

Grocery Shopping



Developed by Public Health Dietitians
Alberta Health Services

Welcome!



In Your Home Country...



**Where do
people buy
food?**

Man wears blue, [Maurício Mascaro](#), CC0

In Canada...

- Life is different here
- Food is sold in many places
- Choose food that is good for your body

This will help you **stay healthy!**



Where to Buy Food

Grocery stores have many types of foods.

Examples:



Food from your Home Country

- Grocery stores may sell some food from your country
- Other specialty stores may sell more familiar foods



Grocery Shopping

- Make a list



Finding What You Need



Dairy:

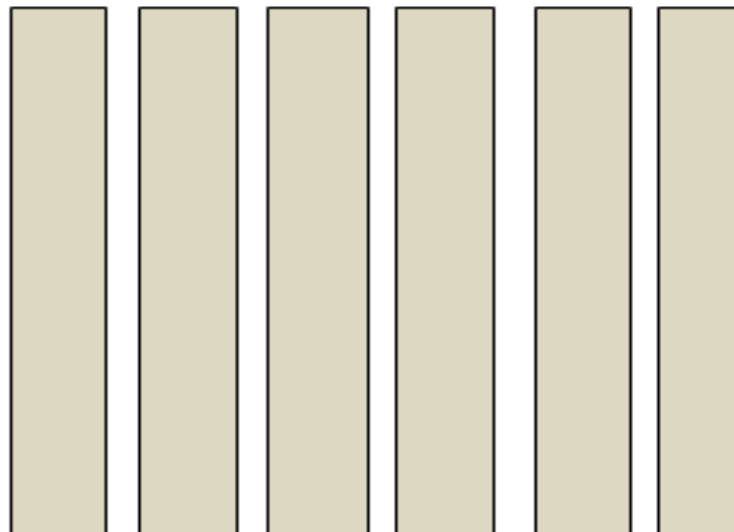
Milk, yogurt, and eggs

**Poultry, Meat, and Seafood****Deli:**

Ready-to-eat foods

**Produce:**

Fresh Fruit and Vegetables

**Grocery Aisles****Check Out/ Cash Registers****Grocery store map****Bakery:**

Fresh bread



Dairy:

Milk, yogurt, and eggs



Poultry, Meat, and Seafood

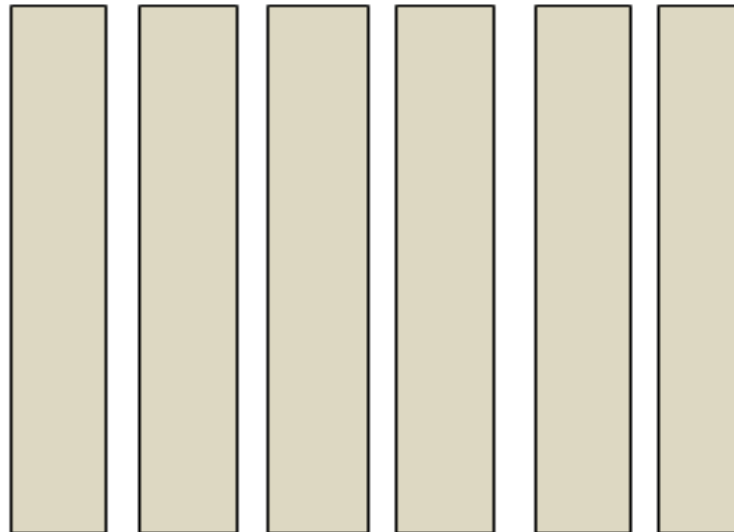


Deli:

Ready-to-eat foods



Grocery Aisles



Check Out/ Cash Registers

Bakery:

Fresh bread



Produce:

Fresh Fruit and Vegetables



Grocery store map



Dairy:

Milk, yogurt, and eggs



Poultry, Meat, and Seafood



Deli:

