

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







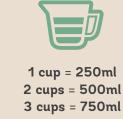












How Much 2 cups = 500r 3 cups = 750r 4 cups = 1L

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

% cup
Rice
uncooked

1½ cups
cooked

% cup
Pasta
uncooked

1 cup
cooked

1½ cup
Powdered Milk
unmixed

4 cups
mixed

1 cup
Beans
uncooked

2-21/2
cups
cooked

1-2
Bananas
whole

1 cup
mashed

125g Cheese whole

1 cups shredded

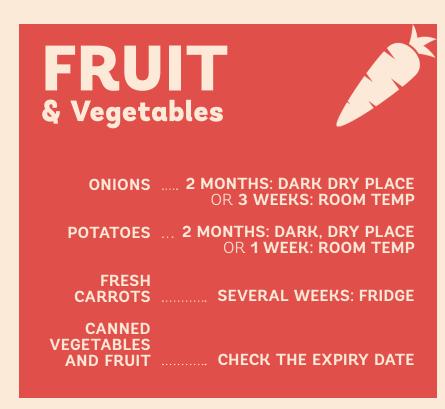




How Long Will This Food Last?

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.









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.





Don't Have | 1 cup = 250ml | 2 cups = 500ml | 3 cups = 750ml | 4 cups = 1L | 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 SAUCE
1 cup +
WATER
1/4 cup

TOMATO

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.

