



HUNGRY STUDENTS' SURVIVAL GUIDE: A GUIDE TO COOKING CHEAP, AND EATING WELL

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PROJECT SUMMARY:

This King Creativity project focused on the assembly of a cookbook that is accessible, easy to understand and includes a variety of options. Recipes included in this project are both more complicated things like Shakshouka and Banh Mi, as well as the barebones basics- like rice and scrambled eggs. While there are a variety of recipes originating from across the globe, there are also college classics, like box Mac and Cheese. As food should nourish more than the body, it was important to include things that were not only "healthy", but also tasty and versatile.

Alongside this cookbook are four accompanying demonstrative cooking videos as well as sample "meal plans" in order to show readers how best to utilize their ingredients for maximum diversity in foods while making sure nothing goes to waste. The hope of this project is to create something that allows students with little to no experience in cooking to develop skills relating to it, and to eat well on a budget.