Ready-to-eat foods

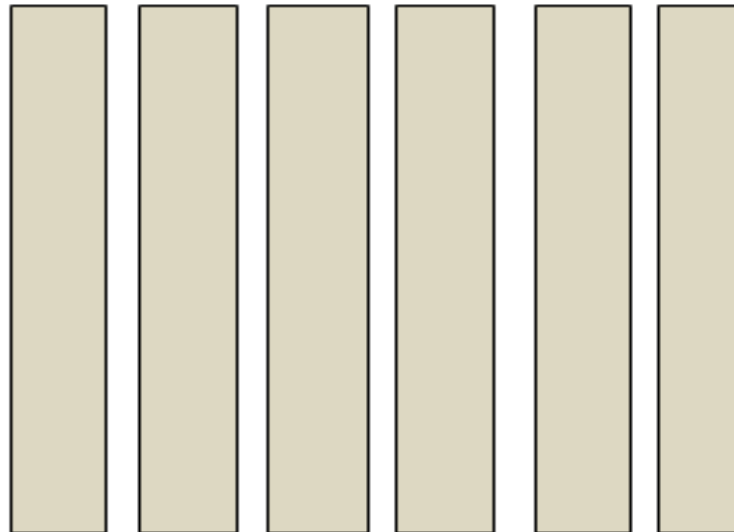


Bakery:

Fresh bread



Grocery Aisles



Check Out/ Cash Registers

Produce:

Fresh Fruit and Vegetables



Grocery store map



Dairy:

Milk, yogurt, and eggs



Poultry, Meat, and Seafood

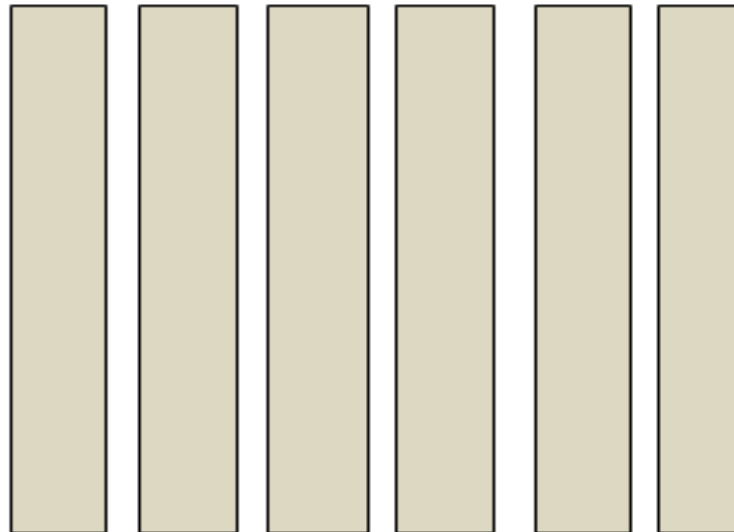


Deli:

Ready-to-eat foods



Grocery Aisles



Check Out/ Cash Registers

Bakery:

Fresh bread



Produce:

Fresh Fruit and Vegetables



Grocery store map



Dairy:

Milk, yogurt, and eggs



Poultry, Meat, and Seafood

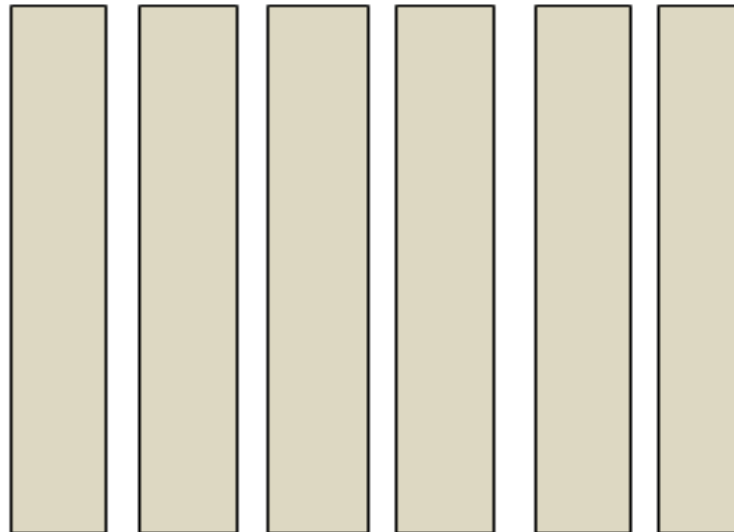


Deli:

