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# Welcome Back

Student Magazine

*After 36 years, we're still in school.*

## Eat Well for Less

BY JOSEPHINE MATYAS

Gotta eat. No way around it. Looking for food with flavour that won't break the bank? The goal is maximum return (nutrition, great taste, easy to prepare) for very little pain at the cash register. Try these:



### 1. Canned beans, like chickpeas or black beans

They're good for you (fibre and protein), inexpensive and quick to prepare. Just crank open the can, rinse and add to salads, pasta or curry dishes. Use hummus (made from chickpeas) as a dip for veggies or add a spoonful to a sandwich instead of mayo.

### 2. Whole-grain pasta

It's a little pricier than regular white pasta (watch for sales and stock up) but it's much more nutritious.

### 3. Low-fat milk (skim, 1% or 2%)

You need both the calcium and the vitamin D. Buying milk in bags is much cheaper than in cartons. Add to soups, sauces, on breakfast cereal or just chug a glass . . . whenever.

### 4. Any vegetable or fruit

Some lower-cost choices include apples, bananas, oranges, carrots, sweet potatoes, tomatoes and broccoli. Or buy frozen - they're just as nutritious, won't go bad and are easy to prepare since you don't need to wash or cut anything up.

### 5. Canned tuna or salmon

It doesn't get much easier. There's no need to do any cooking. Just open the can, spread on bread to make a sandwich, mix with pasta or add to a salad. And it's a great source of protein.

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