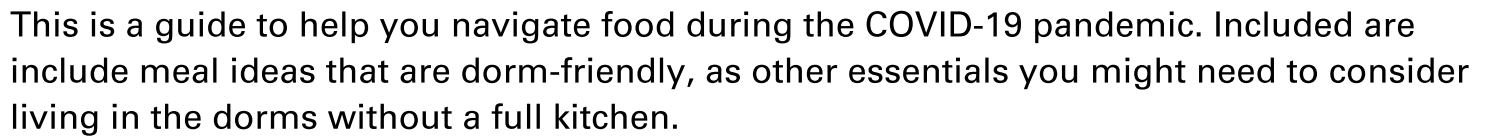
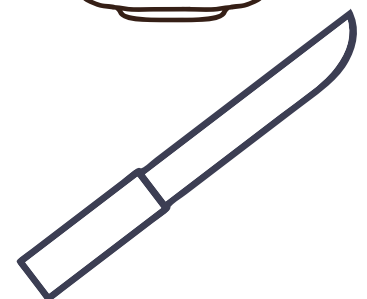


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Here are a few ideas of kitchen essentials of what you might want to consider investing in for the remainder of the semester, if you don't have them already. These are not mandatory by any means, but could ease your living situation:

- Resealable and reusable containers can be helpful to store food and lengthen the time that food will stay edible.
- A plate, bowl, fork, spoon, and knife is essential for eating the meals you plan on eating.
- A microwave and small refrigerator are ideal to store and reheat food.
- A paring knife and cutting board is helpful for cutting and slicing food, particularly fruits and vegetables.
- Some common and popular recipes that are dorm-friendly include ceramic mugs that are microwavable safe. Check the bottom of the mug to see if it says 'Microwave Safe'.
- A coffee maker or Keriug is useful for not only making coffee or tea, but heating up water for other instant meals such as oatmeal or ramen.
- A slow cooker is useful for batch cooking large amounts of food that can be eaten throughout the week.
- A can opener is a necessity for opening cans of non-perishable food that doesn't have a pop top lid.
- Dish soap and a kitchen wash rag or paper towel are essential to cleaning all dishes and utensils to prevent food borne illness.



# FOOD DURING COVID-19

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## Shelf Stable Foods

Keeping a stock of shelf-stable foods can be helpful, knowing that you do not have to use it as soon as possible, but it is still there in case you need it. Below are some examples of nutritious and sustainable options.

- Nuts, seeds, and nut butters (trail mix is a great snack option)
- Canned beans (pinto, black, garbanzo, lentils, and kidney are all great sources of fiber)
- Salt & pepper (kitchen essentials to spicing up any food that might seem bland)
- Whole grains (quinoa, oats, rice, whole wheat pastas are easy to prepare and are also a great source of fiber)
- Canned vegetables (preferably without salt added)
- Potatoes (even though they are perishable foods, root vegetables stay good for a long time)

## Frozen Foods

Many small refrigerators have a small freezer and it would be ideal to store some extra food in there, if that option is available to you. Many freezer foods are very affordable and last a long time, so it is a great option to have.

- Chicken (breasts are easy to cook in a crock pot, for soup or shred for tacos)
- Vegetables (steam in a crockpot or use heated water to steam)
- Fruit (for desserts, or even smoothies if you have a blender)

## Tips for Shopping

It is ideal for you to spend as little time in a grocery store as possible, so it is essential to have a plan before you go. Before you go out, be sure to make a list. It would be best to organize your list by department, knowing exactly where you are going to minimize time. Be sure to bring disinfectant wipes to use before and after using a cart or basket.



# FOOD DURING COVID-19

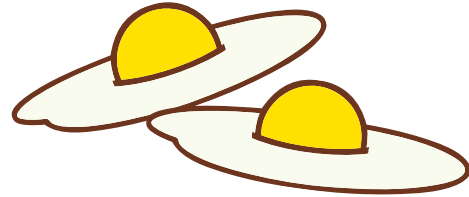
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## Microwavable Recipes

### Mug Omelette

- 2 eggs
- 1/2 diced bell pepper
- 2 slices diced ham or turkey
- 1/4 cup chopped spinach
- Sprinkle of cheddar cheese
- salt & pepper



Crack eggs and mix in all ingredients into a microwavable safe mug. Cook on high in microwave for a minute and a half. Take out and stir, put back in the microwave for another minute to ensure that the eggs are fully cooked. Remove from oven, and it is ready to eat.