Ready-to-eat foods



Grocery Aisles



Check Out/ Cash Registers

Bakery:

Fresh bread

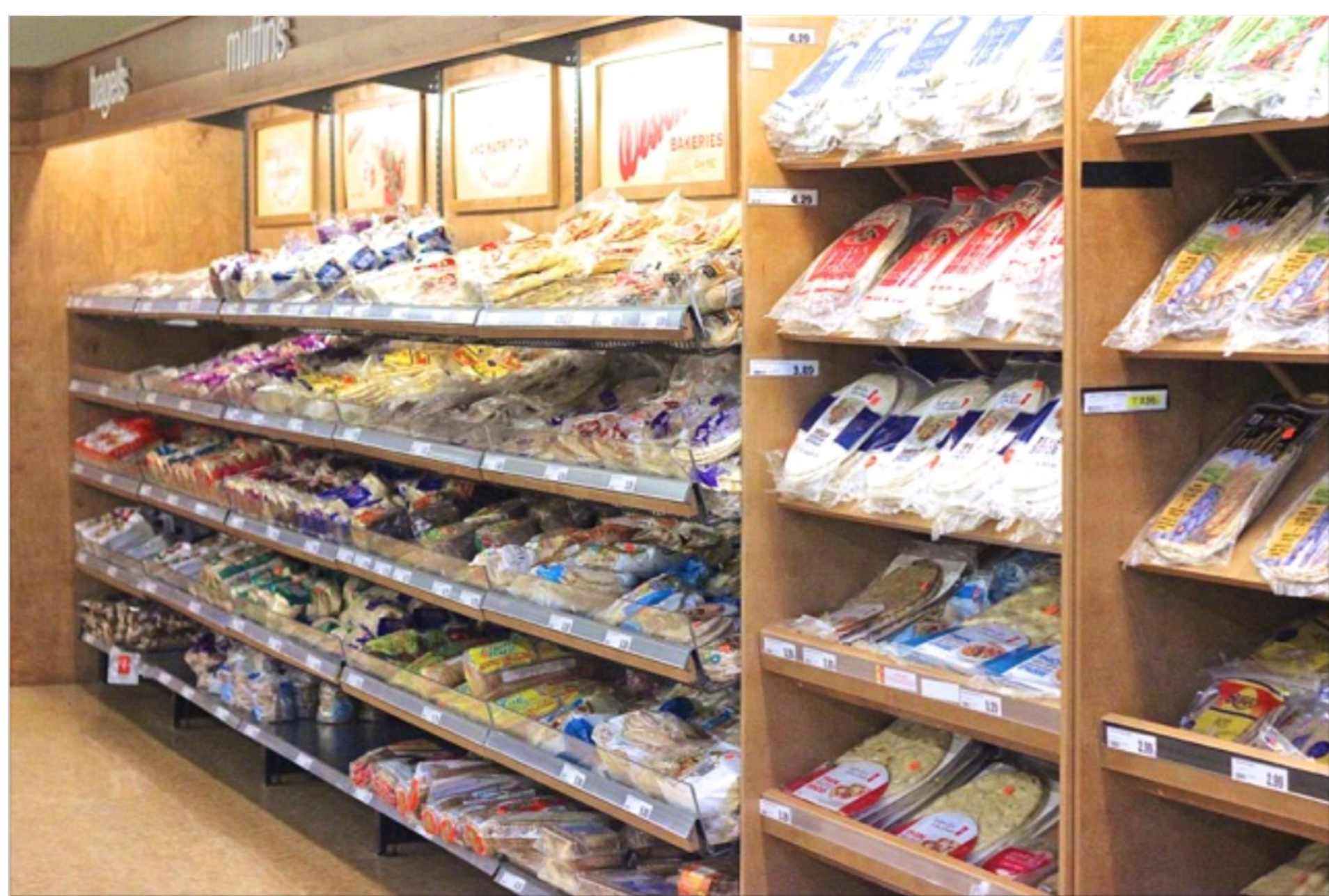


Produce:

