

Food Mentoring Toolkit

A resource for community organizations who offer food programs or talk about food and nutrition

Menu Planning

The purpose of this booklet is to provide more detailed information on menu planning. It is not designed for the purpose of following along with the video.

The information provided in this booklet, and all Food Mentoring Toolkit resources, is intended for general education purposes and should not replace medical advice. Consult a registered dietitian or qualified health professional before making significant changes to diet or lifestyle.

Menu Planning

What's ahead in this booklet

- Benefits of menu planning
- Steps and tips for menu planning
- Adapting a recipe to meet your needs
- Seasonal and local foods
- Time saving tips
- Simple meal suggestions

Key messages

1. Planning meals and menus can help save time and money.
2. Follow Canada's food guide when planning meals. Try making $\frac{1}{2}$ of the meal vegetables and fruits, $\frac{1}{4}$ of the meal protein, and $\frac{1}{4}$ of the plate whole grains.
3. When planning meals for or with others, important considerations include culture, food allergies or intolerances, preparation time, cost, skills and equipment.
4. There are many benefits to cooking from scratch including adapting a recipe to meet your needs.
5. Save time by pre-making some meal components for faster meal day preparation.

Words matter:

You will notice throughout the Food Mentoring Toolkit that food neutral language is used. If you would like to learn more about this topic, here is a link to a [Food Neutrality Handout](#).

Supporting Materials

Handouts

- One Week Meal Planner
- Menu Planning Checklist

Facilitator guide

If you are interested in speaking to clients about this topic, please email: publichealthnutrition@saskhealthauthority.ca to request a facilitator guide. The guide includes a step-by-step plan for watching the video as a group and working through group activities and discussions.

If you would like to watch a video on this topic, visit the [Menu Planning](#) section on the Food Mentoring Toolkit home page. For more information, there are additional resources listed at the end of this chapter.

Menu Planning

There are many benefits to menu planning, including making it easier to offer nutritious meals and snacks.¹

Benefits of menu planning

- Save time and money on grocery purchases
- Helps use up foods already on hand
- Reduces food waste by only buying what will be used
- Helps ensure meals and snacks are varied, nutritious and appealing
- Creates a healthy food environment
- Helps others around you learn about meal planning
- Helps one rely less on highly processed foods such as packaged snacks and fast food
- Improves organizational efficiency

The steps to plan a menu are similar for individuals, families, organizational meal and snack programs or community cooking classes. This guide can be tailored to fit your needs.

Before you begin

Before starting, decide what type of menu plan will be most helpful and achievable. For example, you may want to plan:

- Meals and snacks for a couple days or a full week
- Meals or snacks for programs or events
- A cycle menu for your organization

Explore more

A **cycle menu** is a series of menus that is repeated over a specific period of time, such as 4 weeks. The menu is different each day during the cycle. At the end of the cycle, the menu is repeated.² See page 9 for more details on cycle menus.

Use [Canada's food guide](#) when planning meals

- **½ plate:** Vegetables and/or fruit
- **¼ plate:** Protein foods (such as meat, dairy, beans, lentils, or tofu)
- **¼ plate:** Whole grains (such as whole grain pasta, rice, or bread)

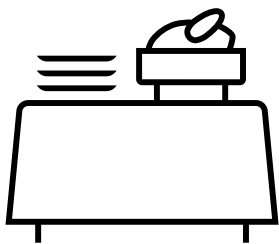


© All rights reserved. Food Guide Snapshot, Health Canada.
Reproduced with permission from the Minister of Health, 2024.
URL: <https://food-guide.canada.ca/en/food-guide-snapshot/>

It is important to note that many meals cannot be clearly divided on a plate. If food items are mixed, such as in soups, stews, and casseroles, the important concept is the approximate proportions of these food categories in your meal.³ For more information, refer to the [Canada's food guide](#) section of the Food Mentoring Toolkit.

