

Meal Prep:

Beginner Tips for College Students



1

Start with what you have at home.

Look in your pantry, fridge, and freezer to see what foods you already have at home. Use these foods in your meal prep to both eliminate food waste and save money when you are shopping. This can also help you to make sure recipes you are meal prepping use foods you already enjoy.

2

Find Recipes.

Try to include some recipes that have the same ingredients, so you are not spending as much money on food. You can use online sources for recipes, such as Pinterest or Google. Use recipes that incorporate different kitchen appliances such as the oven, stove, microwave, air fryer, or a crockpot to save time (Petre & Herrmann, 2018).

3

Make a grocery list.

Shopping without a grocery list is a huge waste of time. Make a grocery list and stick to it. Organize your list by each area in the store. Fresh fruits and vegetables will be cheaper when they are in season (University of Wyoming, n.d.). If they are not in season, consider substituting them for canned or frozen versions which can often be much cheaper.

4

Plan how to store your food.

You can store food in plastic containers, glass containers, or even plastic bags. Reusable containers can help you save money and reduce waste. Make sure the containers you use are leak proof and that you are following food safety storage guidelines to prevent food borne illness and loss of nutrition from the foods you prepare.

