



SXC

Don't forget the ketchup packets.

Tips for student living:

Eat somewhat well without taking out credit

NICK KHATTAR
STAFF CONTRIBUTOR

I have found a semi-healthy, super-budget way to avoid eating The Man's puppet food.

First, get off the dairy. It's too expensive. I don't care about the inconveniences involved in milking a goat or cow — dairy is just too expensive and not particularly good or necessary for a healthy body.

If need be, get into soy products. They really aren't bad; even the plain stuff is good. And water is free, so take advantage of that.

Avoid eating things that require milk, or leave it out. If you absolutely need milk in your KD, then run down to the nearest diner, order a water, look at the menu, swipe all their creamers and leave. Get a good rotation of creamer sources and BAM, your need for dairy is satisfied.

Assuming, as a student, you have too much dignity to go to the food bank and want to provide your own groceries, then your best bet is

to scam a membership at Costco.

Buying in bulk is the cheapest way to get groceries. Focus mainly on large cans of beans, bags of brown rice, potatoes, garlic, pasta and sauce of any sort.

Non-perishables can be handy to have around, but it might take some time before you're prepared to eat sardines and water chestnuts together. You have to build yourself up by conditioning your taste buds and stomach to handle numerous combinations of a few low-quality culinary ingredients.

You should also always be stockpiling for winter. If someone leaves half a hamburger at your place, freeze it; you can use it later for chili.

Find your way to a u-pick late in the season and pick them dry of any and all half-rotted fruit. You can eat half immediately and freeze the other half for smoothies and glaces.

And remember: in hard times, cardboard, bark and even the leather from your shoe can be boiled and eaten.