

BIEN MANGER SANS SE RUINER

DIRECTOR

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DURATION

33:00

YEAR

1988

ORIGINAL LANGUAGE

French

CATEGORY

Documentary



DESCRIPTION

Bien manger sans se ruiner 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

THEMES

Health
Society
Social intervention