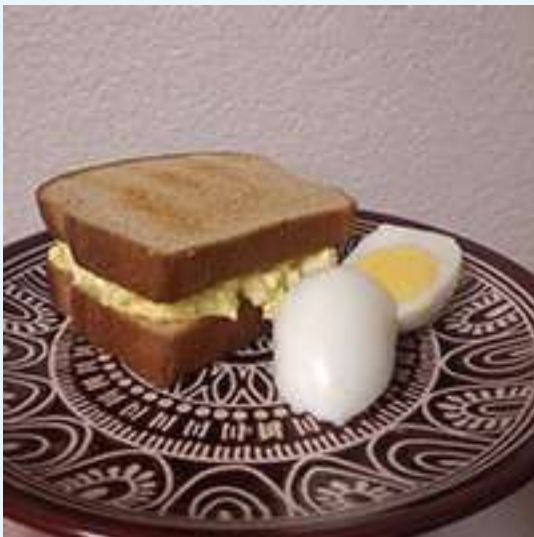


# Campus Cooking



**"If more of us valued food  
and cheer and song above  
hoarded gold, it would be  
a merrier world."  
— J.R.R. Tolkien**

When I first moved away for college, I felt a sense of panic. That was for a lot of reasons, but being an adult, all on your own for the first time is very overwhelming. There are a lot of new stresses that fall under that category, but for me, food was a big one. I was lucky to have had a lovely mother all of my life who always made meals for our family.

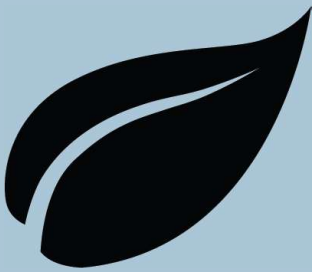


When I moved away, I quickly realized that I needed to figure out how to cook for myself and fast. As I have learned more about food and the college experience, I feel that I have really come into my own culinary style. I'm really excited to share some of what I have picked up and hopefully make cooking on campus a little bit easier for you!

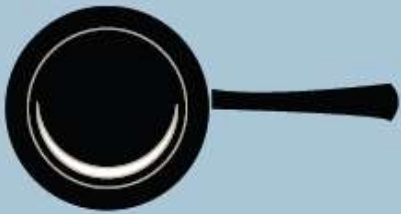
# Campus Cooking



**Food is expensive, I get it!**  
But, some foods are much cheaper than you make think, especailly if you buy in bulk!



**Food fast, not fast food!**  
Believe it or not, there are ways to obtain calories quickly without going through a drive through!



**It's easier than you think.**  
I know that resolving to eat healthier can be intimidating, but I'll walk you through step by step.

**CampusCooking.com**