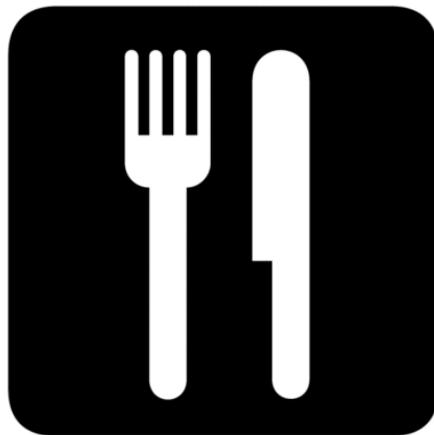


THE COLLEGE COOKBOOK

A compilation of recipes for college students to raise awareness about eating disorders and promote healthy body image.



Lauren Griffin
Luther College
Introduction to Women & Gender Studies

For Emily

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It is estimated that 8 million Americans have an eating disorder – 7 million women and 1 million men.

-<http://www.state.sc.us>

Eating disorders are most common in women between the ages of 12 and 25.

-<http://www.state.sc.us>

Amazing Artichoke Dip

Ingredients:

1 c. mayonnaise

1/2 c. grated Parmesan cheese

1 and 1/2 c. shredded mozzarella cheese

1 can artichoke hearts, drained, cut in small pieces

pinch of salt

pinch of onion salt

pinch of garlic powder

Directions:

Preheat oven to 350°.

Combine all ingredients in small ovenproof dish.

Bake for 25 min.

This is my body
You may see flaws, but I am
Happy with myself.
-Camí Neneman

Delicious Dill Pickle Wraps

Ingredients:

1 jar dill pickles

8 oz. cream cheese

1-2 pkgs. thin corned beef slices (Buddig beef) or roast beef

Directions:

Dry each pickle with paper towels.

Take approx. 1 Tbsp. cream cheese and spread onto piece of corned beef.

Wrap corned beef around pickle.

Repeat for each pickle and chill.

Before serving, cut wrapped pickles into small slices.

People should love food, but unfortunately, women often hate food. We blame it for so many of our problems: our weight, the way we look, our complexions, our health, and we end up despising one of the things that we as people should naturally and instinctively enjoy. To women, food should be an ally, not an enemy. It is so important to educate yourself about food and nutrition because the more you know, the more you can do to take care of yourself. So, get educated, love your food, and love yourself.
-Laura Wacker

Fantastic Fruit Dip

Ingredients:

1 (32 oz.) jar marshmallow cream

1 (8 oz.) pkg. cream cheese

Directions:

Mix marshmallow cream and cream cheese until smooth and creamy.

*Dip may also be used as sauce on fruit pizza: bake a cookie dough crust, top with sauce and assorted fruits.

80 percent of American women are unsatisfied with the shape or size of their bodies.

-<http://www.teen-beauty-tips.com>

A recent survey shows that the average woman worries about the size and shape of her body every 15 minutes.

-<http://www.timesonline.co.uk>

Great Guacamole

Ingredients:

1 ripe avocado

Juice of 1 lime

1/4 cup minced red onion

Pinch of cilantro

Directions:

Mash all ingredients together in bowl.

Eat with chips or flour tortillas fried in canola oil.

While I have always been self-conscious about my body, I never thought I would become one of those girls. The girls that obsess over their weight, count calories, and constantly wish they were thinner. To me, I thought those girls were so extreme. They filled their lives with self-hatred, restriction, and isolation. I never would have guessed that in the blink of an eye I too would become one of those girls.

-Anonymous

Homemade Potato Chips

Ingredients:

Russet potatoes

2-4 cups vegetable or canola oil

Salt

Directions:

Wash and peel potatoes.

Slice very thinly.

Place in bowl with cold water and refrigerate for 1 hour.

Meanwhile, heat oil in deep, heavy-duty frying pan on high heat.

Remove slices from bowl and dry with paper towels.

When oil is boiling, carefully add a handful of slices to pan.

Cook until golden brown and remove with slotted metal spatula.

Dry on paper towel and salt.

Eat immediately.

