BIEN MANGER SANS SE RUINER

DIRECTOR
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DURATION
0:33

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