

## DINNER ON A DIME: 3-PART LAB ASSIGNMENT

Oftentimes we associate things that are ‘cheap’ as being not good, or poor in quality. ***But, is cheap always a bad thing?***

Definitely not! In fact, some of the “cheapest” foods at the grocery store are fruits and vegetables, which are both good tasting and good for you. By understanding what grocery items fall into the “more affordable” vs. “more expensive” categories, you can learn to plan some truly delicious, and healthy, meals for less than a few dollars. To help sort out to general costs of food items we can look at the **four food groups** in Canada’s Food Guide.

- 1. Vegetables and Fruit = *least* expensive**
- 2. Grain products = *moderately inexpensive***
- 3. Dairy Products = *fairly* expensive**
- 4. Meats and Alternatives = *most* expensive.**

Fortunately for our wallets, Canada’s Food Guide suggests that most of our diet consist of Vegetables and Fruit, followed by Grains; while the recommended portions of Dairy and Protein are much less.

**PART 1- Your task** - come up with a recipe that can be made for \$6.00 or less. You can research or come up with a recipe yourself. Check out some of the suggested websites, or try searching Google. Find a recipe that not only **meets the criteria below**, but that you might also be interested in making.

### Recipes must:

- feed at least 4 people for \$6.00 or less,
- include vegetables and/or fruit,
- include **two other food group categories**,
- take a maximum of 50 minutes to prepare.

\* Once you have found a recipe that suits you, **print it off**.

→ *Everyone should try to find a different recipe in order to have more choice in part 2 of this task!*

## **Suggested Websites for Meal Ideas**

**\* Remember - Your selected recipe should take no more than 45 minutes to cook/bake!**

[http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/cheap\\_dinner\\_recipes\\_for\\_1\\_or\\_less\\_per\\_serving?slide=1#leaderboardad](http://www.eatingwell.com/recipes_menus/recipe_slideshows/cheap_dinner_recipes_for_1_or_less_per_serving?slide=1#leaderboardad)

1. Cheap Dinner Recipes for \$1 or Less Per Serving

[http://family.go.com/food/pkg-budget-recipes/cheap-dinner-recipes-pg/#Italian%20Turkey%20Sliders%20with%20Honey%20Dijon%20Mayonnaise%20--%20&#36;.90%20\(two%20sliders\);4](http://family.go.com/food/pkg-budget-recipes/cheap-dinner-recipes-pg/#Italian%20Turkey%20Sliders%20with%20Honey%20Dijon%20Mayonnaise%20--%20&#36;.90%20(two%20sliders);4)

2. 15 Dinners under \$1.50

<http://www.bhg.com/recipes/healthy/dinner/cheap-heart-healthy-dinner-ideas/>

3. 20 Healthy Dinner Recipes Under \$3

<http://www.southernliving.com/food/delicious-cheap-dinner-recipes-00417000076796/>

4. 10 Delicious Low Cost Suppers

<http://www.recipelion.com/Casserole-Recipes/Our-Top-10-Budget-Casserole-Recipes>

5. Top 10 Budget Caseroles

<http://family.go.com/food/pkg-dinner-recipes/pkg-casseroles/>

6. Cheap and Easy Anytime Casseroles