



1 cup = 250ml
2 cups = 500ml
3 cups = 750ml
4 cups = 1L

Shopping With a Recipe

Using a recipe to build your shopping list is a great idea, but the measurements written on packages are not always the same as in recipes. This list will help you find the right amounts to buy.

1 kg
Flour



equals
9 cups

1 kg
Rice



equals
6 cups
uncooked

1 kg
Sugar^{White}



equals
4½ cups

450g · 1 lb
Cheese



equals
4 cups
grated

450g · 1 lb
Margarine



equals
2 cups

450g · 1 lb
Pasta



equals
4 cups
uncooked



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How Much Will There Be?

It can be useful to know how much you will get from an ingredient once it has been prepared.

1/2 cup
Rice
uncooked



1 1/2 cups
cooked

1/2 cup
Pasta
uncooked



1 cup
cooked

1 1/4 cup
Powdered Milk
unmixed



4 cups
mixed

1 cup
Beans
uncooked



2-2 1/2 cups
cooked

1-2
Bananas
whole



1 cup
mashed

125g
Cheese
whole



1 cups
shredded






How Long Will This Food Last?


Always check the best-before date or expiry date of food. Food that is spoiled may not look or smell differently. If you are not sure whether a food is spoiled or past its expiry date, it's safer to throw it away.

GRAINS




WHITE RICE	SEVERAL YEARS
BROWN RICE	6-12 MONTHS
BARLEY	6-12 MONTHS
PASTA	2 YEARS
BREAD CRUMBS	3 MONTHS

FRUIT & Vegetables




ONIONS	2 MONTHS: DARK DRY PLACE OR 3 WEEKS: ROOM TEMP
POTATOES	...	2 MONTHS: DARK, DRY PLACE OR 1 WEEK: ROOM TEMP
FRESH CARROTS	SEVERAL WEEKS: FRIDGE
CANNED VEGETABLES AND FRUIT	CHECK THE EXPIRY DATE

MEAT Alternatives



CANNED BEANS	CHECK THE EXPIRY DATE
DRIED BEANS	1 YEAR
PEANUT BUTTER UNOPENED	CHECK THE EXPIRY DATE
OPENED	2 MONTHS
CAN LIGHT TUNA	CHECK THE EXPIRY DATE

MILK



MILK POWDER UNOPENED	1 YEAR
OPENED	1 MONTH
MIXED	4-5 DAYS
FLUID MILK	CHECK THE BEST BEFORE DATE

Best Before Date: Tells how long the product is likely to remain at its best quality when unopened. This date does not guarantee product safety.

Expiration Date: Foods should not be eaten if the expiration date has passed. They should be discarded.

*Food quality and safety is always conditional on proper food handling and storage.



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Don't Have

___? Try Using...

If you are missing an ingredient in a recipe, you may have something on hand that you can use instead. Here's a list of substitutions you can try.

BREAD CRUMBS	CRUSHED CEREAL OR CRACKER CRUMBS	CORN STARCH 1 tbsp (15mL)	FLOUR 2 tbsp (30mL)	BROWN SUGAR 1 cup	WHITE SUGAR 1 cup
HOME-MADE BROTH	Lower sodium CANNED BROTH OR a bouillon cube	EGG 1 whole	MASHED BANANA One-half + BAKING POWDER 1/2 tsp	GARLIC POWDER 1/2 tsp (2.5mL)	GARLIC 1 clove
DRIED HERBS 1/2 tsp	FRESH HERBS 1 tbsp	DRY MUSTARD 1 tsp	PREPARED MUSTARD 1 tbsp	LEMON JUICE 1 tsp	VINEGAR 1/2 tsp
TOMATO JUICE	TOMATO PASTE 3/4 cup + WATER 1 cup	TOMATO SOUP	TOMATO SAUCE 1 cup + WATER 1/4 cup	BUTTER-MILK	MILK + VINEGAR OR LEMON JUICE 1 cup milk & 1 tbsp lemon juice or white vinegar



Meal Planning Tips To Save Money

Cook Your Own Meals



It's a lot less expensive to cook your own meals than to buy ready-to-eat, prepared meals.

Make a Menu



Plan ahead and write down what you would like to eat for breakfast, lunch, dinner and snacks for the week. Make a grocery list for the food and ingredients you need.

Use Your Leftovers



Use leftover cooked chicken to make sandwiches. Use leftover rice or pasta to make a stir-fry or casserole. Add leftover vegetables to a soup or salad.

Make Extras



Make double of a recipe when the ingredients go on sale. Put the extras in the freezer to eat another time.