Steps for menu planning

1. You can use paper, an erasable board, a phone app, computer program or the “one week meal planner” provided; whatever format works best for you.
2. Before you begin, consider the food items you already have available to be used in your recipes.
3. Plan meals around Canada’s food guide. Consider incorporating more plant-based protein foods such as beans, lentils, chickpeas, or tofu.
4. Begin by making a list of recipes, meals or snack items that are enjoyed by your clientele or family. Having some go-to meals and snacks can serve as a starting point for menu planning.
5. Where applicable, work with others to fill in the gaps with new meals and snacks. Start by filling in the main meals. Try to include a different main meal for all days in the menu.
6. Consider what activities may be taking place each day in your organization or home – is there time to cook or are quick meals and snacks needed? Ensure there is enough time to prepare the items chosen on that day.
7. Use the ‘menu planning checklist’ to ensure nutrition, variety and appeal in your menu. Keep in mind variety in flavours, colours, shapes, temperatures and textures.⁴ The menu planning resource also contains sample menus and tips.



8. Estimate approximate serving size per person to determine the quantity of food needed. Evaluate if the amount prepared was too small or too big and adjust for next time.

9. Trial the menu and ask for feedback on a regular basis. Adjust as needed.

Tips for menu planning for groups

- **Consider the group you are working with.**
 - Ensure your menu is age appropriate, based on the target audience you will be serving. Younger children may prefer simple meals and finger foods.
 - Be respectful of **cultural or religious practices** among participants that might restrict certain foods, or may influence preparation, cooking, and eating.
 - Determine whether there are any **food intolerances or allergies**, and plan meals around them, or plan for modifications. Kitchen tools (such as knives, pots or pans, toaster and cutting boards) that have touched an allergen should not be used for an allergen-free dish.
- **Ask the group.** Where possible, including participants in planning the menu and meal preparation will help develop important food skills.



Get your participants involved. Before planning a menu for a cooking event or class, work with the group to determine:

- Special dietary requirements
- Previous cooking experience
- Foods or recipes of interest
- Food skills people would like to learn or improve

- **Follow ‘[Saskatchewan School Food & Nutrition Guidelines](#)’ when planning meals for school aged children.** This document provides guidance on foods and drinks to offer children and youth.
- **Plan a meal that can be completed in the time available** without rushing. This is especially important if the menu is for a cooking class. It is more fun to cook together when you don’t have to rush to finish. It will also allow you to take advantage of “teachable moments”.

For example, take time to show the group how to properly hold a chef’s knife and chop vegetables or to talk about some of the ingredients you are using. Also, having extra time at the end allows you to sit down together and enjoy the meal you prepared.

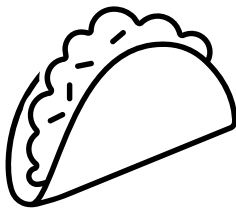
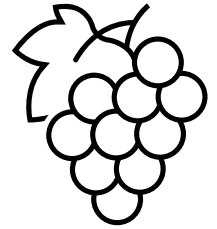
- **Choose recipes that are cost-effective.** When cooking with participants, select recipes that align with their household budget, household cooking utensils and kitchen appliances.
 - Some cost-effective meal examples include: soups, plant-based protein dishes, fish, eggs, pasta dishes, casseroles, etc.



Cycle menus

When planning frequent meals for an organization or school, a cycle menu may be an effective way to plan. A cycle menu provides a plan for meals and snacks over a period of several weeks before it is repeated. Plan a cycle menu using these tips:²

- Plan balanced meals and snacks following [Canada's food guide](#).
- For meals ensure you offer foods from all 3 food categories in Canada's food guide. For snacks offers foods from at least 2 food categories.
- Variety keeps meals interesting and diverse for people eating from this menu frequently. Ensure variety in ingredients used, flavours, textures, temperatures, shapes and colours. One way to add variety is to change the type of protein from one day to the next.
- Ensure your cycle menu is at least 3 weeks long to promote variety.
- Base your menu on age, preferences and needs of the people you are serving.
- Post the menu in a common area.
- Ask for feedback and plan to update the menu regularly.



