

Stocking Your Dorm Room

EASY SNACK IDEAS

Hummus and crackers
Yogurt and granola
Popcorn and nuts
Make your own trail mix
Apple slices or carrots and PB

DRY STORAGE

- Nuts and Seeds
- Peanut butter
- Dried fruit
- Whole grain cereal
- Oatmeal packets
- Whole wheat bread, tortillas, English muffins, bagels, etc.
- Whole grain crackers or chips
- Tuna packets
- Canned beans
- Brown rice

MINI FRIDGE

- Dairy: cheese sticks, yogurt, milk
- Baby carrots, cucumbers and celery
- Lean deli meat
- Hummus
- Fruit
- Applesauce and Jello
- Guacamole

EASY MEAL IDEAS

Breakfast: Peanut butter and oatmeal
Lunch: Sandwich on whole-grain bread with carrots
Dinner: Whole-grain cheese quesadilla and salsa

Lifestyle tips:

- Plan out your day. Think about meal breaks you may have and go into your day with a plan.
- Pack well. Pack snacks with you everywhere you go. This way you can eat when you feel hungry, and will keep you from overeating at meal times.
- Enjoy your foods. All foods can fit into a healthy eating plan. The key to healthy eating is balance and making good choices when possible.