Fresh Fruit and Vegetables



Grocery store map



Dairy:

Milk, yogurt, and eggs



Poultry, Meat, and Seafood

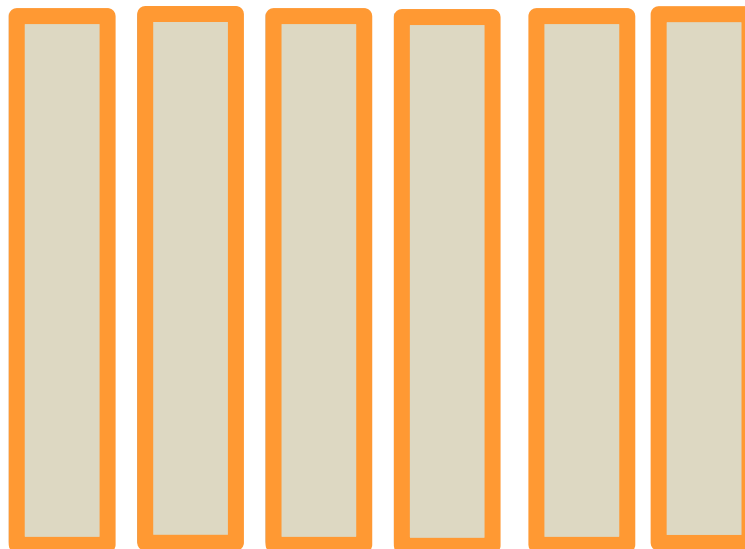


Deli:

Ready-to-eat foods



Grocery Aisles



Check Out/ Cash Registers

Produce:
Fresh Fruit and Vegetables



Bakery:
Fresh bread



Grocery store map



Find Foods

Canned



Bulk



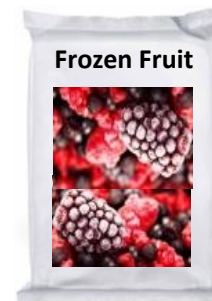
Packaged



Fresh



Frozen



All of these can be healthy choices!