### Spaghetti Squash and Meatballs

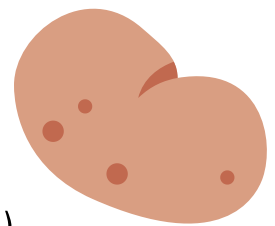
- 1 spaghetti squash
- 1 tbsp of olive oil
- 2 cups canned pasta sauce
- meatballs pre-cooked or frozen



Poke some holes in the spaghetti squash and microwave for 5 minutes in order to cut in half. Scoop out the seeds, season with oil, salt, and pepper on the insides. Microwave for 10-15 minutes or until the insides are tender and can pull away from the skin. Take a fork and shred the insides. Take meatballs, put them in a covered and microwavable safe container and heat for 3 minutes, or until the meatballs are warmed up. Take meatballs and put them on top of the spaghetti squash and enjoy!

### Loaded "Baked" Potato

- 1 Russet potato
- 1 tbsp olive oil
- 1/4 cup of shredded cheddar cheese
- any other additional desired toppings (sour cream, chives, bacon, etc.)



Poke potato with a fork, rub with oil and salt to season. Microwave the potato for 7-9 minutes, slicing it in half when it is cool enough to touch. Load potato with cheese, or any other desired toppings and enjoy!

# FOOD DURING COVID-19

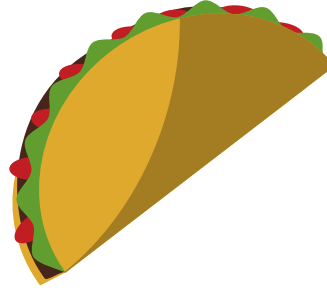
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## Crockpot Recipes

### Chicken Tacos

- 5 - 6 frozen chicken breasts
- 1 cup salsa
- 1 packet taco seasoning
- 1/4 ranch dressing
- hard or soft taco shells



Put chicken, salsa, and taco seasoning all into a crock pot on low for at least six hours or until the chicken is able to shred. Add the ranch dressing and mix. Put spoonfuls of the filling into the taco shell and enjoy!

### Beef Stew

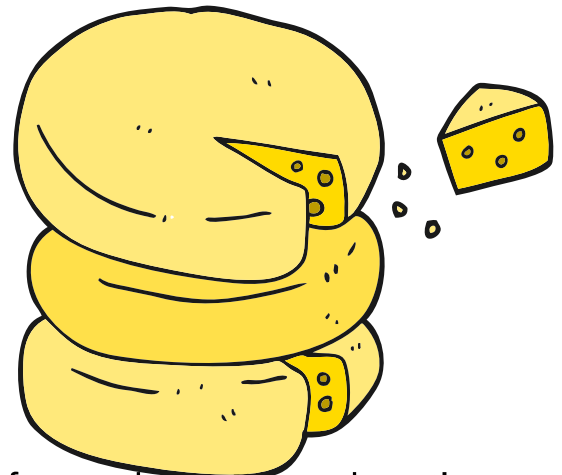
- 2 pounds of stew meat cubed
- 2 pounds of mushrooms
- 2 large carrots chopped (can be frozen)
- 1 large onion chopped
- 4 cloves of garlic
- 1 can (28 oz) of whole tomatoes
- 2 cups of beef broth



Add all ingredients into crock pot and set on low for 4 hours. Add any salt, pepper, barley, thyme or desired seasonings and cook for an extra 6-8 hours. Make sure meat can pull apart easily and enjoy!

### Mac and Cheese

- 1 lb of elbow pasta
- 2 1/2 cups milk
- 1 can evaporated milk
- 3 cups sharp cheddar cheese
- 1 cup shredded American cheese
- 1/4 cup of shredded cheddar cheese
- sprinkle of salt, pepper, garlic powder, and cayenne
- 1/4 cup butter



Add all ingredients into crock pot and cook on low heat for one hour. Stir and continue to check on your pasta to ensure it is fully cooked. It could take 2-3 hours. Enjoy!