I am
I am not what I put into my body, but instead into my soul

I am
-Lindsey Weaver

Moist Cornbread

Ingredients:

1 box cornbread

1/2 stick butter

1 c. sour cream

1 small can creamed corn

Directions:

Preheat oven to 350°.

Melt butter.

Mix all ingredients together.

Bake for 30-45 min.

Something that has really helped me to get over my eating disorder is to plan and eat meals with friends. This way, the atmosphere is more relaxed and it's easier to remember that food=love!

-Anonymous

Quick Queso

Ingredients:

1 full-size box Velveeta cheese

1 lb. ground beef

1 onion

1 pkg. frozen corn (preferably Roasted or Mexican)

1 tsp. salsa

1 bag corn chips or tortilla chips

Directions:

Microwave Velveeta cheese in glass bowl until melted.

Brown ground beef in large skillet and drain.

Add beef to cheese.

Chop onions finely and add raw to cheese.

Add corn and salsa.

Heat in microwave and serve with chips.

Slender, sexy, small, thin
Or diminished, reduced, minimized?
Messages bombarding, attacking from
All directions
In the form of a small voice
Control, power, impossible ideal
Trading passion, abundance, and fullness
For limits, emptiness, and constraint
With the goal of
Disappearing
Into the mob of voicelessness
We listen to the lie
Smother the questions
Natural? Normal?
What if we said no?
-Anonymous

Terrific Taco Dip

Ingredients:

1 (1 oz.) pkg. taco seasoning
1 (16 oz.) can refried beans
1 (16 oz.) container sour cream
1 (16 oz.) jar salsa
2 c. shredded lettuce
1 (6 oz.) can sliced black olives, drained
2 c. shredded Cheddar cheese

Directions:

In medium bowl, blend taco seasoning and beans.
Spread mixture onto large serving platter.
Spread sour cream over beans.
Place layer of salsa and lettuce over sour cream and top with cheese.
Garnish with olives.

Only 1 out of 10 people with eating disorders receive treatment.
-<http://www.state.sc.us>

Without treatment, up to 20 percent of people with serious eating disorders die.
With treatment, the mortality rate falls to 2-3 percent.
-<http://www.state.sc.us>

Veggie Pizza

Ingredients:

1 pkg. of 8 Crescent Rolls

1 lg. pkg. cream cheese

1/2 c. mayonnaise

1/2 pkg. powdered ranch dressing mix

Vegetables of your choice (broccoli, cauliflower, carrots, pea pods, peppers, olives)

Directions:

Put rolls into a 9 x 13 pan and join seams together.

Bake according to directions on package.

Mix ingredients together and spread on cooled crust.

Add finely chopped vegetables of choice.

My body
Will never be perfect
It is me.
-Katie Barrato

Apple Cheese Panini

Serves 1

Ingredients:

1 ciabatta roll

1 apple

Brie cheese

1 slice ham (optional)

A few leaves of lettuce

Honey

Directions:

Heat roll in microwave for 10 sec.

Slice roll in half.

Slice cheese and apple.

Place a few slices of cheese and apple on bottom half of roll along with ham.

Drizzle some honey on bottom half.

Place top of roll on sandwich and microwave for 8 sec.

Open sandwich and add lettuce.

(May substitute pears for apples.)

I have always been very self-conscious in a swimsuit. Last year I decided that I wanted to actually feel comfortable and confident at the beach instead of hiding in a tank top and shorts. So, all I could think of to do was restrict the food that I ate. Everything started simple enough. I simply cut out desserts. While sometimes it was hard to resist, I was still doing it with success. The funny thing was, I was incredibly proud to have resisted. I loved that feeling of control. It pushed me forward and promised me that I would get thinner. As I look back on this memory, I realize that this was my eating disorder making me false promises. It promised me that if I restricted all foods that were “bad,” I would become thinner and gain all of the confidence that I wanted.

Soon, I began to restrict even more. Now I didn't eat any chips or anything I believed to be unhealthy. At this point pretty much all of my jeans were big on me, but no one really noticed except for my dad. As far as I was concerned, everything was perfectly fine. In my mind, losing weight was the exact thing I had always wanted. I was so proud of myself that I was finally able to begin to reach my goal. Sometimes I would try to eat some unhealthy foods and desserts, but I would end up feeling way too guilty about it. Even eating a small cookie would make me feel guilty for the rest of the day, sometimes even for days afterwards.