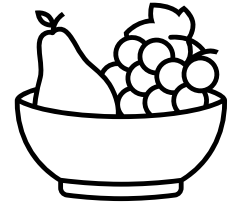
If you are interested in seeing some examples of cycle menus go to page 18 of [School Food Programs in Canada: Operations & Costing Guide](#).

Adapting a recipe to meet your needs

One important food skill is knowing how to adapt a recipe to fit your group's needs, preferences, to replace a missing ingredient or to use up ingredients you have on hand.

Adjusting recipes for health or dietary needs:⁵

- To add fibre:
 - Vegetables, beans, lentils, or chickpeas can be added to many meals for extra nutrients and fibre.
 - Blend a handful of spinach or kale into a fruit smoothie.
 - Add cooked lentils, carrots, zucchini or onions with pasta and spaghetti sauce.
 - Sprinkle berries into breakfast cereal or yogurt.
 - Have baby carrots, snap peas, or chopped fruit ready for an easy snack or side-dish.
 - Beans can be added to taco meat or many soups, stews and sauces.
 - Use whole grain flour instead of some or all of the white flour in baked goods. You can also add flax seed or bran.



Explore more

Canned and frozen vegetables and fruit can be just as nutritious as fresh ones. Make sure to rinse off your canned veggies first because some are packed with sodium (salt), and choose fruit packed in juice instead of syrup for less sugar.

- To reduce sugar:
 - Try reducing a recipe that asks for 1 cup of sugar to 2/3 or 1/2 cup of sugar. You can do this gradually to see if you like the results.
 - Replace some sugar with unsweetened applesauce, mashed bananas or fruit puree.⁶
 - Look for recipes that use almond, vanilla or orange extract or spices like cinnamon, nutmeg or ginger that enhance flavour without added sugar.⁶

- To reduce sodium (salt):

In Canada 77% of sodium is consumed in processed and prepared foods and 11% is added by consumers.⁷ Therefore, cooking from scratch in itself is an important way to reduce sodium intake. Other ways to reduce sodium while cooking are to:⁸

- Rinse canned beans, lentils and chickpeas.
 - Choose lower sodium broths and other packaged ingredients.
 - Add onions, garlic, herbs and spices for flavour instead of some of the salt.
 - Use fresh, frozen or low sodium canned vegetables.
 - Use fresh or unseasoned frozen meat, poultry or seafood.
- To avoid certain allergens try these ideas:⁵
 - For gluten-free try using brown rice or buckwheat flour instead of wheat flour. Trial and adapt recipes as needed as it may affect the texture of the recipe.
 - For dairy-free you can replace cow's milk with unsweetened fortified plant-based beverage. If cheese is in a recipe, it can often be made without cheese.
 - For nut-free you can often replace peanut butter with sunflower seed butter or tahini.

Adjusting recipes for a missing ingredient or to use up ingredients you already have:

- Swap out vegetables in a recipe for ones you have on hand. For example, if a recipe calls for cauliflower but you have broccoli, use broccoli instead.
- Fresh herbs can be substituted for dry in most recipes. As a general rule, every one tablespoon of fresh herbs equals one teaspoon of dried herbs.
- Most fats can be substituted in recipes. For example, if a recipe asks for butter, you can use equal parts margarine or oil. Just be aware that strong tasting oils may change the flavour of the food.
- Use what you have or what is familiar to you. For example, include wild game in a stew or add bok choy or cassava to a recipe.
- If you don't have breadcrumbs or cracker crumbs, rolled oats will often work well.

