Apartment Cooking

Finally! You are now a junior AND you have a kitchen...what do you do?

1. Go to the grocery store.
   Local food stores in the Villanova area include:
   - Acme
   - Giant
   - Trader Joe’s
   - Whole Foods

2. Be a smart shopper.
   - Read food labels to ensure you know what is in the food you buy.
   - Check the ingredients.
     - Ingredients are listed from the largest quantity to the smallest.
   - Shop by the unit price.
     - The total price may be misleading, especially when food items are packaged in different sizes.

3. Make time to cook.

   Try new, healthy ways to prepare food:

   - **Roast**: Cook proteins in the oven at 350°F. Try basting with liquids like tomato juice or lemon juice.
   - **Bake**: Place food in covered cookware and cook with a little extra liquid.
   - **Braise or Stew**: Cook food on the stove with more liquid than baking.
   - **Grill or Broil**: Try a George Forman grill or panini press.
   - **Sauté**: Cook in an open skillet on high heat—use non-stick spray or a little oil.
   - **Stir-fry**: Put a tiny bit of oil in a wok or deep pan.
   - **Steam**: Cook in a basket over simmering water.

4. Cut the fat, without losing the taste.
   - Steam or bake vegetables so they retain nutrients.
   - Use herbs and spices to add flavor.
   - Use oil-based salad dressing.
   - Add chopped vegetables to ground meat.

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**go to health**
Office of Health Promotion
Health Services Building, 1st floor
610.519.7407
www.villanova.edu/healthpromotion