YOU Can Still Learn to Cook

How to Eat Healthy and Efficiently While in Grad School

Hilary Shurtleff
CSU MS Food Science & Human Nutrition Student
Outline

• Consider This
• Stock Your Kitchen
• Kitchen Knowledge
• Meal-Focused Planning
• Where to Get Food
• Local Resources
• Recommended Sources for Learning
Tips to Consider

1. Enter your kitchen with an open mind
2. View cooking as a break
3. Allow yourself to make mistakes
4. Find ways to make cooking enjoyable
Starter Kit:

- 7 or 8 Inch Chef’s Knife
- Cutting Board (medium to large)
  - Avoid wood for raw meats
- 10-12 inch Skillet
  - (non-stick or Cast Iron)
- Cooking Utensils (various)
  - Ladle
  - Spatulas
  - Wooden Spoon
- Baking Sheet
- 3 Quart Pot w/ lid
- Storage Containers
  - Freezer Safe
- Meat Thermometer
- Oven Mitts
- Colander/ Strainer
- Can Opener
- Dry Measuring Cups & Spoons
- Liquid Measuring Cup (2 cup)
- Mixing Bowls
Worth the Investment

- Dutch Oven
- Paring Knife
- Medium Serrated Knife
- Knife sharpener
- Stock Pot
- Cast-iron pan
- Emersion Blender
- Freezer Bags
- Food Processor
- Muffin Tin
- Pie Plate
- Kitchen Scale
- Mixer

Take Advantage of Upcoming Black Friday & Cyber Monday Deals
Kitchen Knowledge

- Knife Skills
- Measuring Ingredients
- Cooking Techniques
- Safe Meat Temperatures
- Flavor Combinations

Visit the [Cooking School](https://TheSpruce.com) section of [TheSpruce.com](https://TheSpruce.com) for more detailed information!
Prep to Shop

• Plan for the Week

• Create a List
  – Keep a list going on your fridge
  – Add items as you:
    – Run out
    – Wish you had that item

• Check for deals
  – Many groceries have an APP with coupons
5 Tips for Making Healthy Meals Quickly

1. Plan Meals Ahead
2. Keep Healthy Staples in your fridge, freezer, and pantry
3. Cook Once, eat again, and again
4. Prep Ingredients Ahead
5. Use time saving cooking methods & minimal dish meals
Planning

• Every 1-2 weeks
  – Get fresh produce weekly for freshness & to limit waste
• Include your friends/partner/roommates
• Use ingredients for multiple meals
• Use APPS
Helpful & Free Planning Tools

- Allrecipes Dinner Spinner
- BigOven
- CookPad
- CookSmarts
- Eat This Much
- Epicurious
- Evernote
- Food on the Table
- MyFridgeFood.com
- PepperPlate
- SpringPad
- SuperCook
- ZipList
# Sample 2-Week Menus

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Oatmeal with almonds</td>
<td>Scrambled eggs and toast</td>
<td>Smoothie with banana and spinach</td>
<td>Greek yogurt with mixed berries</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Turkey salad</td>
<td>Grilled chicken and quinoa</td>
<td>Beef stir-fry</td>
<td>Salmon and asparagus</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Baked salmon with roasted vegetables</td>
<td>Vegetable lasagna</td>
<td>Grilled chicken breast with rice</td>
<td>Beef and broccoli stir-fry</td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>Apple slices</td>
<td>Carrots and hummus</td>
<td>Greek yogurt with granola</td>
<td>Almond butter and apple slices</td>
</tr>
</tbody>
</table>

*ChooseMyPlate.gov*
Breakfast

• Make something that will be easy & satisfying
  – Yogurt, Fruit, Nuts, Granola
  – Peanut Butter Toast & Fruit
  – Avocado Toast & Egg

• Prep the night before
  – Overnight Oats
  – Large Batch of muffins or mini quiche
5 Simple Tips for Packing Healthy Lunches
from CSU Extension

1. Pack Leftovers –
   » Make a larger dinner
   » Pack it and have it ready to grab and go
2. Make half your lunch fruits and vegetables
3. Pack Fresh Fruit
   » Easy to Grab & Go
4. Add Lean Protein
   » Yogurt, cheese stick, beans, hummus, or lean meats
5. Include Healthy Snack Foods
Dinner

End of the day… Let’s make this EASY!

