

# Kate's Kitchen

by Anna "Kate" Grace

When I was young and looking forward to college, I thought being able to go grocery shopping by myself would be the coolest thing. I've found a few cooler activities since then, but I still enjoy cooking for myself and others. Kate's Kitchen will bring you sometimes healthy, usually easy and always delicious recipes that easily can be made by any cook, regardless of skill level!

## Mixing good food with good tips

BY ANNA GRACE  
Kitchen Columnist

It's been a few years since I experienced my Truman Week. However, during my vacation in the mountains this week, the confusion brought on by altitude reminded me of some tips I can share in this week's edition of Kate's Kitchen.

Ramen is delicious and cheap, but not a very healthy food source. It's great when camping or dorming because all it requires is hot water. It's not exactly revolutionary to tell college students to eat ramen, such advice probably is even sent with Truman State welcome packets. There

are, however, some dorm-friendly ways to make it healthier.

The easiest way is to add frozen veggies, which are more closely related to actual vegetables than the dehydrated chunks typically found in ramen. Keep them in your freezer, then dump them in with the hot water. If you're looking for more protein, grocery stores offer pre-cooked and -cut chicken that can be popped in.

Hiking all day burns a lot of calories. You know what doesn't? Sitting and studying for Biology 101. Many "bars," such as Clif Bars, LUNA bars and about a million others might seem healthy, but make sure you look at their nutrition facts. These bars often

are intended for outdoor activities that burn a lot of calories. They often have as many or more calories than a candy bar.

If you really want to track calories, many Sodexo options already are loaded in apps such as MyFitnessPal.

"Be bear aware," read many signs I drove past during my vacation. You, Truman freshman, need to be roommate aware. Sharing space can mean sharing food, willingly or not.

New Bulldogs, welcome to Truman! You're going to love it here, especially when you experience chicken bowl day. Check in with Kate's Kitchen next week for a tasty new recipe by a notable 8-year-old chef.

Here are some bear safety tips that double as roommate tips.

*Don't feed the bears. They will become dependent on human food.*

Hopefully your roommate already eats human food, but who knows, this is Truman. Anyway, it's okay to feed your roommate, but it sets a precedent. Establish food rules so you don't wake up with your roommate tearing apart your fridge for honey — or more realistically, covered in frosting from stress eating the cookies your mom sent.

*Dispose of food properly.*

Whether you share food or not, throw out the sour milk and lunch meat left from before break. Otherwise, it will get disgusting and maybe even make someone sick. I hope this is obvious.

*Keep your food in bear-proof containers.*

Your roommate probably doesn't have the less-dexterous hands of a bear, so there likely isn't a container they can't open, but you can hide your food. Also, if my roommate is reading, you need to hide your candy better — I ate it all.



## EKKLESIA CAMPUS MINISTRY

RUN THE RACE. STAY THE COURSE.

"Ekklesia" is the Greek word for "church" and describes our non-denominational campus fellowship serving students at Truman, MACC, and A.T. Still. Perhaps you recognize a form of the word in the Old Testament book Ecclesiastes or "the preacher." The preacher speaks to the church!

Ekklesia is a ministry of the Kirksville Church of Christ. Many events are also scheduled at 110 Pfeiffer Ave. For rides, call Dan Green 1-800-548-7074 or the church office 660-627-4003.

### CALENDAR OF EVENTS

**Fri. Aug. 21, 7 PM - Francis Schaeffer Video Study: "How Shall We Then Live?"**  
*Home of Dan & Gaylene Green 80 Manor Crest Dr.*

**Wed. Aug. 26, 2 to 5 PM - Activities Fair @ the SUB**  
*Get your free Post-it Note pad in the shape of a runner's foot & learn more about Coach Jim White's upcoming visit. His story was told in Disney's McFarland USA. Register to win a movie DVD.*

**Sat. Aug. 29, 7 PM - Singing and Devotional, Location TBA**

**Sun. Sept. 13, Noon - Welcome to Kirksville Fellowship Meal at Church**  
**5-7 PM - Chamber Welcome on the Square**

**Wed. Sept. 16, 7 PM - Coach Jim White of McFarland USA shares his story**  
*Baldwin Auditorium, NO Wed. Service at Church of Christ*

**Thurs. Sept. 17, Noon - Lunch with Coach White and wife Cheryl**

*Ekklesia.truman.edu*  
*KirksvilleChurchofChrist.com*

