 6000 FRANCHISES !



## 4. AVOID PRECUT AND GRATED ITEMS



- Foods that are precut, sliced, grated or ready to eat are pricier than whole foods! (fruits, légumes, fromage, viande)
- For example, a 320 grams block of mozzarella cheese of the "*le P'tit Québec*" brand costs 6.24\$, while its grated alternative is found at 9.00\$. Grating this amount of cheese would take you only 10 minutes and save you 2,76\$!
- Meats sold by weight are much pricier when precut, sliced or in cubes. So it is always worth slicing it yourself !

## 5. EATING LESS MEATS

- By replacing animal-sourced proteins with plant-based protein 3 times a week could save you 650 \$ a year according to the show "*L'épicerie*".
- It is possible to make a half meat-based protein and half plant-based protein meal with, for instance soy-made textured vegetable protein (TVP) which takes in the taste of whatever it is cooked into.
- No need to push meat aside! You can simply aim to replace at least one meal per week with one of the following plant proteins.



# *Recettes anti-gaspillage à petit prix*

---

*Sometimes, foods like soft tomatoes or darkened bananas look a bit unappetizing... they are however still good to the taste and for your health! They can still be cooked into delicious recipes, which helps diminish food waste. Once plated, no one will recognize nor judge their appearance!*

*In this guide, you'll find easy ideas to cook at home with these items. You'll also discover tofu, a protein-rich soy-based food that's just perfect to replace meat.*



# Banana Bread

---



24 portions



15 minutes

## INGREDIENTS

2 to 3 **ripe bananas**

1 ½ cups flour

3 teaspoons baking powder

⅔ cup olive oil

½ cup sugar

1 teaspoon salt

## DID YOU KNOW THAT... ?

The sweetness of certain fruits increases as they ripen? This is the case for bananas, berries (strawberries, raspberries, blueberries), peaches, pears, and apples, among others! This is due to the transformation of starch into simple sugars during the ripening process, making these fruits naturally sweeter and more delicious.

## DIRECTIONS

### STEP 1

Mix the wet ingredients (oil, egg, bananas).

### STEP 2

Mix the dry ingredients (flour, salt, baking powder, sugar).

### STEP 3

Combine everything together.

### STEP 4

Pour into a lightly greased Pyrex dish and bake at 350°F for 30 minutes, or until the top is golden and the center is not sticky.

### STEP 5

Serve.



# Barbecue Tofu

---



4 portions



20 minutes

## INGREDIENTS

1 block firm tofu

1 tablespoon paprika

1 teaspoon onion powder

½ teaspoon garlic powder

⅔ cup barbecue sauce

### Optional

2 green onions, finely chopped

## DID YOU KNOW THAT ?

Tofu is not only an excellent source of complete plant-based proteins, but also an eco-friendly choice : its production generates far fewer greenhouse gases than meat production!

## DIRECTIONS

### STEP 1

Dry the tofu cube with paper towels.

### STEP 2

In a bowl, mix the spices. Season with salt and pepper. Add the tofu and stir to coat the cubes evenly.

### STEP 3

In a large pan, heat a little canola oil over medium heat. Brown the tofu cubes for 1 to 2 minutes on each side.

### STEP 4

Add the barbecue sauce and ¼ cup of water to the pan, then simmer for 2 to 3 minutes. Season with salt and pepper.

### STEP 5

Serve.



## *Need simple and budget-friendly ideas?*

---

Here are 4 more healthy recipes to cook without wasting food :

- Clean-out-the-fridge soup

A tasty way to use up slightly wilted veggies.

- Fried rice with leftover vegetables

A quick and complete meal using whatever's left in the fridge.

- Overripe fruit compote

Soft apples, pears, or other fruits become a no-sugar-added compote.

- Chili-style lentil squares

Budget-friendly, filling, and perfect for using up an open can.

For more recipes and tips, visit  
[olo.quebec](http://olo.quebec)



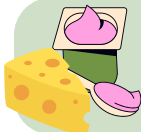
# Even after their “best before” dates, the following foods are still good...

## Plant milk



As long as they are unsealed before their expiry date, plant-based milks are still drinkable **as long as there are no changes in color, taste or smell.**

## Yogurts and hard cheeses



They can be good up to **2 weeks** after their expiry date, as long as they were refrigerated. It is normal in these instance that the taste turns a bit more acidic while still being edible.

## Cream cheeses and sour cream



They can still be good a couple of days after their expiry date, but always **verify the color, taste and smell.**

## Meats



Freezing meats before their expiry dates can prolong their shelf life by up to **3 to 4 months** in the freezer. **After thawing them,** you have to consume them in the shortest possible delay..

## Canned foods



Cans can be preserved for up to **a year or more** after their expiry date depending on the item so long as they are unsealed and intact. They however have to be refrigerated and used as soon as possible **after opening.**



# Even after their “best before” dates, the following foods are still good...

## *Eggs*



Eggs can be eaten after the expiry date. To confirm this, eggs that float in a glass of water are to be thrown out. If they sink, they are still edible. An in-between means they have to be used immediately before they are no longer safe to consume.

## *Fruits and vegetables*



Fruits and vegetables don't have an expiry date. Pay attention to their **smell and appearance**. However, don't forget that an imperfect or bumped fruit or vegetable is often still good to go!

## *Milk*



It is recommended to drink milk before its expiry date. However, if refrigerated milk seems to be unaltered in smell or appearance, it is possible to use in a recipe where the cooking temperatures are high, such as cakes or other pastries. It is also important to know that you can **extend the shelf life of unexpired milk by freezing it**, just like meat!

The aforementioned recommendations are based on reliable sources, such as “Aliments du Québec” and the Ministry of Agriculture, fishing and alimentation of Quebec.