• Take time on your most free day to prep your veggies and measure ingredients

• Get dinner started in the crock pot before you start your day

• Cook a large batch that you could have again for lunch or dinner
### 4 Quick and Healthy Ideas for Breakfast, Lunch, and Dinner

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oatmeal</strong></td>
<td>Cook old-fashioned rolled oats, then top with raw nuts, fresh or dried fruit, and a bit of honey or maple syrup.</td>
<td><strong>Sandwich</strong></td>
</tr>
<tr>
<td><strong>Fruit and yogurt parfait</strong></td>
<td>In a cup, layer plain or Greek yogurt, fruit, and granola.</td>
<td><strong>Pasta salad</strong></td>
</tr>
<tr>
<td><strong>Fruit smoothie</strong></td>
<td>Blend fresh or frozen fruit, plain yogurt, ice, and water (if needed) in a blender until smooth.</td>
<td><strong>Whole grain salad</strong></td>
</tr>
<tr>
<td><strong>Vegetable ensemble</strong></td>
<td>Saute chopped vegetables with eggs, tofu, or beans. Serve with whole grain toast if desired.</td>
<td><strong>Wrap</strong></td>
</tr>
</tbody>
</table>
Spice Up Your Meal

From CSU Extension:

<table>
<thead>
<tr>
<th>Flavor</th>
<th>Herbs</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delicate</td>
<td>Balm, chervil, chives, parsley</td>
<td>May be used in fairly large quantities; combines well with most other herbs</td>
</tr>
<tr>
<td>Medium</td>
<td>Basil, celery leaves, tarragon, marjoram, mint, oregano, savory, thyme</td>
<td>Use in moderate amounts (1-2 teaspoons dried herbs for 6 servings)</td>
</tr>
<tr>
<td>Strong</td>
<td>Bay leaf, rosemary, sage</td>
<td>Will impart a dominant flavor</td>
</tr>
<tr>
<td>Sweet</td>
<td>Mint</td>
<td>Gives a cool burst of flavor to meat, seafood, and sweet dishes</td>
</tr>
<tr>
<td>Savory</td>
<td>Oregano, tarragon, chives, dill</td>
<td>Often used to flavor meat, egg and cheese dishes</td>
</tr>
<tr>
<td>Dish</td>
<td>häufig genutzte Gewürze, Kräuter oder Zutaten</td>
<td>Gewürze, Kräuter oder Zutaten</td>
</tr>
<tr>
<td>--------------</td>
<td>---------------------------------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Mehl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td>Beef, bay leaf, mustard, nutmeg, cinnamon, cloves, pepper, sage, thyme</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>Beef, curry powder, garlic, mint, rosemary</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td>Garlic, oregano, oregano, pepper, sage</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>Marjoram, oregano, parsley, cinnamon, thyme, sage, hot peppers, bay leaf</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>Beef, chervil, cloves, All, marjoram, dry mustard, paprika, pepper</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td>Carrots, cloves, allspice, nutmeg, rosemary, sage</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Gibanot, cayala, curry powder, paprika, parsley, onion, sultana</td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>Curry powder, All, broccoli, mustard, marjoram, oregano, tarragon, thyme</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Onion, red pepper</td>
<td></td>
</tr>
<tr>
<td>Pea</td>
<td>Ginger, marjoram, mint, oregano, parsley, sage, garlic</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>Bay leaves, chives, All, paprika, parsley, sage, garlic, mint</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Marjoram, rosemary, sage, chives, curry powder, mustard, thyme</td>
<td></td>
</tr>
<tr>
<td>Brussels Sprout</td>
<td>Cabbage, pepper, mustard, onion, carrot</td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td>Cabbage, pepper, mustard, onion</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Beef, bay leaf, chives, All, marjoram, oregano, parsley, garlic, pepper</td>
<td></td>
</tr>
<tr>
<td>Feta</td>
<td>Beef, chives, chervil, All, marjoram, parsley, paprika (hard cooked eggs), thyme, parsley</td>
<td></td>
</tr>
<tr>
<td>Ricotta</td>
<td>Beef, chives, lemon, cloves, marjoram, mint, sage</td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>Creme, All, garlic, chives, parsley</td>
<td></td>
</tr>
</tbody>
</table>
Vegetarian Meals