Adjusting recipes to lower cost:

- Replace pricier ingredients with lower cost options (e.g., replace fresh vegetables with frozen in a cooked dish) or on-sale items (e.g., if chicken thighs are on sale, replace for chicken breast in a recipe).
- Try plant-based proteins such lentils, beans or chickpeas to replace all or some of the meat in a recipe.
- Remove non-essential garnishes (e.g., bacon bits) or expensive ingredients that do not significantly affect flavour (e.g., saffron).

Adjusting recipes for group size:

- You may need to increase or decrease the volume of a recipe. Here is the math you can use to help with that.⁹

Step 1: Find your multiplier

- $\text{Desired Yield} \div \text{Current Yield} = \text{your "multiplier"}$
- For example, if you wanted to make 50 servings (desired yield) and the recipe makes 8 servings (current yield)
 $50 \div 8 = 6.25$
- **6.25 will be your multiplier**

Step 2: Convert fractions to decimals where needed

- $\frac{1}{2}$ cup raisins = 0.5 cup

Step 3: Use the multiplier on each ingredient

- $0.5 \text{ cup} \times 6.25 = \text{About 3 cups of raisins}$

If you need to decrease the amount of a recipe the same process applies.

Seasonal and local foods

Fruits and vegetables that are in season are usually less expensive, better quality, and can often be found locally. Below are some delicious vegetables and fruits in season that can be grown in Saskatchewan:^{10,11,12}

Fall	Winter	Spring	Summer
Beets	Beets	Asparagus	Blueberries
Blueberries	Cabbage	Carrots	Carrots
Cabbage	Carrots	Cucumbers	Chokecherries
Carrots	Cucumbers	(greenhouse)	Corn
Corn	(greenhouse)	Fiddleheads	Cucumbers
Cranberries	Onions	Haskap Berries	Dandelion Greens
Green Beans	Potatoes	Lettuce	Green Beans
Peas		Onions	Haskap Berries
Raspberries		Potatoes	Lettuce
Squash		Rhubarb	Peas
Sweet Potato		Spinach	Peppers
			Pin Cherries
			Raspberries
			Saskatoon Berries
			Sour Cherries
			Strawberries
			Tomatoes
			Wild Rice

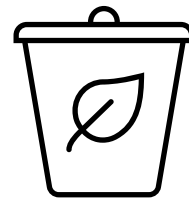
For more information on seasonal vegetables and fruits, visit [What's in Season - Canadian Food Focus](#)

Food waste

Canadian households throw out almost 40% of their food.¹³ Fresh fruits and vegetables are one of the most wasted foods in Canada, accounting for 45% of food waste.¹³ One important way to waste less is to make sure you are storing fruits and vegetables properly.¹⁴ For more information see the Waste Less Guide at [Half Your Plate](#).

Other ways to reduce food waste include:¹⁵

- Create a meal plan.
- Learn to adapt recipes to include foods you have on hand.
- Ensure you know what's on hand before you go to the grocery store.
- Only buy in bulk if you know you can use that amount before it goes bad.
- Make sure perishable items are easy to see in your fridge so you remember to use them. One idea is to move produce to a clear plastic container close to eye level.
- Use up leftovers – as is or in a creative way the next day.
- Freeze items, where possible, to preserve them longer.
- Compost scraps and any food that does go bad.



Food placed in plastic bags in the landfill does not break down and produces harmful substances rather than good fertilizer found in compost. Most food scraps can be recycled as compost and used as fertilizer.

For more information on composting and recycling, see the Compost Articles section of the [Gardening at USask](#) website.

Time saving tips

Preparing in advance

When you have time, prepare some ingredients in advance to make cooking easier.

- Peel, wash, and chop vegetables to add to meals for the next few days.
- Chop fruit to have over oatmeal, in smoothies, or as a side.
- Marinate meat and freeze in meal portions.
- Cook a big pot of whole grain pasta, barley, quinoa, or brown rice and freeze for quick use when needed. Use it to make stir-fried rice, add it to soup or casseroles or use in a rice bowl or salad.
- Grate cheese, gather spices and measure dry ingredients for recipes in advance.