-Emily, Part 1

Chicken Santa Fe Pizza

Ingredients:

12" pizza crust

1 c. salsa, slightly drained

1/2 c. pepper jack cheese

1/2 c. cheddar cheese

1 can (5 oz.) chicken

Toppings of your choice (diced bell peppers, diced tomatoes, red onions, black beans)

Directions:

Preheat oven to 425°.

Spread salsa over prepared crust.

Combine cheese and sprinkle over crust.

Top with chicken and toppings of choice.

Bake for 10-12 min.

The guilt began to be too much so this is where my journey of calorie counting began. I thought that as long as I monitored how many calories I was eating, I could make sure that I was still maintaining my weight or losing some pounds. So, multiple times a day I would google different foods to see how many calories were in them. Sometimes I would spend way too much time, hours probably, looking up foods from multiple websites to find the average calorie amount for a certain food. As I would look up these numbers, I began to write all them down on little note cards. That way, I could carefully plan out my meals and the food I ate throughout the day. At first I tried to eat less than 1,500 calories, then 1,200, then 1,000. I read on the internet that a person is not supposed to eat less than 1,000 calories in a day, but I didn't care. I wanted to lose weight that bad. So everyday I would monitor my calorie intake to see if it was less than 1,000 calories. Many days I would eat less than 1,000 calories, but some days I even ate as little as 500-700. As I look back on it now, I can't believe how much time I was spending on food. I was always either thinking about food, researching food, eating food, or feeling guilty about food. It was a vicious cycle that wasn't ending.

-Emily, Part 2

Ham & Cheese Quiche

Ingredients:

4 eggs

1 can cheddar cheese soup

1/2 c. whipping cream

1 c. shredded cheddar cheese

1/2 c. diced cooked ham

9" unbaked piecrust

Directions:

Preheat oven to 350°.

In medium bowl, beat eggs until fluffy.

Add soup and cream and mix.

Sprinkle cheese and ham over piecrust.

Follow with soup mixture.

Bake for 50 min.

I soon began to feel horrible about myself. I can truly say that I hated myself. When I wasn't eating, I felt incredibly tired and crabby. I often had headaches and I had trouble sleeping. When I did eat more or have unhealthy food, I felt incredibly guilty and fat. I could not win either way, and I could not stand it. I began to withdraw from friends and stopped trying to make new ones. I began to feel incredibly alone at school, so in turn I just began to focus on food more. That's all I had. Food and school. I came to the realization that these feelings probably weren't very normal so I finally told my mom about my feelings. She told me that I should go see a counselor to see if that could help. Although I completely dreaded this, I was so sick of hating myself that I was willing to at least try it.

At first, counseling seemed to help a little bit because I liked having someone to talk to about this personal stuff at school. After awhile though, I didn't feel like I was changing my perspective or actions at all. I was still restricting food and trying to become thinner. I weighed myself almost every day. I couldn't help it; I needed to know how much I weighed and I needed to know if I had gained or lost weight on a day-to-day basis.

-Emily, Part 3

Italian Pasta Salad

Ingredients:

2 c. cooked bowtie noodles
1 package sliced pepperoni
1 chopped green pepper
1 small can black olives
1 small carton grape tomatoes
1 chopped cucumber
1 bottle Italian dressing

Directions:

Mix all ingredients together in large bowl.
Chill before serving.

So then came summer, and my habits stayed pretty much the same. I didn't actually write down the amount of calories I was eating, but I tried to estimate in my head. I had a much harder time restricting in the summer because my parents were around more and I was often close to food. I soon realized that summer is the time of ice cream and other cool treats, so I often was feeling guilty for eating these foods or I desperately tried to resist. There were many days in the summer where I simply felt hopeless because I knew I was gaining weight, but I had so much more trouble restricting my foods. I could feel my control slipping, and it made me feel horrible about myself.