Find Foods – Canned and Frozen

Choose canned and frozen foods with less sugar and salt



Find Foods



Find Foods - Corn

Fresh



Find Foods - Corn

Canned

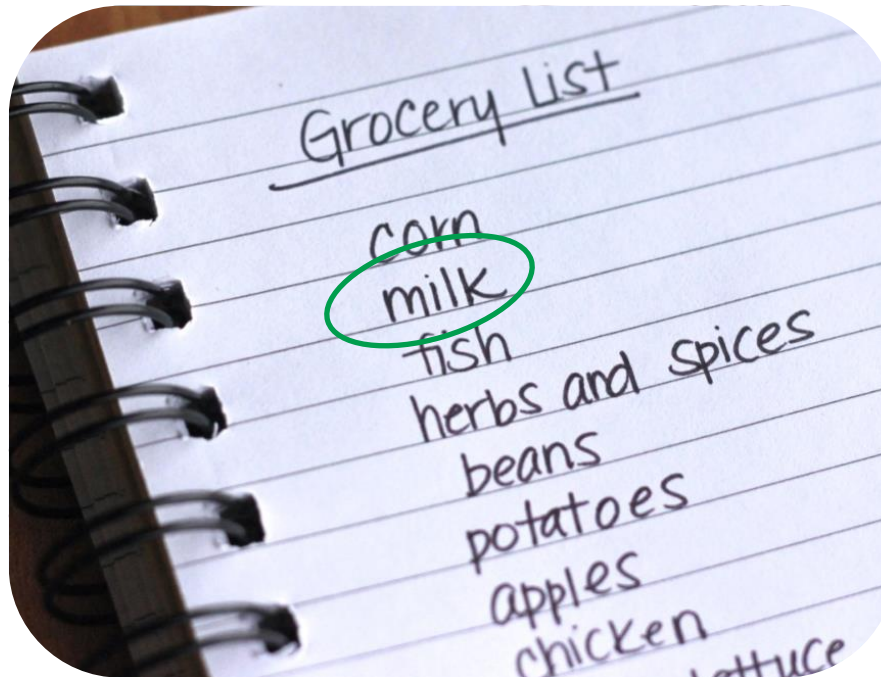


Find Foods - Corn

Frozen



Find Foods



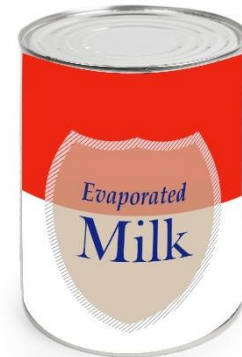
Find Foods - Milk and Soy Beverage

Fresh



Find Foods - Milk

Packaged



Find Foods



Find Foods - Fish

Fresh



Find Foods - Fish

Frozen



Find Foods - Fish

Canned

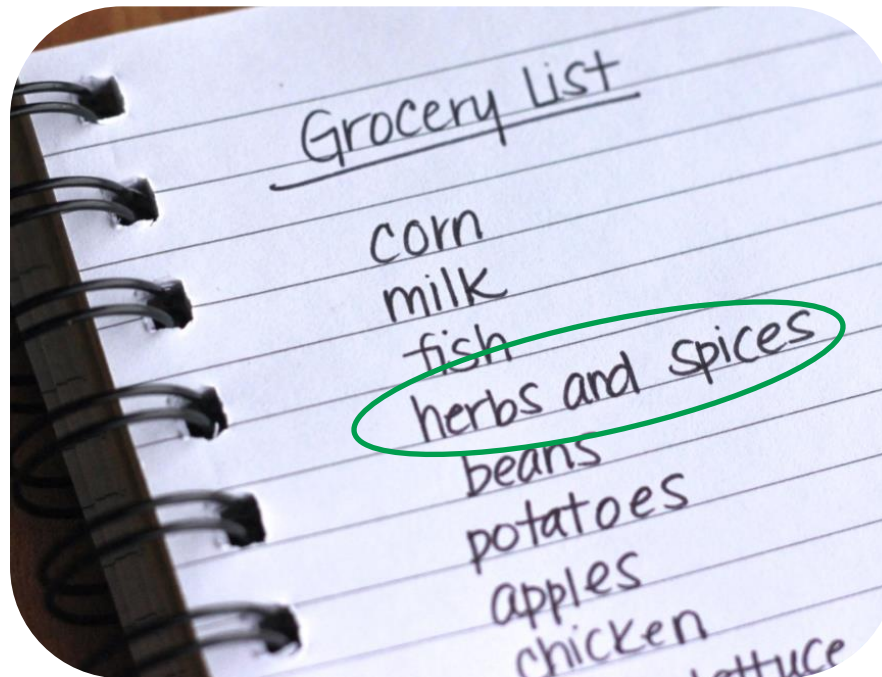


Sardines
in Spring Water



Salmon

Find Foods



Find Foods – Herbs and Spices

Fresh



Ginger



Basil



Cilantro



Garlic

Find Foods – Herbs and Spices

Dried



Find Foods – Herbs and Spices

Dried – Bulk Bins



Question

Where can I find pineapple at the grocery store?



Canned



Frozen



Fresh

Question

Where can I find pineapple at the grocery store?



