

NEXT LEVEL WELLNESS

September 2025



HEALTHY EATING ON A BUDGET

Between tuition, textbooks, and social events, the cost of college life can add up. But, fueling your body with nutritious foods doesn't have to drain your wallet. Here are some budget-friendly tips to help you eat well while juggling classes and enjoying college life:

Shop smart

- Stick to affordable staples like pasta, rice, eggs, canned chicken or tuna, canned beans, and peanut butter.
- Canned or frozen fruits and veggies are just as nutritious as fresh, but often more affordable! Try to stick to low-sodium canned veggies, and no-added sugar canned fruits.

Buy seasonal produce

- Seasonal produce is often more affordable (and better for the planet). Find what's in season at agriculture.sc.gov
- Stop by the campus farmer's markets and use meal swipes or dining dollars to buy produce!

Use student discounts and loyalty programs

- Many grocery stores offer student discounts or loyalty programs. Take advantage of the discounts!

Skip the fancy stuff

- There's no need to buy the expensive organic options or trendy health foods. Stick to the basics and treat yourself occasionally.

SC SEASONAL PRODUCE

Apples
Collard greens
Cucumbers
Kale
Okra
Potatoes/Sweet potatoes
Zucchini



agriculture.sc.gov

BUFFALO CHICKEN ZUCCHINI BOATS

INGREDIENTS

- 4 zucchini squash
- 2 cans of canned chicken
- Buffalo sauce to taste (about ½ cup)
- 4 oz cream cheese
- 2 cups shredded mozzarella or Colby jack cheese
- Optional: ranch or blue cheese dressing

DIRECTIONS

1. Preheat oven to 350 degrees F
2. Wash zucchini and slice in half lengthwise
3. Using a spoon, scoop out the seeds to create the "boat"
4. In a bowl, combine the canned chicken, cream cheese, and buffalo sauce
5. Fill the zucchini boats with the buffalo chicken mixture and bake in the oven for 10-15 minutes
6. Enjoy on their own, or dip in ranch dressing!



KYRA CONTRIS, MFN, RD, LD

Registered Dietitian
kcontris@coastal.edu