At the end of the summer, I began going to a program for people with eating disorders. Although neither my mom nor I thought I had an eating disorder, she thought it would be a good way for me to get in touch with a dietician or nutritionist. But before I could get any help from this program, I needed to take a bunch of different assessments. After I took the tests, I had to meet with a psychologist to interpret the results. At the end of this meeting, the psychologist told me that I had Anorexia Nervosa. I couldn't believe it. Hearing that statement was an out of body experience. I didn't believe for a second that I had an eating disorder. The psychologist explained that I fit all of the criteria for Anorexia because I was underweight, restricting food, and had unrealistic perceptions of and feelings about my body. While I understood what she was telling me, I still didn't think I met the criteria. I didn't look like I had an eating disorder. I wasn't even close to thin enough. I just couldn't believe that this could be happening to me. I had become one of those girls that I never thought I would have become.

-Emily, Part 4

Lettuce Wraps with Black Beans

Serves 12

Ingredients:

1 (15 oz.) can black beans, rinsed and drained

1/4 c. chopped chives or green onions

1/2 c. cooked brown rice

1/2 c. Italian dressing

1/2 c. crumbled feta or goat cheese

12 large Boston lettuce leaves

Directions:

Combine all ingredients in medium bowl.

Spoon into lettuce leaves.

I didn't understand my diagnosis, but I was willing to get help. The program set me up with a bunch of different people to begin my treatment. I began to meet with a psychologist, a dietician, and a psychiatrist. At first I was incredibly overwhelmed. I had a hard enough time telling my mom about my problems, I couldn't imagine telling all of these people as well. It was incredibly scary to begin treatment, but everyone at the program was very nice and understanding. Even though I have only been in treatment for a couple of months, I have already learned so many things. I have learned that recovery is a day-by-day process and is something that will happen gradually. I am very slowly making process and I know that it will take me a long time until I am feeling better about myself. My dietician set up a meal plan for me that I am trying to fulfill, but it is very difficult. Of course, some days are better than others. Sometimes I make sure that I get in all of my food requirements. Other days, however, I sink far below the required lines. On these days, I often cry before and after meals and feel guilty for hours afterward. On good days, I am actually able to eat bread, which I hadn't eaten in months. Although that may seem ridiculous to most people, beginning to eat bread on a more regular basis was a big feat for me.

-Emily, Part 5

Microwave Pasta with Vegetables

Serves 1

Ingredients:

1 c. whole grain rotini pasta

2 c. water

Vegetables of your choice

2 Tbsp. olive oil

1 Tbsp. vinegar (flavor of your choice)

1 tsp. Italian seasoning

Salt

Pepper

Directions:

Put pasta and water in medium microwaveable bowl and place colander on top. Thinly slice vegetables of choice and place in colander. (Do not place vegetables directly in water. The vegetables should only be steamed.)

Microwave 4 min.

Drain pasta and return to bowl with the vegetables.

Add olive oil, vinegar, seasoning, salt, and pepper and stir.

Though my recovery process is just beginning, I have hope that someday I will feel better about myself. I know this program will help me get back on my feet and be able to eat regularly again. While I know this goal is far off right now, I know that I will get there eventually. Even though I never would have guessed that I would be diagnosed with Anorexia, I am finally beginning to be able to accept it. And now that I can accept it, I am better able to begin my journey of recovery. Even though my present life is not very good, I finally have some hope for my future.

-Emily, Part 6

Pasta Carbonara

Serves 4

Ingredients:

1 lb. linguine or spaghetti

1 pkg. microwave bacon

4 egg yolks (pasteurized eggs)

1 c. grated Parmesan cheese

1/2 tsp. salt

1/4 tsp. pepper

1/2 cup fresh flat-leaf parsley, chopped

Directions:

Cook pasta according to directions.

Meanwhile, microwave bacon according to directions.

In large bowl, whisk egg yolks.

While whisking, add drained pasta and Parmesan and mix.

Add salt, pepper, parsley, and bacon.

As of late the idea of “evil carbs” has been in vogue, but the truth is, we need carbohydrates. The fiber carbohydrates deliver helps to keep our digestive tract healthy, remove toxins from the body, and can help to lower cholesterol. So, even though it isn't as popular right now, eating foods rich in complex carbohydrates benefits our body greatly.