✓ Canned



✓ Frozen



✓ Fresh

What to Buy – Choose Healthy Foods



What to Buy – Vegetables and Fruits



**Eat vegetables and
fruits at every meal!**



What to Buy – Whole Grains



What to Buy – Protein Foods



0% or skim



1%



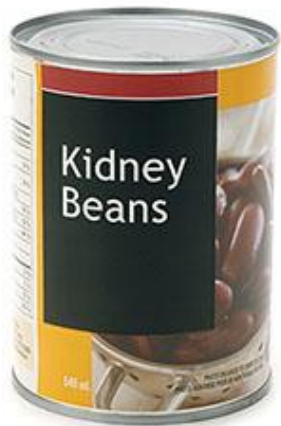
2%



Original (plain)



What to Buy – Protein Foods



What to Buy – Protein Foods



Healthy Fat



- Choose healthy fats
- Use a **small** amount of fat for cooking



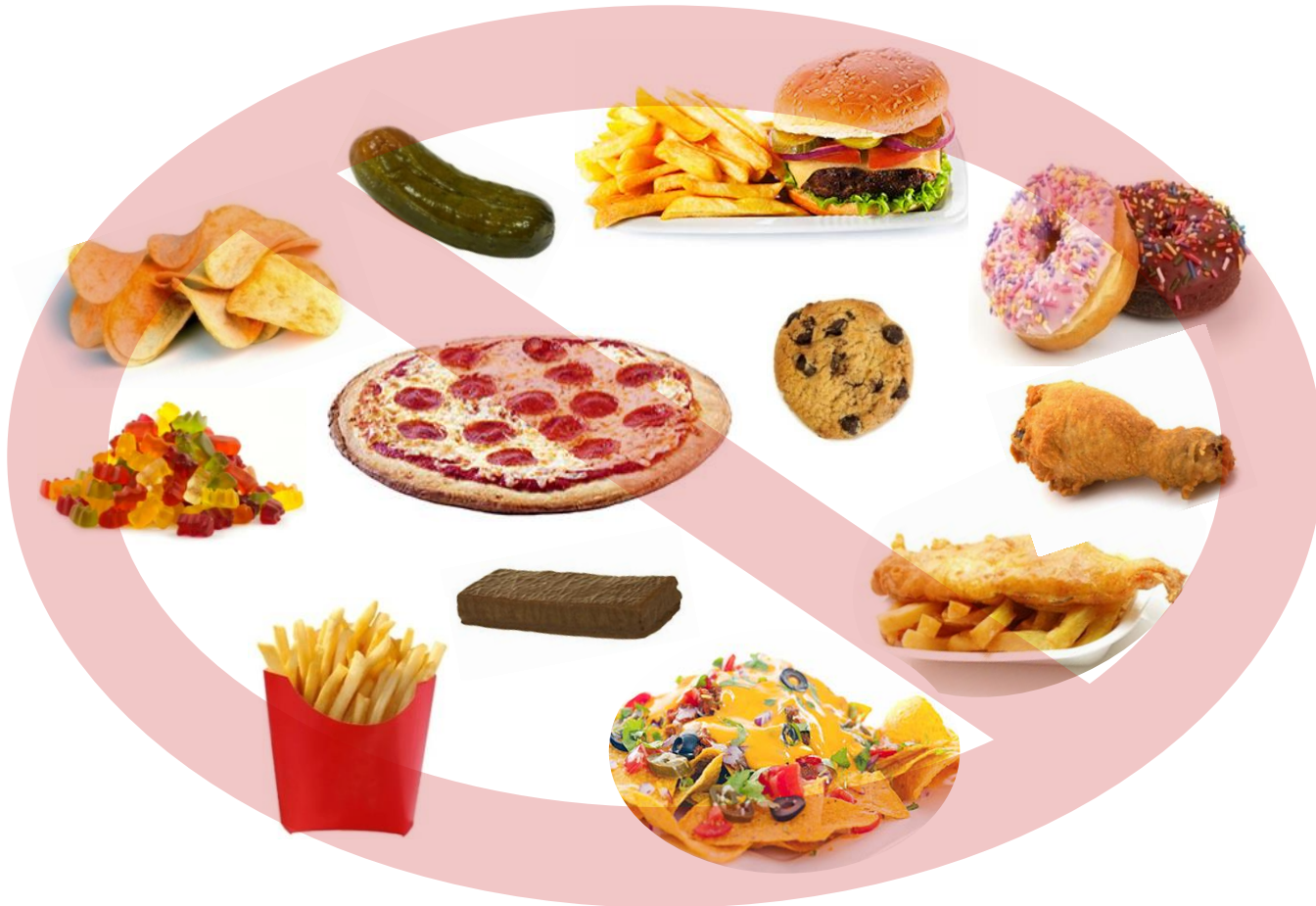


Foods to Limit





Foods to Limit





Drinks to Limit



Spend Less Money