- Plan around seasonal & local vegetables & fruits
- Make sure to have protein
  - Quinoa
  - Protein-rich Veggies
  - Dairy Products
  - Eggs
- Include a variety of foods from each group
- Consider the mineral content of veggies
$ave Money, Eat Your Trash

• Yes I am being literal
  – Save your veggie & herb scraps in a freezer bag that can be used to make your own broth
Places to Get Food

Many Different Approaches

- Farmers’ Market
- Grocery Store
- Shop Online & Get Delivered
- Meal Delivery Services
- Bulk Purchases
- Food Bank (2 x’s/ week)
- Community Garden
- Grow Your Own
Farmers’ Markets

- Larimer Country Farmers’ Market
  – in Old Town
- Fort Collins Farmers’ Market
- Winter Market
  – At Opera Galleria
- Drake Road Farmers’ Market

Ways to Save:

- Get there early and purchase seconds
- Volunteer at the Farms
- Join a CSA
What is a CSA?

• Community Supported Agriculture
  – AKA: Farm Share
• Support Local
• Get to Know Who Grows Your Food
• Get Fresh & Seasonal Produce Weekly
  – Throughout the Growing Season
• Occasional Add On: Eggs & Meat

Raisin’ Roots Farmer: Ben
What Your CSA May Resemble:
Raisin’ Roots: Week 20 Share

- Turnips
- Head Lettuce
- Potatoes
- Kale
- Arugula
- Carrots
- Chives
- Dill
- Green Tomatoes
What Local Farms offer CSA?

- Raisin’ Roots
- Garden Sweet
- Native Hill
- Sunspot
- Grant Farm
- Happy Heart Farm
- Blue Barrel
- Fossil Creek
- Jodar Farms
- Green Dog Farm
- On the Vine at Richmond Farms
Community Gardens

• Gardens on Spring Creek
• Mulberry Community Gardens
• Grow Forth!
Grocery Stores

- Sprouts
  - Wednesdays: Both weekly deals apply
  - Has APP with coupons & deals
- Trader Joe’s
- King Soopers
  - Use APP for coupons and shopping list ease
- Esh’s
  - Discount Grocery in Loveland
Ethnic markets in Fort Collins
- Coloradoan

• Bangkok Asian Market
  – 1107 W. Drake Road
• Carniceria Las Delicias
  – 1705 S. College Ave.
• India's Rice & Spice
  – 2531 S. Shields St.
• Las 4 Americas
  – 1669 S. College Ave.
• Turmeric Indian grocery
  – 902 W. Drake Road
• Las Delicas
  – 1311 N. College Ave.
• The Olive Tree
  – 1643 S. College Ave.
• Oriental Grocery Store
  – 710 E. Magnolia St.
• Rams Bazaar
  International Food Market
  – 1205 W. Elizabeth St.
Bulk Buys

• Shamrock Foodservice Warehouse
  – No membership needed
  • Best buy here: Dried Herbs

• Costco – Membership Required
  – Save by sharing the $60 membership cost with friends or roommates
  – Instacart will shop here for you! Just pay for what you want + delivery
Alternative Shopping

• Grocery Delivery
  – Amazon Pantry
  – Instacart

• Meal Delivery Kits
  – Hello Fresh
  – Plated
  – Blue Apron
Campus Resources

• Kendall Reagan Nutrition Center
  – Discount for CSU Students & Faculty

• CSU Extension
  • Preparation & Cooking
  • Food Safety

• Dinning Hall Dietitian Available to Students for FREE

• Live, Eat, Play

• (EFNEP) Expanded Food and Nutrition Education Program

• Food Bank of Larimer County

• Clubs:
  – Food and Fermentation
  – Food and Nutrition
  – Hospitality
  – Holistic Health Alliance
Let's Cook! A Cookbook with Quick and Easy Recipes

$7.50

writers: susan baker, PhD, associate horticulture extension specialist, and kate mccon, MS, extension research specialist, Colorado State University, bulletin no. CE-3207. 6 x 9 x spiral bound. 80 pages.

