



**Competitive Edge**  
PHYSIOTHERAPY & SPORTS CONDITIONING

# JANUARY 2021

## SURVIVING THE 2021 FOOD PRICE INCREASE

According to the Canada's Food Price Report 2021, Canadians can expect to pay 3% to 5% more on groceries in 2021. This means for an average Canadian family of 4, they will pay an extra \$695 for food. The increase comes from the COVID-19 pandemic, wildfires and changing consumer habits. Here are some tips for saving money and surviving the 2021 food price increase:

### 2021 FOOD PRICE FORECASTS

Food Categories	Anticipated Changes (%)
Bakery	3.5% to 5.5%
Dairy	1% to 3%
Fruits	2% to 4%
Meat	4.5% to 6.5%
Other	2% to 4%
Restaurants	3% to 5%
Seafood	1.5% to 3.5%
Vegetables	4.5% to 6.5%
<b>Total Increase in Food Prices</b>	<b>3% to 5%</b>

Source: Canada's Food Price Report 2021

## CHOOSE MORE FROZEN PRODUCE

The report predicts an increase of 4.5% to 6.5% for vegetables and 2% to 4% for fruits. To save some money on produce, try choosing more frozen fruits and vegetables. These frozen produce are snap frozen which means they are frozen at the point of harvest and are just as nutritious as fresh fruits and vegetables, with the added bonus of being cheaper. Frozen produce are picked when ripe and frozen right away, compared to fresh produce that is picked before it's ripe and ripen on the truck - which may mean it hasn't had the chance to set all the nutrients from the soil and sun in the ripening process. We also throw away a lot of produce each year and if you feel like you're tossing away vegetables that you don't eat each week, try buying them frozen instead.



# ADD LEGUMES FOR PROTEIN

The report predicts an increase of 4.5% to 6.5% for meat and 1.5% to 3.5% for seafood. While these foods provide lots of protein, there are other ways to add protein to your meals - Legumes! Legumes include chickpeas, beans and lentils. They are inexpensive and nutritional powerhouses: high in protein and fibre. Canned - look out for ones that are "low in sodium" and make sure you rinse them well before eating them. Dried - soak and cook them yourself. Try adding them as substitutes in Sheppard's pie, lasagnas, meatballs and burgers, soups and stews, puree them to make dips or spreads, add them to salads, the list goes on! You can also consider getting protein from canned fish, which will be inexpensive and have a longer shelf-life in your kitchen. Look for "canned in water" to reduce calories from the oils that some fish are kept in. If not, it's still okay to have the ones "canned in oil".



# LOOK FOR SALES



"If you fail to plan, you plan to fail." Look at grocery flyers before planning your meals for the week. Use printed flyers or digital versions like the Flipp app to see flyers that have sales for the future week. Shopping the flyers can help you plan your recipes for the week by knowing which meats or vegetables are on sale and prevent you from buying unnecessary items that you don't actually need. You can look for coupons on websites like Save.ca or SmartSource.ca. And remember to check your pantry before going to the grocery stores because you may already have items hidden in there.

Consider buying the marked-down produce, meat or bakery items to save dollars off your grocery bill. For produce, once you cut off the bruised or blemished part, you can still use it. If you planned to cook a meat within the time of the expiry date, you can use those items. Bakery items can also be frozen right away to expand the shelf-life in your kitchen.

# BUYING BULK

Bulk buying can save you a lot of money on a variety of items. You can pretty much buy bulk for a lot of fresh foods and freeze them yourselves. For example, you can buy family packs of meat and freeze them into individual portions, or dairy and freeze milk cartons. If you go to Costco or buy in the bulk section of grocery stores, usually the larger sizes are more inexpensive per gram or litre. The key to bulk buying is buying bulk on items you use regularly. If you're trying a spice or oil for the first time, it's best to buy the small ones first.



TABLE 1: 2020 FOOD PRICE RESULTS

Categories	Anticipated Increase for 2020	Results (Oct. '19 to Sept '20)
Bakery	0% to 2%	2.2%
Dairy	1% to 3%	3.1%
Fruits	1.5% to 3.5%	1.8%
Meat	4% to 6%	6.1%
Other	0% to 2%	1.8%
Restaurants	2% to 4%	2.1%
Seafood	2% to 4%	2.6%
Vegetables	2% to 4%	2.4%
Total Food Categories Forecast	2% to 4%	2.7%

## HOW DID FOOD PRICES COMPARE TO LAST YEAR'S PREDICTIONS?

Source: Canada's Food Price Report 2021



# TUNA QUINOA PATTIES

## PREP TIME

Prep 5 m | Cook 20 m | Total Time 25 m

Makes 8 servings

## INGREDIENTS

- 1/2 cup cooked, mashed sweet potato
- 2 cans tuna, drained
- 3/4 cup cooked quinoa
- 1/4 cup green onion, chopped
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 egg
- 1/4 cup plain Greek yogurt
- 1 tbsp mustard
- 1/2 tsp cayenne pepper
- 1 tsp paprika
- 1/2 cup bread crumbs

## PROCEDURE

- 1 Preheat oven to 400 °F (204 °C).
- 2 In a small bowl, combine tuna and sweet potato, mixing well.
- 3 Add remaining ingredients and stir until well combined.
- 4 Using your hands, form into 8 patties.
- 5 Place on a greased baking sheet and bake for 20 minutes, flipping once.

## TIPS

Canned tuna is a great source of omega-3 fatty acids that can help protect against heart disease. This recipe is packed with protein so you can enjoy them as a post-workout snack. You can eat these patties plain, put them on a bun or add to salads for lunch or dinner. Try drizzling with sriracha for a spicy kick or mix Thai chili sauce with plain yogurt for a dip. You can also substitute tuna with canned salmon.

## NUTRITION INFORMATION

*Per 1 serving (1 cake)*

**Calories** 127

**Fat** 2.6 g

**Saturated** 0.7 g

**Polyunsaturated** 0.7 g

**Monounsaturated** 0.5 g

**Sodium** 118.8 mg

**Carbohydrates** 15.5 g

**Fiber** 1.8 g

**Sugars** 1 g

**Protein** 11.5 g

**Vitamin A** 66.1%    **Calcium** 14.2%

**Vitamin C** 2.1%    **Iron** 2.7%