Spend Less Money

- Store flyers
- Coupons
- Discount days
- Loyalty programs



Spend Less Money

Compare prices for fresh, canned, and frozen foods.



Some brands cost less than others.

Spend Less Money

Buying foods in larger packages may help you save money.



Spend Less Money

You can choose the amount you need when you buy food from bulk bins.

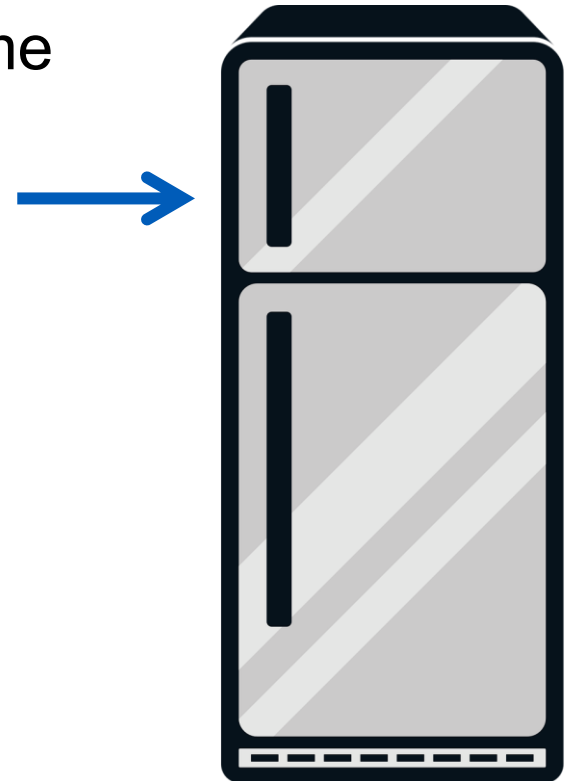


Storing Food



Storing Food

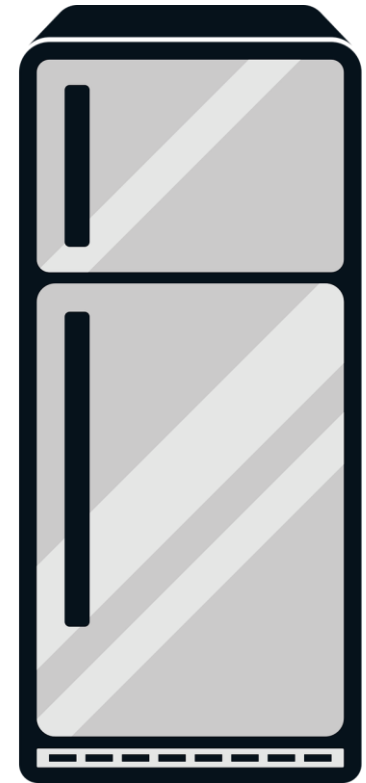
Put **frozen food** in your **freezer** at home



7742334, [Fridge, Refrigerator, Kitchen, Freezer, CCO](#)