ADD TO CART
Live Eat Play
Live Eat Play

Enjoy a Variety of Foods
- 9 Delicious Ways to Enjoy Leafy Greens
- Including Whole Grains in Your Meals
- Increasing Fruits and Vegetables
- Hydration

Meal Planning
- Quick and Healthy Meals
- Cooking For One
- Getting to Know Portion Sizes
- Making Recipes Healthier
- Healthier Snacking

Shopping and Budgeting
- Reading Food Labels
- Nutrient Claims on Food Labels
- Corresponding Health Claims on Food Labels
- Genetically Modified Organisms (GMOs)

Eating Away From Home
- Making Healthy Choices When Eating Out
- Packing A Healthy Lunch
Live Eat Play
Learning Kitchen Skills

• Informational Videos

• Volunteer at the FoCo Café
  – Also get fed!
    • Trade Work for a Meal
    • Typical Meal Cost: Pay what you can

• Kendall Regan Nutrition Center
  – Offers cooking classes
Recommended Videos

• On Reddit:
  – r/cookingforbegginers

• YouTube Channels
  – Food Wishes
  – FoodTube
  – Everyday Food
  – Cheap Lazy Vegan
  – AvantGardeVegan
Well-Loved Blogs

• Immaeatthat
• Budget Bytes
• Thug Kitchen
• Mix and Match Mama
• Green Kitchen Stories
• Budget Savvy Diva
• The Minimalist Baker
• Smitten Kitchen
• Clean Green Simple
My Favorite Books

- The Science of Good Cooking
- Cook’s Baking Book
- Thug Kitchen
- Ratio
- The Flavor Bible
- The Vegetarian Flavor Bible
Thank You!

Now Go Out
& Cook Something
Sources

• 4 Quick & easy ideas
  http://www.liveeatplay.colostate.edu/eat/healthy-diet/tools/healthy-meals.php#.WhYxwxNSwb0

• Meals Prepped

• Complete Proteins
  https://www.pinterest.com/pin/547468898432762607/?l=true

• Broth Pot
  https://images.food52.com/u-tZ-wZHrv-i_uFMSv7TkoTKjg=/2410b021-a205-4f19-87b1-653fc2117a0e--13653323215_f97c91edcb_b.jpg

• Community Garden

• Knife Cuts
  https://cdn.shopify.com/s/files/1/0665/7905/files/Basic_Knife_Skills_15d52125-59c4-432a-995a-edae69b49db7_2048x2048.jpg?1773

• Garden Sweet Stand
  https://www.google.com/imgres?imgurl=https%3A%2F%2Fgardensweet.com%2Fwp-content%2Fuploads%2F2014%2F02%2FFarmersmarket.jpg&imgrefurl=https%3A%2F%2Fgardensweet.com%2Ffarmers-markets%2F&docid=bgEfdGQwS5FstM&tnbni=c4OGwUQ3z6ydAwhUC0WMK5SFAh0QMw_gaEwAQBi80h=600&bih=579&biw=1012&q=farmers%20market%20fort%20collins%20garden%20sweet&ved=0ahUKEwiQ3z6ydAwhUC0WMK5SFAh0QMw_gaEwAQBj8&iact=mrc&uact=8

• Ben of Raisin’ Roots
  - https://www.facebook.com/raisinroots/photos/rpp.81496991910042/1659648790775479/?type=3&theater

• Raisin’ Roots Logo
Sources

• 5 Tips for Healthy Lunch
  http://www.liveeatplay.colostate.edu/eat/healthy-diet/tools/healthy-lunch.php#.WhYyNBNSwb0

• 5 Quick Meal Tips
  http://www.liveeatplay.colostate.edu/eat/healthy-diet/tools/healthy-meals.php#.WgSoExNSwb0

• MyPlate Sample 2 Week
  https://choosemyplate-prod.azureedge.net/sites/default/files/budget/2WeekMenusAndFoodGroupContent.pdf

• Flavors