-Laura Wacker

Spinach & Pasta Shells

Ingredients:

1 lb. shell pasta

1 pkg. (10 oz.) spinach

2 Tbsp. olive oil

7 cloves minced garlic

1 tsp. dried pepper flakes

Salt

Directions:

Bring pot of water to a boil.

Add shell noodles and spinach.

Cook for approx. 10 min. and strain.

Heat oil in large skillet.

Add garlic and pepper flakes.

Sautee for approx. 5 min. or until garlic is golden.

Add cooked pasta, spinach, and salt to the skillet and mix.

Falling through darkness
Reflections glaring back at us
Fight to find the light.
-Abby Switzer

Tasty Tortilla Soup

Serves 8

Ingredients:

3 cans (or 1 family size) chicken rice soup
1-2 cans chicken broth
1 small can chopped green chilies
1 can chopped tomatoes, drained
1 can corn
1 rotisserie chicken, chopped
1 bag small tortilla chips
1 lb. shredded Monterey Jack cheese
Sour cream for garnish

Directions:

Combine first 6 ingredients in pot and heat thoroughly.
In each soup bowl, layer crushed tortilla chips and cheese.
Ladle soup over chips and cheese, and top with sour cream.

Up to 25 percent of those who suffer from eating disorders are male.
-<http://namedinc.org>

Men are not as likely to seek treatment for an eating disorder and clinicians are less likely to diagnose a male with an eating disorder.
-<http://www.montenido.com>

Tremendous Tortilla Pizzas

Serves 1

Ingredients:

Medium-sized tortilla

Marinara sauce

Mozzarella or cheddar cheese

Pizza toppings of your choice (pepperoni, sausage, olives)

Directions:

Spread marinara sauce on tortilla.

Add cheese and other toppings.

Grill on the stovetop or panini grill until cheese has melted.

You are beautiful and
My body, my home
Will always love you.
-Stephanie Conant

Turkey Chili

Serves 10

Ingredients:

2 Tbsp. vegetable or canola oil
2 and 1/2 pounds ground turkey
2 (1 oz.) pkgs. taco seasoning
2 tsp. ground coriander
2 tsp. dried oregano
2 c. chicken broth
2 c. salsa
4 c. canned, crushed tomatoes in puree
1 large onion, finely chopped
2 cans kidney beans
Shredded cheddar cheese and sour cream for garnish

Directions:

Heat oil in large, nonstick saucepan over medium-high heat.
Add ground turkey, and as it cooks, use a potato masher to crumble into small pieces.
After approx. 4 min., add taco seasoning mix, coriander, and oregano.
Stir and continue cooking until turkey is browned.
Add chicken broth, salsa, tomatoes, onion, and kidney beans.
Bring to a boil, then cover pan and reduce heat.
Simmer for 10-15 min.
Garnish with cheese and sour cream.

Eating disorders can make for a hard, long road for people, and they may feel broken, but eventually they'll be whole again.

-Anonymous

Walking Tacos

Serves 4

Ingredients:

1 lb. ground beef

1 (1 oz.) pkg. taco seasoning

4 individual size bags Fritos

2 c. shredded lettuce

1 chopped fresh tomato

1 c. shredded cheddar cheese

1/3 c. salsa

1/2 c. sour cream

Directions:

Brown ground beef in large skillet and drain.

Mix in taco seasoning.

Cut tops of bags off.

Spoon equal amounts of beef, lettuce, tomato, Cheddar cheese, salsa and sour cream into bags on.

Serve in bag and eat with fork.

The Oreo she ate yesterday.
She sits alone, overflowing with disgust.
Since when is eating shameful?
-Taylor Froehle

5 Minute Chocolate Mug Cake

Serves 1

Ingredients:

4 Tbsp. flour

4 Tbsp. sugar

2 Tbsp. cocoa

1 egg

3 Tbsp. milk

3 Tbsp. vegetable or canola oil

Small splash vanilla extract

3 Tbsp. chocolate chips (optional)

Directions:

Combine dry ingredients in large microwaveable mug and mix.

Add egg and mix.

Pour in milk and oil and mix.