Storing Food

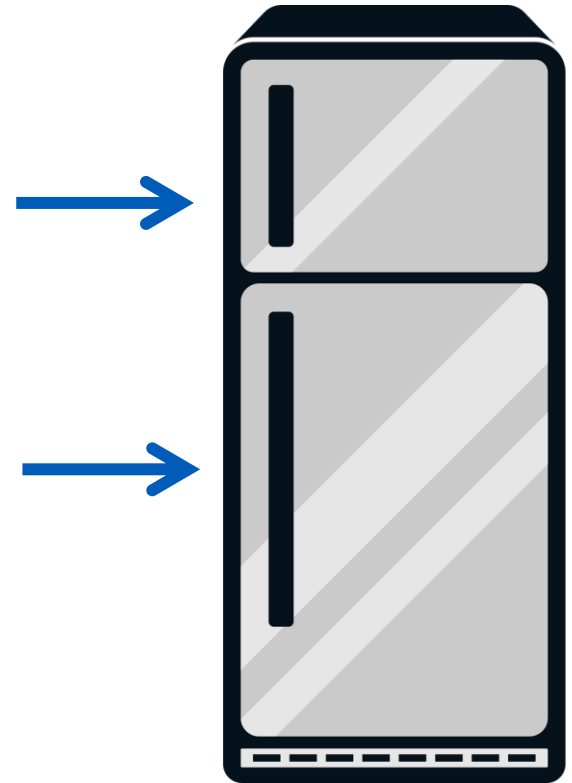
Put **cold food** in your **refrigerator** at home



7742334, [Fridge, Refrigerator, Kitchen, Freezer, CCO](#)

Question

Where is the best place to put
fresh (raw, uncooked) meat?



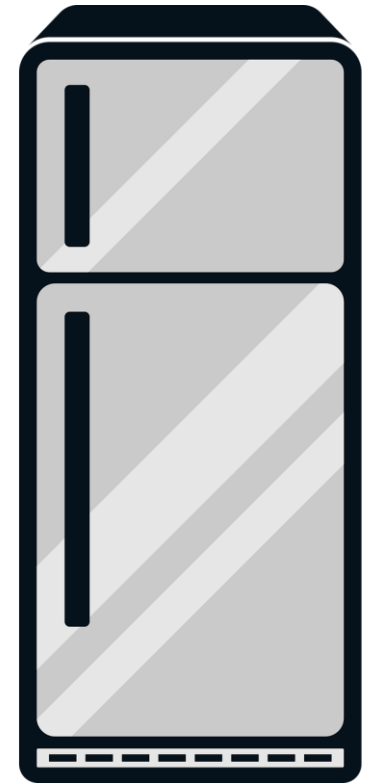
7742334, [Fridge, Refrigerator,](#)
[Kitchen, Freezer, CCO](#)

Question

Where is the best place to put fresh (raw, uncooked) meat?

Keep in the refrigerator on the bottom shelf

If you will use in about 2 days



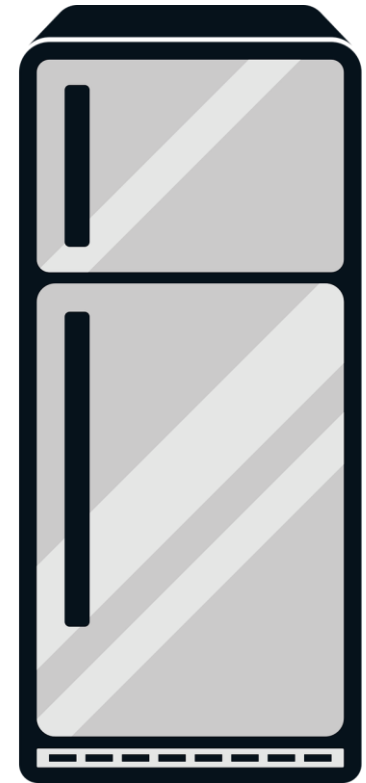
7742334, [Fridge, Refrigerator, Kitchen, Freezer, CCO](#)

Question

Where is the best place to put fresh (raw, uncooked) meat?

Keep in the freezer

If you will **not** use within 2 days



7742334, [Fridge, Refrigerator, Kitchen, Freezer, CCO](#)

What to Remember

- Grocery stores are the best places to buy food
- Healthy foods can be fresh, frozen or canned
- Some foods need to be stored in the fridge and freezer at home



Questions?



If you have questions
about your health:

Call Health Link: **811**

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