Upcoming Events:
March 8: International Women’s Day
March 17: International Festival, 11-5PM, UC
April 2: Griz Housing and Community Fair, 10-2PM, UC
April 9: University District Neighborhood Council General Meeting, 6-8PM, Hellgate HS

UM Food Pantry Grand Opening and Good and Cheap Recipes

On February 12, 2018, the UM Food Pantry officially opened in the University Center. Alongside students, faculty, administration, and other community partners including the Missoula Chamber of Commerce and the Missoula Food Bank, Neighborhood Ambassadors watched Kat Cowley, Food Pantry coordinator, cut the ribbon!

From now on, the UM Food Pantry will be open Tuesdays from 9AM-2PM and Fridays from 10AM-5PM. There are also self-service food pantries at Missoula College in Room 430, in the TRiO office in the Lommasson Center, Room 180, and in the UM Veterans Office. The UM network of food pantries provide not only food, but also hygiene supplies. As always, donations are always needed and accepted!

Go to www.umt.edu/uc/food-pantry/ to find out more information about the UM Food Pantry Network or follow @UMPantry on Facebook.

To celebrate and honor the opening of the UM Food Pantry, Neighborhood Ambassadors have provided a few of our favorite recipes for 2-3 ingredient meals that can be easily created with some common food pantry items. Check out some of the recipes on the back of this newsletter!

For more recipes, refer to a Renter Center staff favorite cookbook titled Good and Cheap! Leanne Brown promises that you can “eat well on $4 a day!” Some of our favorite recipes from her book are Peanut Butter and Jelly Granola Bars and Cornmeal-Crusted Veggies. Go to www.leannebrown.com/cookbooks/ for more information.

Landlords, Students, and Roommates Connect on the Housing Finder Web App

By Jordan Lyons
Director of ASUM Renter Center

UM students, property managers, and homeowners with an extra room can all find something to love on the ASUM Renter Center’s Housing Finder web app.

Anyone can create an account and offer a rental. Landlords should be sure to include photos to show off their unique properties.

Students can also create roommate profiles, and browse for roommates who are compatible on factors including temperature, bed time, and cleanliness.

The Housing Finder is at www.umt.edu/housingfinder or find our tile on the UMontana app. Need more help? Come to the Griz Housing and Community Fair on April 2! RSVP at facebook.com/ASUMRenterCenter!
Last fall, Marie Kondo’s Netflix special took the binge-watching world by storm and popularized the KonMari method, a tidying-up technique that directs you to only keep items in your life that “spark joy.” Though all the rage, the show skips over a major sustainability thread: the overconsumption of cheap, fossil-fuel based items (polyester clothing, anyone?), the waste of which hurts our planet.

So, after purging your apartment, donate your old clothes to second-hand stores and textile recycling services instead of the landfill, and safely recycle your old electronics with responsible collectors. But don’t just get rid of what you don’t want; care for what you already have! A missing button on your favorite shirt or a finicky spring in your toaster? Watch a Youtube video on how to fix it instead of chucking it. All in all, what we’re trying to say is this: Buy fewer things, give love to the things you have, and get rid of old things sustainably. Spark joy for yourself and the planet!

Check back here every month for more sustainability tips and tricks!

Spaghetti Meal 2-Ways
(Contributed by Erika Byrne and Anna Potter)

Ingredients:
Option 1:
- Pasta
- Canned Tomato Sauce
- Seasoning (optional)
Option 2:
- Pasta
- Canned Peas
- Parmesan Cheese
- Fat (Butter, Oil, Etc.)
- Bacon Bits (optional)

Directions:
Option 1: Boil noodles and add tomato sauce with some parmesan, oregano, salt, and pepper for a delicious, heartwarming lunch!
Option 2: In a saucepan, add the peas and half of the pea juice. Add a small amount of fat (I usually use a tablespoon of olive oil). Stir and add parmesan cheese, salt, and bacon bits (optional). Toss boiled noodles with sauce. Best enjoyed when watching The Godfather.

Thanksgiving Sampler
(Contributed by Erika Byrne)

Ingredients:
- Canned Corn
- Instant Potatoes
- Stuffing Mix

Directions:
Microwave stuffing mix with water (in a mug!) for one minute, and then make instant potatoes. Add corn to your plate, and you have a homemade feast!

Lobster Mac and Cheese Meal
(Contributed by Erika Byrne)

Ingredients:
- Lobster Bisque
- Pasta
- Mandarin Oranges

Directions:
Boil pasta. Heat lobster bisque. Toss pasta and soup and serve with a side of mandarin oranges. Enjoy a delicious and filling meal!