

Emma Melis (Individual)

City: Montreal

Username: emma.melis@rogers.com

Province: Quebec

Email: emma.melis@rogers.com

Country: Canada

School: McGill University

Challenge

Imagine you are allotted \$50 for 5 days of FLOSN food. Create a meal plan for yourself. Based on your choices, create a shopping list. How far can you make \$50 go?

- Head over to a local green grocer, co-op, farmer's market or grocery store to price out your list. Or look online (check out [Thrive Market](#) or a local company that delivers organic food right to your dorm/house). Think about how you will adhere as best you can to FLOSN criteria. Work with your dorm mates or house mates to get creative. Here are some tips:

- My chosen stores near me:
 - Bulk Barn
 - McGill Thursday Organic Market
 - PA Grocers
 - IGA
 - Provigo (quite expensive, though)

- Buy seasonal food ✓ →
 - All the vegetables which I love are always in season here in Montreal, according to "Aliments d'Ici" ("Local Tastes") Public Interest Research Group from UQAM. Yay!

- Use a food item for multiple meals ✓
- Purchase items from the bulk section ✓
- Purchase items that are nutrient dense and look for variety ✓

Source: [Aliments d'Ici \(Groupe de Recherche d'Intérêt Public de l'UQAM\)](#)

Produce in Season Every Season in Quebec and Montreal

- apple
- carrot
- green cabbage
- mushroom
- onion
- potato
- sweet potato
- turnip
- rutabaga

- **Visit your local farmer’s market – there are often great deals, particularly 30 minutes before closing ✓**
 - McGill Organic Market, Thursdays, 4:25 p.m.
 - Atwater Market, Tuesdays, 5:25 p.m.
- **Find out if your local grocer gives a discount to students shopping with a college ID ✓**
 - Yes! Bulk Barn has student discount days on Wednesdays, and PA gives a 10% student discount on non-sale items.
- **Share your shopping list and answer the following questions:**

- **SHOPPING LIST:**

- | | |
|-------------|----------------|
| ▪ Eggs | ▪ Rice |
| ▪ Apples | ▪ Oats |
| ▪ Potatoes | ▪ Baguettes |
| ▪ Spinach | ▪ Honey |
| ▪ Mushrooms | ▪ Tea |
| ▪ Onions | ▪ Trail Mix |
| ▪ Beans | ▪ Fresh fruits |

- **What is the estimated cost of each day of your 5 day menu?**

Breakdown by ingredient per week:	eggs	1/2 carton	\$3.00	
	mushrooms	1 cup	\$2.50	
	apples	6 apples	\$2.40	
	potatoes	2 potatoes	\$1.20	
	spinach	1 bunch spinach	\$2.50	
	rice	1 kg rice	\$2.20	
	oats	0.25 kg oats	\$0.50	
	honey	1/10 of a jar of honey	\$0.48	
	beans	1.5 kg beans	\$1.50	
	onions	1.5 onions	\$2.00	
	baguettes	3/4 baguette	\$2.35	
	tea	5 bags of tea	\$0.25	
	trail mix	0.25 kg nuts	\$3.50	
	in-season fruits	1 cup of any fruit	\$5.00	
		Weekly spendings:		\$29.38
	Average Daily Spendings:		\$5.88	

Somehow, by setting up a very strict menu, I was able to spend approximately \$5.88 per day on food..! Some days vary more than others, but, for the most part, each day’s food would cost me between \$4.00 and \$6.00 according to this 5 day menu. Spending an estimated \$29.38 Canadian per month, I’m coming in well under the \$50 budget.

- **How were you able to save money? Share a tip or two.**
 - BUY WHAT I LIKE EATING: I assessed my current appetite, eating habits, food preferences, and ideal food needs, and budgeted to purchase my favourite foods. This helped me 'save' money because I started realising which foods I consistently liked cooking and eating, and I could streamline my interest and my money to them.
 - BUY IN BULK AND PAY FOR WHAT YOU NEED: I allocated money towards foods which I knew could be purchased in bulk because by buying the exact amount of food that I need per meal, I avoid creating food waste and it's more affordable to pay only for what I need.
- **Does this shopping list feel realistic for you? Could you incorporate better food into your diet?**
 - I am an anaemic vegetarian, so I look to beans, lentils, and spinach for iron and other nutrient-rich foods to get the nutrients I miss in my diet. I eat eggs for protein but stay away from dairy and meat, which is why I have eggs incorporated into nearly each one of my meals on this menu. For more presence of fresh vegetables, I included onions and mushrooms because I love cooking with both because of their rich flavour and versatility. My go-to carbs in real life are French baguette and brown rice. In my created shopping list, the baguette can be found at a local bakery and the brown rice is available at the bulk food store nearby. My daily trail mix as snacks brings some healthy fats into my diet. My diet incorporates fresh, local fruits in my daily apple snack, my apple sandwich, and my morning fresh fruit smoothies. The honey in my breakfast gives me the natural sugary kick-off for the day I know I need! I think this diet incorporates most of the food groups I need, according to the Canadian Food Guide, at least! 😊
 - This menu seems very feasible for me because I tailored it to suit my tastes and preferences. I think it would be pretty realistic for me to stick to purchasing these items for 5 days of the week in order to stick to the FLOSN guidelines for sustainable eating! I foresee a bit of an underestimation having occurred in my pricing estimates, but at least I was well under \$50.00 in my weekly spending. Luckily I have a bit of wiggle room in my budget for when my actual grocery expenses come in a bit higher than I'd calculated!

- Share the 5 day menu. How close can you get to \$50?

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	TOTAL
BREAKFAST	Oatmeal & Honey	Fruit & Honey Smoothie	Oatmeal & Honey	Fruit & Honey Smoothie	Oatmeal & Honey	1 cup fresh, in-season fruits; 0.25 kg of oats per week; 0.035 kg honey per week
LUNCH	Spinach, mushroom, onion omelette	Onion soup and bread	Apple-honey baguette toast	Spinach, mushroom, onion omelette	Onion soup and bread	1 apple; 4 eggs; 1.5 onions; 1 cup of mushrooms; 1/2 bunch spinach; 3/4 baguette; 0.5 kg beans per week
DINNER	Rice & beans with a fried egg	Spinach, refried bean, rice "cakes"	Potato-spinach soup with rice	Potato-spinach soup with rice (leftovers)	Rice & beans with a fried egg	2 eggs; 2 potatoes; 1 kg rice; 1/2 bunch spinach; 1 kg beans per week
SNACKS	Trail mix + apple	Trail mix + apple	Trail mix + apple	Trail mix + apple	Trail mix + apple	0.25 kg trail mix; 5 apples per week
DRINKS	Tea	Tea	Tea	Tea	Tea	5 bags of tea per week