Add chocolate chips and vanilla extract and mix.

Microwave mug for 3 min.

The average woman is 5'4" and weighs 140 pounds. The average model is 5'11" and weighs 117 pounds. Most fashion models are thinner than 98 percent of American women.
-<http://www.nedic.ca>

75 percent of college-age women consider themselves overweight, even though most are within a normal weight range.
-<http://www.snac.ucla.edu>

Banana Boat

Serves 1

Ingredients:

1 Banana

1 handful chocolate chips

1 handful miniature marshmallows

Directions:

Preheat oven to 300°.

Slit banana lengthwise through the peel, making sure not to cut all the way through to other side.

Stuff banana with marshmallows and chocolate chips.

Wrap banana in aluminum foil and cook in oven for 5 min., or until chocolate is melted.

It all started out innocent enough. I made the big transition to college and was very busy and focused on the new pressures of school. After about a month, I started to become very uninterested in food. I began to eat less and I started to lose weight without even trying. At first I thought this was incredibly awesome because I had always wanted to lose some weight and now I was doing it without even trying. I almost seemed to get an inner energy from not eating much. In a weird way, it excited me and I wanted to see the smallest amount I could eat without getting tired. I can hardly explain this feeling, but it was as if I got power from this control of not eating. I loved feeling my body shrink.

-Anonymous

Chocolate Fondue

Ingredients:

1 c. chocolate chips

1 (14 oz.) can sweetened condensed milk (not evaporated)

Dipping ingredients of your choice (fruit, cake, graham crackers)

Directions:

Melt chocolate chips in a saucepan over low heat, stirring often.

Stir in sweetened condensed milk and stir constantly until mixture is smooth.

Serve in bowl or fondue pot and dip in fruit and cake pieces.

My soul needs
Another cookie, why not?
I think I'll have two!
-Maren Quanbeck

Cowboy Cookies

Ingredients:

1 c. sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
1 c. Crisco shortening
2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
2 c. oatmeal
1 c. chocolate chips

Directions:

Preheat oven to 350°.
Mix together first 5 ingredients in medium bowl.
Mix together next 5 ingredients in second medium bowl.
Combine bowls and mix well.
Stir in oatmeal and chocolate chips.
Bake 10-14 min.

1 in 5 women struggle with an eating disorder or disordered eating.
-<http://www.eatingdisorderinfo.org>

1 out of 10 college women suffers from a clinical or nearly clinical eating disorder.
-<http://www.freewebs.com>

Frozen Fruit Slushies

Serves 12

Ingredients:

8 oz. bag unsweetened whole frozen strawberries

1 lb. can crushed pineapple with juice

4 oz. jar maraschino cherries, drained (no syrup)

3 or more sliced bananas

2 c. water

6 oz. (1/2 a frozen container) raspberry lemonade

Directions:

Partially thaw frozen lemonade and combine with all other ingredients in large bowl.

Pour mixture into 7 oz. plastic cups.

Freeze for at least 4 hrs.

Before eating, microwave slush for approx. 20 – 35 sec.

Acceptance of me
Understanding the mirror
Trusting who I am.
-Paul Armstrong

Incredibly Easy Apple Crisp

Ingredients:

1 tsp. ground cinnamon

1/2 c. granulated sugar

8 apples

1 c. flour

1/2 c. packed brown sugar

1 stick unsalted butter

Directions:

Preheat oven to 350°.

Butter bottom and sides of 8 x 8" baking pan.

Peel, core, and slice apples.

In medium bowl, whisk together cinnamon and granulated sugar.

In large bowl, toss apples with cinnamon-sugar mixture and transfer to baking pan.

In medium bowl, whisk together flour and brown sugar.

Cut butter into flour mixture until butter resembles size of peas.

Press butter mixture on top of apples and bake 55-60 min. or until topping is browned and apples are tender.

According to a recent study, over half the females between the ages of 18-25 would prefer to be run over by a truck than be fat, and 2/3 surveyed would rather be mean or stupid.

