**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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