

Low-budget recipe tips

- Keep shelf-stable items like rice, canned goods, and oatmeal in your pantry at all times. Shop what's on sale and build your meals around those items.
- Like anything, cooking and meal prepping takes practice to get easier!
- Start small and with simple recipes so you're not overwhelmed.

Vegetarian Chili Recipe:



Baked Chicken Wings Recipe:

courtesy of allrecipes.com



Chicken Avocado Cups Recipe:

courtesy of allrecipes.com



Spinach Salad Recipe:



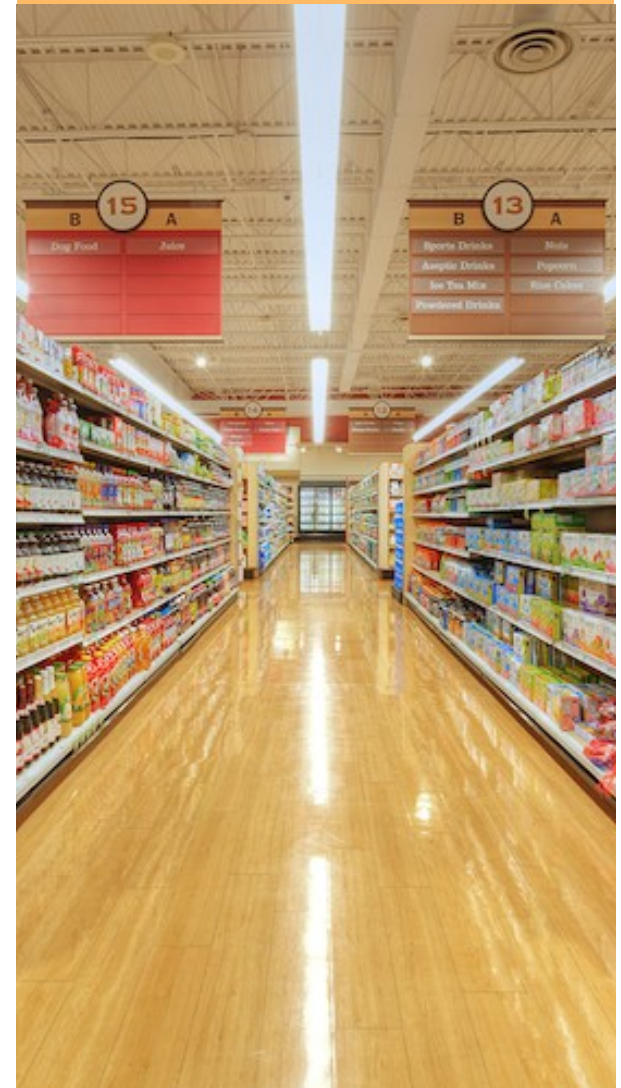
Overnight Oats Recipe:

courtesy of feelgoodfoodie.net



Financial Wellness & Nutrition in College

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Cost of eating out

According to Education Data Initiative,

- **College students spend on average \$410 a month eating off-campus.**
- Meals cooked at home average \$257 a month when the cost of eating off-campus is included.



- A vegan diet cooked exclusively at home averages \$155 a month for a college student.
- On average, a vegetarian diet may save a college student \$2.00 per day.

Budget Principles

SPEND, SAVE, PLAN, BORROW

SPEND: Be conscious of how much money you spend on eating at restaurants or ordering food each week.

SAVE: Save money on groceries by shopping at budget or bulk grocery stores like Aldi, Costco, etc. and buying what's on sale.

PLAN: Prepare your homemade meal or snacks the night before to avoid having to stop at a fast food restaurant during the school day.

In general, it's important to be mindful of nutrition and finances at the same time. You don't have to go to the most expensive grocery stores to find healthy options.

DU Feeds Food Pantry

The DU Feeds Food pantry is located in **Mazzuchelli 276** (past the University Ministry Center and near the CCL). The pantry works to address food insecurity in the DU community. Students can come by during open hours to get the food they need, no question asked. For more information on pantry hours, check your student email inbox or follow **@du.feeds** on Instagram!