- <http://www.freewebs.com>

Instant Ice Cream

Serves 1

Ingredients:

1/2 c. whole milk

1/4 tsp. vanilla

1 Tbsp. sugar

1/3 c. rock salt (ice cream salt)

3 c. crushed ice

Directions:

In sandwich size Ziploc bag, combine milk, vanilla, and sugar, then seal shut.

In gallon size Ziploc bag, combine rock salt and ice.

Place small bag in larger one and seal shut.

Shake until frozen.

I joined the track and field team in 6th grade and instantly became addicted to running and the euphoria of performing well. Not only have I always been athletic, but also a perfectionist, and the pressure I put on myself to perform well started to weigh down on me. I noticed that I began dropping weight, and enjoyed being able to see my ribs, my pelvis, and other bones you wouldn't see protruding from a healthy body. I began to develop Anorexia. Running miles a day on less than 300 calories started taking a drastic toll on my body; I looked like a prisoner from Auschwitz concentration camp. My hair started falling out, my naturally glowing, tan skin became dull and white, my face became gaunt as my cheekbones became more prominent, and my eyes became hazy. I was constantly cold, and I started growing lanugo, which is a thin layer of fine hair, all over my body. My once strong, athletic body could no longer keep up in track, and I began to do poorly at meets, which made me want to restrict even more. I was slowly killing myself.

After countless stints in eating disorder treatment centers, hospitals, and outpatient programs, I began to look inside myself to find out why I had been killing myself for almost 6 years. After years of struggling, I decided that I needed to turn my life around if I wanted to accomplish my dreams and goals. It wasn't easy, and everyday is a constant struggle, but I am proud to say that today, I am happy to be perfectly imperfect.

-Anonymous

Puppy Chow

Ingredients:

1 stick butter

3/4 c. peanut butter

1 c. chocolate chips

1 box rice Chex or Crispix cereal

2 c. powdered sugar

Directions:

Melt chocolate chips in microwave on defrost or at low energy level.

When mostly melted, add peanut butter and butter.

Microwave and when melted, pour over cereal and mix until completely covered.

Pour into clean trash bag (or large Ziploc bag) and add powdered sugar.

Shake until coated.

Wilting away in
Body and soul, fading now...
Why is this wanted?
-Stephanie Conant

Ranger Apples

Ingredients:

Apples

Brown Sugar

Pinch of cinnamon

Directions:

Preheat oven to 325°.

Slice apples.

Mix brown sugar and cinnamon in small bowl.

Add apples and lightly coat with mixture.

Line baking pan with tin foil and place apples onto it.

Bake for 10 min. or until sugar caramelizes.

We've been in this kitchen and in these aprons for as long as we've been friends. The aprons are always covered in flour, along with our faces. Hers says, "I May Not Be Efficient, But I'm Cute." Mine is red with a moose on it.

In crackling voices, pretending to not have any teeth left, we begin: "Welcome to Chatty Grannies! Your favorite TV show with attractive oldies like ourselves coming LIVE from the Boyce's kitchen table. We're here to bake and chat!" And we do, in our fake old voices, being clumsy and forgetting things like where the milk is or what we're doing. Sometimes the dentures fall into the mixing bowl and a Chatty Granny fit takes place: "Ohhhh, Geraldine! My dentures have fallen into the cake bowl! Edward will be furious if they get ruined!" (Edward is my grumpy husband in the insane asylum.)

"Doris! You clumsy old fool! What a mess. Excuse us folks while we take a quick break."

We cackle and wheeze as if we are about to have a heart attack. We joke and taste test and giggle and spill and stir and gossip 'til the cows come home. Sometimes we have guests, like mom or Tess the dog. After the show is over we continue our characters- as Geraldine and Doris we marvel at our creations. We eat- more like pig out- at the Boyce's kitchen table.

-Jenna Yeakle

Snicker Apple Salad

Ingredients:

1 bag fun-size Snicker candy bars

5-6 apples

8 oz. Cool Whip

Directions:

Cut apples into small chunks and place in medium bowl.

Cut Snicker bars into small pieces.

Combine all ingredients.

Chill before serving.