Using partially prepared foods

Partially prepared foods are prepackaged foods that save time on preparation or cooking. Buying some partially prepared foods can help get meals prepared faster. Try to use fresh or minimally processed foods for this purpose. This helps reduce the amount of salt, sugar and saturated fats added, among other benefits.

Some nutritious partially prepared foods include:

- Light canned tuna or canned salmon, packed in water
- Canned diced tomatoes
- Whole grain pizza crusts
- Pre-marinated chicken or meats
- Frozen vegetables and fruit
- Salad kits
- Washed, ready-to-eat or pre-cut fresh fruits and vegetables
- Canned legumes such as chickpeas, bean or lentils
- Ready-made vegetable or whole grain salads such as quinoa salad

Make more now to serve later

Make a little extra food now and save some for later to help prepare future meals and snacks! This can help save on time and money.

- Make extra whole grain pancakes. Keep them in the freezer. Reheat and top with almond butter or peanut butter and sliced bananas.
- Grill or cook extra meat such as beef, chicken, fish, or pork. Cut extra chicken breast, steak, or pork into strips and use in quesadillas or soft tacos. Add to whole wheat pasta, casseroles or for salads and sandwiches.
- Cook a double batch of brown rice. Use in stir fries, add to soups, salads, casseroles, or rice bowls.
- Roast vegetables such as mushrooms, peppers, onions, tomatoes or zucchini. Use with pasta or barley, as pizza toppings, add to soup, or in a wrap with hummus spread.
- Cook a batch of beans, lentils, chickpeas or split peas and freeze extra for later.

Simple meal suggestions

These quick meal suggestions are nutritious and delicious. Feel free to add or subtract ingredients to suit your taste buds or to use up ingredients that you already have.

Sandwich

Use whole grain bread, tortillas, or flatbread filled with nutritious ingredients such as:

- Roast a turkey, chicken or beef and slice meat. Top with avocado, tomato, lettuce, roasted red peppers, or red onion.
- Hummus, thinly sliced cucumber, shredded carrot, and lettuce.
- Egg, tuna, or salmon, mayonnaise, lettuce, cucumber, tomato.

Tortilla

Using whole grain tortillas are a great and adaptable ingredient option! Add in fillings you enjoy to make a tasty and filling wrap, taco, quesadilla, or burrito. Some ideas include:

- Quesadilla - Fill with black beans, diced sweet pepper, tomatoes, salsa, and cheese. Fold over and pan fry until cheese is melted.
- Burrito - Add beans, shredded cheese, ground beef, guacamole, onion, tomato, pepper, and lettuce.
- Taco - Add chicken, avocado, cilantro, lettuce, and salsa.
- Wrap - Fill with spinach, chopped cucumber, tomato, and pepper, with chicken, tofu, or hummus.

Stir-fry

1. **Sauté** vegetables (e.g., sliced carrot, chopped snow peas, sliced mushrooms, sweet peppers) with a little canola or olive oil, fresh garlic, and ginger. Frozen vegetables are a great affordable option. Remove from pan.
2. **Add a protein source** (i.e. chicken, turkey, shrimp, beef, legumes or tofu). Sauté until fully cooked. Add back vegetables.
3. **Add seasoning.** See combination ideas below.
4. **Enjoy** over brown rice, quinoa, couscous, whole grain pasta or barley.

Some great stir-fry combinations include:

- Sauté shrimp or tofu with broccoli, garlic, ginger, and a pinch of hot pepper flakes. Serve over whole wheat couscous.

- Sauté broccoli, cabbage, and garlic, with beef and teriyaki sauce, served over brown rice.
- Sauté onions, garlic, chicken, and bell peppers in peanut sauce. Serve with vermicelli noodles or whole grain pasta.

Pita pizza

Pita pizzas let you enjoy the tasty flavor combinations of pizza without spending time making dough or money buying pre-made pizza. You can also customize the pizza to make it more tasty and nutritious.

