



Eat**Right** Ontario

# Food Choices

## When Money is Tight

### FRUIT **BEST BUYS**

I know fruit is a healthy choice. How can I make sure I get plenty of fruit when money is tight?

Eating fruit has many benefits for your health. Try these tips to help you eat more fruit and keep costs down:

- **Buy fresh fruit when it is in season.** Shop at farmers' markets, flea markets, or pick-your-own farms to save money on locally grown fruit. Go to [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) for a guide on when Ontario fruit is available.
- **Some fresh fruits are a good buy all year round.** For example, try: Apples, oranges and bananas.
- **Pre-cut fruit costs more.** Save money by preparing your own.
- **Save money by buying frozen, canned and dried fruits on sale.** "No Name" or store brands usually cost less. Buy larger cans or packages and repack into smaller containers for school lunches or for work.
- **Look for a vegetable and fruit food buying club in your area** (e.g. The Good Food Box). Go to [www.foodshare.net](http://www.foodshare.net) for more information on Good Food Box programs in Ontario.

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**Nutrition Tip:**  
Choose fruit more often than juice. Fruit is higher in fibre than juice.





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### My kids like to drink fruit juice. What are the best buys?

- **Buy fruit juices rather than fruit drinks.** Fruit “beverages” and “punches” may cost less but they are high in sugar and have very little juice. Look for the words ‘100% juice’ on the label.
- **Frozen concentrated juices are the best buy and store well.** Save money by buying juice on sale. “No Name” or store brands usually cost less.
- **Juice boxes cost more per serving than juice bought in a larger container.** Fill a small thermos or bottle with juice for school lunches.
- **When kids are thirsty, offer water** instead of juice or fruit drinks or try diluting juice with water.

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

#### Questions to ask your community service agency OR contact EatRight Ontario

- What fruits are in season in the winter months?
- Fruits provide antioxidants. What do antioxidants do in the body?
- How many servings of Vegetables and Fruit 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](http://www.eatrightontario.ca/en/budget)

Factsheet distributed by:

Try these ideas to help you enjoy fruit more often:

- Blend bananas, frozen berries, peaches or mango with yogurt and juice to make a smoothie. Smoothies are a good way to use up fruit that is overripe.
- Add frozen berries or dried fruit like raisins or apricots to cereal, yogurt, pancake or muffin batter.
- Add fruit to salads. Top salad greens with canned mandarin oranges, sliced strawberries or grapes, raisins or chopped apples.
- Try canned pineapple or frozen mango in a stir-fry.
- Enjoy baked apples or fruit crisps for dessert.