EATING WELL WITHOUT BREAKING THE BANK

DIRECTOR
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DURATION
33:00

YEAR
1988

ORIGINAL LANGUAGE
French

CATEGORY
Documentary



DESCRIPTION
Eating well without breaking the bank, relates the difficulty of eating well for those on a low income, living alone, or with irregular working hours. With the assistance of the Canadian food guide, we learn first how to plan a well-balanced grocery list, to conceive of menus according to food groups, and also how to become more aware of marketing tricks in grocery stores.

IMAGE FORMAT
4:3

SOUND
Mono

KEYWORDS
Malnutrition, Planning, Food, Poverty, Finance, Politics, Economic Policy, Health, Diet, Nutrition,

THEMES
Health
Social intervention
Society