



Cooking on a Student Budget

Cooking your own meals can be a game-changer for college students on a budget. Not only is it a great way to save money, but it also allows you to eat healthier, learn valuable skills, and gain a sense of independence.

© by Chloe Khaoya

Kitchen Essentials

Cookware

Stock up on basic pots, pans, and baking dishes to cover all your cooking needs.

Utensils

Invest in a set of sturdy, multi-purpose utensils like spoons, forks, and knives.

Extras

Don't forget a cutting board, measuring cups and spoons, and a reliable can opener.



Meal Planning

1 Plan Ahead

Take some time each week to plan your meals and create a shopping list.

2 Buy in Bulk

Purchasing non-perishable items in bulk can help you save money in the long run.

3 Get Creative

Don't be afraid to experiment with new recipes and repurpose leftovers.

Healthy and Affordable Ingredients

Beans

A versatile and budget-friendly protein source.

Eggs

Packed with protein and can be prepared in a variety of ways.

Frozen Veggies

Nutrient-rich and last longer than fresh produce.

Canned Fish

Affordable, high in protein, and easy to incorporate into meals.



Simple Recipes

1

Pasta with Marinara

A classic and comforting dish that's easy to prepare.

2

Omelets

Versatile and customizable, great for any meal of the day.

3

Rice and Beans

A filling and nutritious meal that's budget-friendly.





Cooking Tips



Read Recipes

Familiarize yourself with the steps before you start cooking.



Measure Accurately

Precise measurements are key for consistent, delicious results.



Taste as You Go

Don't be afraid to adjust seasonings and flavors to your liking.



Experiment

Try new recipes and techniques to expand your culinary skills.

Leftovers and Food Safety

1

Store Leftovers

Properly refrigerate or freeze leftovers to enjoy them later.

2

Repurpose

Get creative and turn leftovers into new, delicious meals.

3

Food Safety

Always wash hands, cook to the right temperature, and store food properly.





Cooking on a Budget: The Key to Success

Save Money	Eat Healthier	Learn New Skills	Gain Independence
Cooking at home is significantly less expensive than eating out.	You have control over the ingredients and can prepare nutritious meals.	Developing your cooking abilities opens up a world of culinary creativity.	Taking charge of your own meals empowers you to be self-sufficient.