You can use whole grain pitas, naan bread, tortilla or any flat bread.

- Place flat bread on cookie sheet or large frying pan.
- Add toppings such as tomato sauce, mushrooms, tomatoes, sliced bell pepper, spinach, leftover grilled chicken, and mozzarella cheese.
- Bake in the oven until toppings are heated through and cheese is melted.

Slow-cooker stew or soup

A little prep work is required, but using a slow cooker can be an easy way to prepare a delicious stew or soup.

- For a stew use beef, pork or dried lentils, carrots, potatoes, squash, celery, peas, sweet potatoes, onions, herbs and spices simmered in broth.
- Try a white bean and vegetable, lentil curry or chicken tortilla soup.

Breakfast foods

Breakfast foods are usually easy to make and can be versatile for any meal of the day.

- A breakfast sandwich made with eggs, cheese, tomato, and lettuce served in a whole grain English muffin, bagel or bun
- Greek omelet filled with diced tomatoes, red onion, olives, and feta cheese
- Eggs, sautéed spinach and mushrooms, on top of toast or a baked potato
- Burrito with scrambled egg or soft tofu, sautéed red pepper, avocado, shredded cheese, and salsa wrapped in a whole grain tortilla
- French toast topped with a spoonful of Greek yogurt and warm sautéed apple slices
- Oatmeal topped with frozen berries and chopped nuts

Salad

A dinner salad can be an easy, tasty and nutritious meal. Try to include protein and whole grains when possible. Any combination of greens, (e.g., romaine lettuce, spinach, kale or spring mix) tastes great topped with a little olive oil vinaigrette. Serve a slice of whole grain bread on the side. Some ideas include:

- Sliced fresh pear, dried cranberries, toasted almonds and crumbled feta cheese
- Grilled salmon, green onion, grapefruit or orange pieces, and celery
- Cherry tomatoes, cucumber, minced red onion, lentils and barley

Try setting up a mini salad bar and let each person choose what ingredients they would like to use in their salads.

Additional Reading

[Saskatchewan School Food and Nutrition Guidelines](#) – Government of Saskatchewan

[School Food Program Resources](#) – University of Saskatchewan

[Cooking in Two Worlds- A Process Guide for Incorporating Indigenous Foods into Institutions](#) – Government of British Columbia

[Menu Item Suggestions](#) – Alberta Health Services

[Food and culture learning module](#) – Healthy Start

[Plan What You Eat](#) – Health Canada

[Meal Plan](#) – UnlockFood.ca

[Meal Planning](#) - HealthLinkBC

[Meal Planning Using Leftovers](#) – Health Canada

[Family Friendly One -Week Sample Meal Plan](#) – UnlockFood.ca

[Make School Lunches Part of Meal Plan](#) - Health Canada

Recipes

Canada's Food Guide

[Search recipes - Canada's Food Guide](#)

Manitoba Healthy Foods in Schools Nutrition for Early Learning and Child Care

[A Collection of Tried and True Recipes](#)

Cookspiration

[Cookspiration](#)

25 Ingredients – 50 Meals Cookbook

[25 Ingredients 50 Meals - Print Final.pdf](#)

National Aboriginal Health Organization

[Metis Cookbook and Guide to Healthy Living](#)

Dietitians of Canada

[NM2021-Recipe-ebook-English 1.pdf](#)

[NM22-Recipe-eBook-EN-Final.pdf](#)

Diabetes Canada

[Recipes - Diabetes Canada](#)

Heart and Stroke Foundation

[Recipes | Heart and Stroke Foundation](#)

Guelph Family Health Study

[Plant-based Recipes Made Easy-Peasy!](#)

[Tasty Swaps: Recipes for Healthier Meals - Guelph Family Health Study](#)

Pulses

[Search and View Pulse Recipes - Pulses](#)

