

Why You Should Be Eating Jerky



The next time you need a snack to bring to a party, hiking, or just hanging out, grab your [NESCO Dehydrator](#) and whip up some jerky. Even though it's a wildly underrated snack, it brings way more to the table than most snacks because it's savory, salty, and healthy.



Jerky is a Low-Carb, High-Protein Food

Studies have shown that a high protein, low carb diet can lead to a healthier lifestyle. Protein keeps your metabolism running smoothly and leaves you feeling satisfied, keeping cravings at a minimum.

No Unnatural Chemicals or Preservatives

Jerky, especially homemade, is free of unnatural dyes, chemicals, and weird preservatives. Typically, jerky only has three ingredients—meat, cure, and spices. Making your own jerky is an easy way to control the chemicals you and your family put into your bodies.



Ground beef ready for dehydration

Satisfy Your Salt Cravings, Without Going Overboard

It doesn't matter how healthy your diet is, salty food cravings are real. Don't overdo it with unhealthy snacks like potato chips, cheese puffs, or pizza. Quash your salt cravings with a serving of beef jerky, it'll satisfy your taste for salty foods while actually giving your body fuel.

Jerky Is Easy to Bring Anywhere

There's a reason hikers and cyclists use jerky to keep moving throughout the day. It's lightweight and easy to carry, just keep it in a plastic Tupperware container or zipper bag for up to two weeks.

There Are Endless Flavor Options

Create unique flavor varieties that can be mixed and matched with NESCO's variety of [seasonings](#). Find your favorite flavor or mix them together to create your own unique blend. You can also experiment with different types of meat, like turkey, bison, or even tofu. Experimenting with different flavors and textures lets you find the perfect blend that suits you best. Jerky is the pizza of the snack meat world, there are a million different varieties and they're always great.

8 College Apartment Kitchen Essentials You're Probably Forgetting



Moving on your own for the first time can be tough. Not only do you have to figure out how to use a washing machine on your own, but you also have to fully stock the place with all the essentials a college student needs. When you're trying to get ready for the big move and a new school year, it's easy to forget things, so we've come up with a list to make it easier:

1. **Pots and Pans:** A staple of any kitchen, pots, and pans should be one of the first things you buy for your first kitchen. You don't need anything too fancy or extensive, just a few sizes of each.
2. **Can Opener:** Living with your parents for the first 18+ years can lull you into a false sense of security that there will always be a can opener close by. It's disappointing when you get home from your first trip to the grocery store and you can't get into any of your canned goods without the proper equipment.
3. **Slow Cooker:** Class all day and studying all night can leave you with little time to cook. Don't resort to eating fast food

for every meal. A Slow Cooker will save you time and hassle and money (those burger runs add up). Just throw your ingredients in before classes, set your temperature, and come home to a prepared meal.

4. **Measuring Cups:** Cooking is a lot easier when you know how much of everything you're putting in. Measuring cups don't have to be fancy, in fact, you can usually get them at the dollar store.

5. **Basic Cooking Utensils:** Spatulas, mixing spoons, a set of knives, and a pasta spoon will do wonders to make your life in the kitchen easier. These also don't have to be anything extravagant (just make sure that everything is heat-resistant).

6. **Vacuum Sealer:** College students are busy, meaning you may not have time to cook with all of the groceries you buy. Don't let them (and the money you spent on them) go to waste by vacuum sealing everything. This will also help keep your refrigerator clean and free of moldy, spoiled food.

7. **Mixing Bowls:** Large bowls come in handy for more than just mixing food. They can also be used for serving, holding fruit, or soaking small dishes without blocking the sink. Metal or glass will last a lot longer for just a little more money.

8. **Pizza Cutter:** Don't be caught without one. It can only lead to disappointment.