

Planning Nutritious Meals on a Budget

List of Resources

Meal planning helps you save money, reduce food waste and make healthier food choices. It can also save time and help you avoid buying food you don't need. Explore the resources below so you can plan meals, eat well and stay on budget.

Meal Planning Websites/Apps

Spend less and waste less. Use Supercook to create meals with ingredients you already have and Flipp to find grocery deals.

- [Supercook.com](https://supercook.com)
- [Flipp.com](https://flipp.com)

Dietitian-Recommended Recipes

Dietitians know how food affects our health. They create and approve recipes that help you enjoy balanced, nutritious meals. Check out these websites for healthy recipe inspiration.

- [Food-guide.Canada.ca](https://food-guide.canada.ca)
- [Cookspiration.com](https://cookspiration.com)
- [UnlockFood.ca](https://unlockfood.ca)

In-Season Produce Guide

Choose fruits and vegetables that are in season as they are often cheaper and fresher. This can help lower your grocery bill and prevent food from going to waste.

- [CanadianFoodFocus.org/whats-in-season](https://canadianfoodfocus.org/whats-in-season)

See this resource and more at www.secondharvest.ca/resource-library