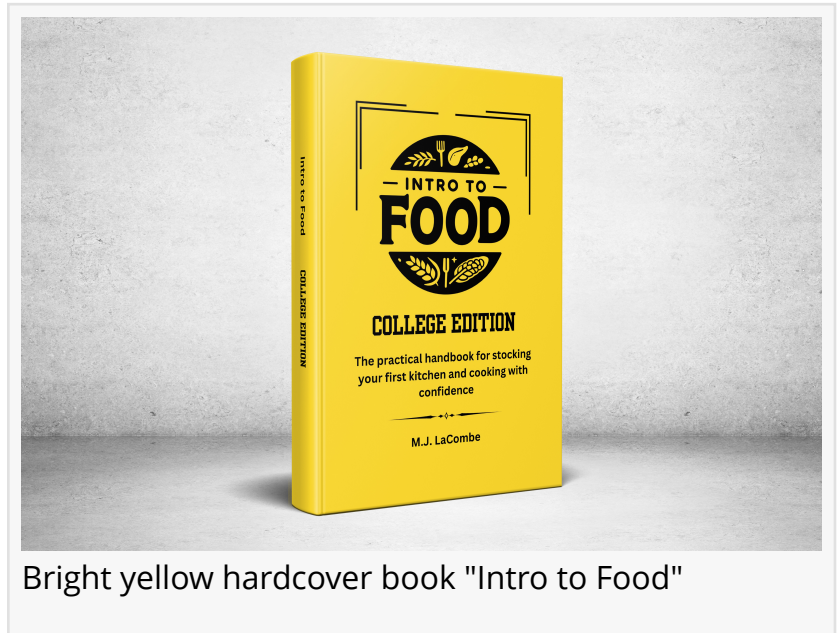


# Finally: A Cookbook That Teaches College Kids More Than Ramen Hacks

*Intro to Food – College Edition: The Essential Handbook for First-Time Cooks*

AUSTIN, TX, USA, August 13, 2024 /EINPresswire.com/ -- Just in time for back-to-college season, "Intro to Food – College Edition" is here to save the day for both students and parents. This practical guide, written by M.J. LaCombe, a home cook and devoted Aggie Mom, goes beyond just recipes—it's a survival manual for first-time kitchen users. From choosing the freshest produce to cooking a week's worth of meals on a budget, this [book](#) covers it all.



Bright yellow hardcover book "Intro to Food"

LaCombe crafted this guide with her own daughter in mind, filling a gap in the market with advice on everything from food handling to fire and blade safety. "Intro to Food" is the next best thing to having a parent in the kitchen, offering peace of mind and a solid foundation for confident, independent cooking.

“

Sending a young adult into the world is a rollercoaster of joys and challenges. And it's expensive!"

*M.J. LaCombe*

As students prepare to head back to campus, "Intro to Food" should be on every college syllabus, equipping young adults with the skills they need to thrive in their own

kitchens.

Available at [introtofood.com](http://introtofood.com)

Marc Michels

Top999, LLC

[hello@introtofood.com](mailto:hello@introtofood.com)

Visit us on social media:

[Facebook](#)

Instagram



Intro to Food logo

This press release can be viewed online at: <https://www.einpresswire.com/article/734339769>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.