FRIENDS DON’T LET FRIENDS SNACK ALONE

Join us for snacks and socializing as we prepare a variety of healthy snack alternatives that all college students will love, whether you have the munchies, are hosting a social gathering, or need some brain power for studying.

BUSTER’S IRON PLATE CHALLENGE

Compete in Boise State’s very own version of Food Network’s Chopped in the Boise River Cafe (BRC). Partner up with some friends to navigate the BRC like a champ and compete for prizes as you create a well-balanced meal based on taste, presentation, and nutrition.

WHAT WOULD BUSTER EAT?

Join us in the Boise River Cafe (BRC) for a healthy, balanced, and delicious meal to keep you full, energized, and ready to take on the day. Learn how to create a well-balanced and nutritious meal just like Buster the Bronco would eat.

RIDE YOUR WAY TO WELLNESS

Create a team, follow the Ride Your Way to Wellness Facebook page, and complete the daily activities and any bonus activities to earn tickets for you and your team. At the end of the challenge a grand prize will go to the team with the greatest amount of tickets for the entire challenge.

THE BREAKFAST CLUB

Breakfast is an essential meal of the day. Get together with your friends and neighbors of your residence hall to make new friends and learn fun and easy recipes for a nutritious breakfast for the busy and on-the-go college student.

MAKE IT WITH MARLEE 101 & 201

Learn to cook like a pro! Join us for cooking classes where you can learn fun, nutritious, inexpensive recipes for kitchen beginners and those looking to learn more complicated recipes with simple ingredients.

BEETS ME

If you like food, funny nutritious puns, fun facts and trivia, join us for trivia night. Eat healthy snacks, learn new recipes, compete with your friends, and learn some fun nutrition facts while having a ball.

MICROWAVE OLYMPICS

Participate in a little friendly competition with friends in your residence hall to create and be judged on the the best microwave meal from the foods provided to win a prize. Walk away microwave professionals with recipes and some new culinary tricks up your sleeve.