No cookie cutter
Embracing myself today
Our choice, enjoy them
-Kim Larson

Sour Cream Cutout Cookies

Ingredients:

Dough-

3 c. sugar

2 c. butter

4 c. flour

1 c. sour cream

4 tsp. baking powder

2 tsp. baking soda

1 tsp. salt

Frosting-

1/2 c. butter

3 1/2 c. powdered sugar

1/4 tsp. salt

4 Tbsp. water

1/4 tsp. almond extract

1/4 tsp. vanilla

Directions:

Dough-

Preheat oven to 400°.

Mix all ingredients.

Chill overnight.

Bake for 7 min. (Should not get brown.)

Frosting-

Cut butter into sugar and mix.

Add salt, water, then other ingredients and mix.

I smile down at my body
No matter whether it is big or small
It is mine
-Ida Rotto

Super Easy Fudge

Ingredients:

2/3 c. evaporated milk

1 and 2/3 c. sugar

1/2 tsp. salt

1 and 1/2 c. miniature marshmallows

1 and 1/2 c. chocolate chips

1 tsp. vanilla

Directions:

Heat first 3 ingredients over medium heat and bring to boil for 5 min.

Stir constantly.

Remove from heat and add other ingredients.

Spread into buttered 8" square pan.

Cool before cutting.

BODY IMAGE

Body image: a person's mental concept of his or her physical appearance.

Ways to cultivate positive body image:

- Have an encouraging mantra to repeat to yourself when feeling negative about your body.
- Leave yourself love notes.
- Listen to your body: eat when you are hungry.
- Exercise regularly in an enjoyable way, regardless of your weight or size.
- Expect normal weekly and monthly changes in weight and shape.
- Spend less time in front of mirrors.
- Don't criticize your own appearance.
- Don't criticize others' appearances.
- Compliment people for things besides their physical appearance.
- Break the habit of comparing yourself to others in terms of appearance.
- See yourself as a whole person instead of just individual body parts.
- Remember there is no "ideal" body. Beautiful bodies come in all sizes and shapes.

EATING DISORDERS

Adapted from the National Eating Disorders Association website

Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Warning signs:

- Significant weight loss
- Preoccupation with weight, appearance, food, calories, fat grams, and/or dieting
- Refusal to eat certain foods or certain categories of foods
- Frequent comments about feeling fat or overweight
- Anxiety about gaining weight or being fat
- Food rituals
- Denial of hunger
- Excuses to avoid meals or food
- Excessive exercise
- Social withdrawal

Bulimia Nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

Warning Signs:

- Evidence of binge eating
- Evidence of purging behaviors
- Excessive, rigid exercise regimen
- Unusual swelling of cheeks or jaw area
- Calluses on back of hands and knuckles from self-induced vomiting
- Discoloration or staining of the teeth
- Creation of complex lifestyle schedules or rituals to make time for binge-and-purge sessions
- Social withdrawal

Binge Eating Disorder is a type of eating disorder characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.

Warning Signs:

- Frequently eating large quantities of food in short periods of time
- Feeling out of control over eating behavior
- Feeling ashamed or disgusted by eating behavior
- Social withdrawal

Disordered Eating is a term that is used to describe the use of unhealthy behaviors in order to control a person's weight. If it persists, disordered eating may result in an eating disorder.

Warning Signs:

- Restrictive dieting
- Skipping meals
- Fasting
- Infrequent bingeing
- Infrequent purging
- Laxative abuse
- Use of diet pills
- Smoking cigarettes

Body Dysmorphic Disorder is an anxiety disorder in which the affected person is excessively concerned about and preoccupied with a perceived defect in his or her physical features.

Warning Signs:

- Distorted body image
- Delusional and obsessive thoughts and beliefs about one or more perceived appearance defects
- Anxiety/panic attacks
- Chronic low self-esteem
- Feeling self-conscious in social environments (thinking that others notice and mock their perceived defects)
- Comparing appearance/body parts with that/those of others

- Compulsive mirror checking
- An inability to look at one's own reflection or photographs of oneself
- Excessive grooming behaviors
- Excessive dieting or exercising
- Social withdrawal

If you or someone you know is struggling with an eating disorder, please tell someone.

For more information, you can call 1-800-931-2237 or visit the National Eating Disorders Association's website at www.nationaleatingdisorders.org.