

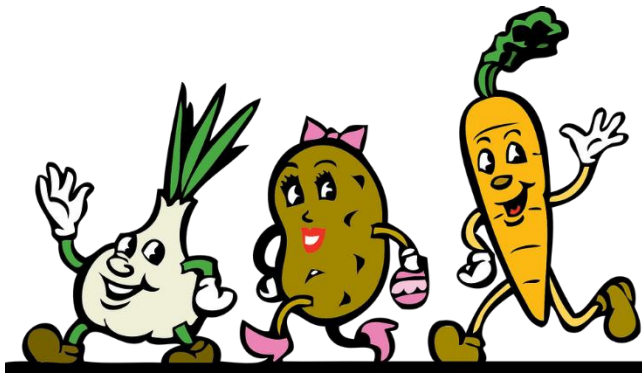
A Guide to Designing a Grocery List that Will Last You 2 Weeks

1. First, take some time to **empty your pantry**. Make it fun with some music.
2. Take **inventory** and look at the “expiry” or “best before” dates. A product passed the “expiry” date should not be consumed. For non-perishable foods passed the “best-before” date, use your senses, like sight and smell to judge if it is safe to eat. When in doubt, compost if possible or throw it out.
3. Based on what you have on hand, and on what is on sale in your local grocery stores and markets, **make a menu plan**, for at least a week.
 - Browse for recipes and seasonal Quebec produce; be creative. Include sources of protein, grains and fruits and vegetables at every meal. Refer to the new Canada’s Food Guide at <https://food-guide.canada.ca/> for recipes and tips to help you make health food choices and develop healthy eating habits.
 - Be strategic about the use of ingredients. Try to find recipes that include ingredients that can serve as a base for other meals.
4. Next, make **your grocery list**. Prioritize foods that last longer and include pantry essentials: Buy enough to last for several weeks.

Non-Perishable staples:

- A variety of grains: pasta, rice, barley, quinoa, couscous,...
- Legumes for your main recipes; beans, lentils, chickpeas; dried or canned. Consider other plant sources of protein: nuts, seeds, and their butters.
- Ground beef, chicken breasts, or fish fillets... If on sale, buy extra and freeze.
Canned tuna and salmon are other options for protein and are shelf-stable.
- Canned (tomatoes, tomato sauce, cream corn) and frozen fruits and vegetables. Ex: peas, broccoli, spinach, berries,...
- Cooking staples: ingredients for baking, flour, herbs, spices, oils.





Perishable staples:

- Buy vegetables and fruits that have a longer shelf life such as root vegetables (potatoes, sweet potatoes, carrots, beets, turnips), cabbage, squash, apples and oranges. Store in a cool and dark place.

- Buy enough milk, eggs and butter/margarine to last 2 weeks: you can freeze your milk or buy UHT shelf-stable milk that you can store in the cupboard.

Some Substitutions:

- milk (evaporated milk, skim milk powder, soy/oat/cashew milk)
- whole eggs (liquid eggs, ground flax seeds + water)
- flour (blended rolled oats)

Browse the internet for more examples!

5. How to **keep the foods you buy fresh** for as long as possible?

- **In the freezer...**

- Store extra loaves of bread, bagels, tortillas, pita bread, etc. Keep sliced bread frozen and take out as needed.

- Cook in batches and freeze leftovers. For example, chili, soups, spaghetti sauce. If you roast or grill chicken, cook extra and repurpose the leftovers into sandwiches, soups, salads, quesadillas, etc.

- **In the fridge...**

- Salad greens: rinse, dry, store in a plastic container or wrapped in a tea or paper towel in the crisper drawer.

- Asparagus and fresh herbs: put stems in a glass of cold water in the fridge. Tent herbs with a plastic bag.



For more info on proper food storage methods visit <https://www.canada.ca> or <https://www.mapaq.gouv.qc.ca>.

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