Alberta Pulse Growers

[Recipes Archive - Alberta Pulse Growers](#)

Lentils

[Lentil Recipe Collections](#)

Alberta Health Services

[Recipes | Alberta Health Services](#)

[Recipes: Inspiring Healthy Eating | Alberta Health Services](#)

References

1. Mastering the Art and Science of Menu Planning» Dietetics Academy [Internet] . Dietetics Academy. 2025 [cited 2026 Mar 4]. Available from: <https://dietetics.academy/advance-nutrition/mastering-art-science-menu-planning/>
2. Egan B. Introduction to Food Production and Service [Internet]. psu.pb.unizin.org. 2020. Available from: <https://psu.pb.unizin.org/hmd329/chapter/ch4/>
3. Government of Canada. Canada’s food guide [Internet]. Government of Canada. 2019. Available from: <https://food-guide.canada.ca/en/>
4. Planning a Healthy Menu: Enhancing Health Through Nutrition [Internet]. Available from: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-pahm-s2-how-to-plan-a-menu.pdf>
5. Canada H. Adjusting recipes to meet your needs [Internet]. Canada Food Guide. 2025. Available from: <https://food-guide.canada.ca/en/cooking-skills/adjusting-recipes-meet-your-needs/>
6. Recipe Makeover: Reducing Sugar in the Kitchen - Unlock Food [Internet]. Unlockfood.ca. 2023 [cited 2026 Mar 4]. Available from: <https://www.unlockfood.ca/en/Articles/Carbohydrate-and-Sugar/Recipe-Makeover-Reducing-Sugar-in-the-Kitchen.aspx>
7. Health Canada. Sodium Intake of Canadians in 2017 [Internet]. aem. 2018. Available from: <https://www.canada.ca/en/health-canada/services/publications/food-nutrition/sodium-intake-canadians-2017.html>
8. Sodium and your health | HealthLink BC [Internet]. Healthlinkbc.ca. 2026. Available from: <https://www.healthlinkbc.ca/healthlinkbc-files/sodium-and-your-health>
9. Graham E. Conversion Factors for Changing Recipe Yields. openwapressbooks.pub [Internet]. Available from: <https://openwa.pressbooks.pub/culinarymath/chapter/conversion-factors-for-changing-recipe-yields/>
10. What’s in Season [Internet]. Canadian Food Focus. Available from: <https://canadianfoodfocus.org/whats-in-season/>
11. Find a Greenhouse - Greenhouse Locator | SGGG [Internet]. Saskgreenhouses.com. 2018 [cited 2026 Mar 5]. Available from: <https://saskgreenhouses.com/greenhouse-locator/>

12. Study E. Results from Saskatchewan 2015 FIRST NATIONS FOOD, NUTRITION & [Internet]. Available from: [https://www.fnfnes.ca/docs/FNFNES Saskatchewan Regional Report English 2020-01-28.pdf](https://www.fnfnes.ca/docs/FNFNES_Saskatchewan_Regional_Report_English_2020-01-28.pdf)
13. Blair N. Food waste in Canada statistics for 2022 [Internet]. Made in CA. 2024. Available from: <https://madeinca.ca/food-waste-canada-statistics/>
14. Free Resources - Half Your Plate [Internet]. www.halfyourplate.ca. 2022. Available from: <https://www.halfyourplate.ca/fruits-and-veggies/resources/>
15. JKenyon. 6 Tips To Reduce Food Waste [Internet]. Canadian Food Focus. 2023 [cited 2026 Mar 5]. Available from: <https://canadianfoodfocus.org/food/6-tips-to-reduce-food-waste/>

Acknowledgements

The Food Mentoring Toolkit was developed by Saskatchewan Health Authority public health nutritionists.

Saskatchewan Health Authority gratefully acknowledges the contributions of individuals and organizations in the renewal of this toolkit. We appreciate the support and contributions from registered dietitians and community organizations who helped to ensure this resource meets the needs of those using its content.