

# *TCNJ RECREATION & WELLNESS*

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## *November Review*

Hello TCNJ students and staff! This month at Recreation & Wellness we have covered the topic of improving time management to create time for healthier meal options. We also learned a few great tips on how to food shop on a budget as well as ways a college student can prepare healthier foods with minimal kitchen space/appliances. The next few pages contain a brief summary of the topics that were discussed at our weekly Wellness Webinars held each Tuesday on Zoom.

*The latest on  
this month's issue:*

**MEAL PREP & TIME  
MANAGEMENT  
(PG.2)**

**FOOD SHOPPING ON  
A BUDGET  
(PG.3-4)**

**COOKING MADE  
SIMPLE FOR THE  
BUSY COLLEGE  
STUDENT  
(PG.5)**

## *Meal Prep & Time Management*

For some, finding time to make healthier food choices sounds like an unachievable task with all of the classes, extra activities, and study time that students immerse themselves in each semester. However, this past month, students had the chance to pick up a few tips and self-help tools for time management when it comes to preparing meals for the day or week!



### Time Management Tips:

- 1. Use Elon Musk's Time Boxing method to designate time for anything and everything you do throughout the day. (Work, school, studying, meal prepping, free time, etc.) [1]**
- 2. Use a planner or virtual calendar so you have an understanding of when you have free time during the week to prepare food or go food shopping.**
- 3. Set aside 45 minutes-1 hour for food shopping and about 1-2 hours throughout the week for food prep.**
- 4. If within your budget, purchase kitchen gadgets such as a blender or a crockpot that can help decrease the time you need to be standing and preparing food.**



## *Food Shopping on a Budget*

Did you know that meal plans come out to an average of \$550 per month, which comes out to about \$2,200 per semester?[2] Grocery spending comes out to about \$60-\$80 per week, or about \$240-\$320 per month (\$960-\$1,280 a semester).[2] College meal plan prices can be overwhelming, but food shopping doesn't have to be!

Before going food shopping, make sure you have a list of groceries ready as you do not want to waste time wondering around. Also, keep in mind that it is best to avoid the supermarket on a hungry stomach because that may lead to overbuying and then you come home with a bunch of products you may never consume.

When we are in the store, a good tip is to stay on the outside perimeter of the food store. The outside perimeter usually has less processed foods. This is important to keep in mind as processed foods are not the healthiest options. Sticking with whole foods such as fruits, vegetables, and sources of protein such as meat products, dairy, and eggs are good places to start. We can make a lot of different meals with these foods. When purchasing packaged foods, you can grab some oats, whole wheat pasta, brown rice, and frozen fruit or frozen vegetables as these are also staple foods one can prepare plenty of meals with.

## *Food Shopping on a Budget Continued...*



### Quick Tips for Food Shopping:

- Shop for fruits & vegetables that are in season.
- Ignore items you find on shelves that are eye-level as this is where appealing, expensive goods are located. It is better to look above or below these items for less expensive options.
- Check sale and clearance items on the store App/ website before entering store so you know the deals of the day.
- If you bring your own bags, some stores will take a few cents off of your total for each reusable bag you bring and use.
- Try to go meatless a few times per month (or week) to save on grocery bill.
- Eat your dinner leftovers for lunch the next day to make sure you are eating everything you have purchased!

## *Cooking Simplified*



Simplicity is key when it comes to cooking. A meal can be prepared in less than 30 minutes as long as we know what we are doing! Not all college students have a full kitchen to their disposal, but there are other cooking-friendly kitchen gadgets that we can purchase to help us out! Full meals can be made with the use of toaster ovens, microwaves, crock pots/ slow cookers, and blenders.

Toaster ovens will heat up foods and make them crispy, microwaves can heat up solid foods as well as liquids, soups and meat can be prepared and cooked in crockpots, and blenders are perfect for blending thick soups, making creamy mashed potatoes, and blending fruits and vegetables for smoothies and ice cream!

These are all just suggestions for helpful kitchen gadgets! By no means should you go out and purchase all of these, but if you live with roommates and you are all interested in improving your eating habits, you can always divide up the cost for one or two of these gadgets. They range between \$30-\$80 and are super helpful especially for the beginner cook!



## *Resources*

**To get a better understanding of the topics that we cover in the newsletter, please join Anna for our weekly Wellness Webinars!**

Webinars are held on Zoom each Tuesday for about 30 minutes at 8PM and then again at 9PM.

**TO SIGN UP DOWNLOAD THE ATLETO APP & BE SURE TO USE YOUR TCNJ EMAIL TO LOGIN!**

To sign up for our Motivational Monday email list, please follow the directions on the link below!

**<https://recreation.tcnj.edu/wellness/>**

## *References:*

1. ElectricEye91..(2018, April 21). Timeboxing. Elon Musk's Time Management Method. Retrieved November 4th, 2020. from <https://youtube.com/watch?=fbAY4KQrso>
2. <https://www.daveramsey.com/blog/eating-healthy-on-a-budget>