

UNT Dietitian's Top Picks

A green light to greatness.

STUDENT HEALTH AND
WELLNESS CENTER
Division of Student Affairs

UNT

To Stock Your Apartment Kitchen On A Budget

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CUT & CHOP

- Cutting boards.** Look for 2 different colors of the hard plastic or wood type so you can tell them apart. Use one for raw meat and one for fruits and vegetables.
- Chef's knife.** Great all purpose knife for cutting and chopping.

Extras

- Paring knife.** Use to cut small fruits and veggies
- Serrated knife.** Great for cutting bread, bagels & tomatoes smoothly.
- Cheese grater.** If you usually buy pre-shredded cheese, skip this, but they can be nice to have.
- Vegetable peeler.** Helpful for peeling veggies. If you're more experienced with a knife, you may not use this often.

MEASURE

- Measuring spoons.** These work for cooking and baking. Look for a basic plastic set.
- Dry measuring cups.** These work for cooking and baking. Look for a basic plastic set.
- Liquid measuring cup.** Look for a plastic or glass version that will measure a total of 2 or 4 cups.

OPEN, MIX, TURN, LIFT & DRAIN

- Mixing bowls.** Aim for at least 1 medium, and 1 large. A nesting set may be cheaper and take up less space.
- Mixing spoons.** Wooden types are sturdy and cheap. Get at least 3-4 in different sizes.
- Spatula.** Choose plastic if you use non-stick pots, pans or bakeware. Metal will scratch the non-stick finish.
- Tongs.** Look for a pair that has springs. They're much easier to use.

- Ladle.** Perfect for scooping soups, stews and pasta sauce.
- Strainer or colander.** A must-have for cooking pasta.
- Can opener.** This will come in handy for opening canned goods like tuna, beans, veggies or fruits.

Extras

- Whisk.** Can be useful for getting out lumps in batters and sauces.
- Slotted spoon.** Nice to have if you're trying to fish out whole pieces of food from a liquid.

COOK

- Pots and pans.** One 12" nonstick skillet, one 8-quart pot and one 2- or 3-quart pot is a good start. Try to get matching lids.
- Baking sheets.** Aim for 1-2 with non-stick coating.
- Oven mits or pot holders.** Burns are no fun!
- Kitchen thermometer.** Make sure food is cooked to a safe temperature so you don't get sick!

Extras

- Aluminum foil.** Use to line baking sheets and make clean-up a breeze.
- Microwave.** Check to see if your apartment has one. If not, you may want to choose a small counter-top version.
- Toaster oven.** Great multi-purpose item for toasting bread and bagels, heating up leftovers or cooking small portions.
- Blender.** Make smoothies, homemade fruit sorbet or blend soups and sauces.
- Coffee maker.** It's much cheaper to get your caffeine fix at home than at your nearest coffee shop!

EAT

- Dishes.** Think plates and bowls. Plastic, ceramic or glass all work well.
- Cups.** Plastic or glass are perfect for cold drinks. If you like coffee, tea or hot chocolate, get mugs too.
- Utensils.** Look for a basic set with forks, knives and spoons. Skip the fancy serving utensils.

STORE & TAKE

- Plastic food storage containers.** The inexpensive disposable type work well and come in a variety of shapes and sizes. Stock up so you can store leftovers.
- Plastic storage bags.** These are great to portion snacks, store leftovers or pack meals.

Extras

- Insulated lunch bag.** Save money by packing meals when you know you'll be on-the-go.
- Ice packs.** Keep packed food at a safe temperature!
- Water bottle.** An inexpensive way to stay hydrated!

CLEAN

- Dish soap.** Lots of choices are out there. Pick one that's a good value.
- Scrub brush, sponge or dish rag.** All of these work well. Just be sure to sanitize scrub brushes and sponges or wash dish rags often.
- Towels.** Get at least 4. You may want more if you don't do laundry often.

Extras

- Dish rack.** These are great for keeping wet dishes out of the way while drying. If your budget doesn't allow for one, just lay a towel on the counter.

To learn more about healthy eating, contact the Student Health and Wellness Center at 940-565-2333 and schedule an appointment with the dietitian