



DORM ROOM FOOD STAPLES

- FRUIT
fresh, canned, dried, frozen
- WHOLE GRAIN WRAPS, CRACKERS, BREAD OR TORTILLA CHIPS
- POPCORN
- NUT OR SEED BUTTER
- YOGURT
- SALSA
- RICE CAKES
- MILK
- NUTS
- CONDIMENTS
- GRANOLA BARS
- HUMMUS
- VEGETABLES
fresh, canned, frozen
- CHEESE
string, sliced, cubed
- OATMEAL
- APPLESAUCE
- SWEET POTATOES
- CANNED BEANS
- DELI MEATS
- TUNA PACKETS
- PRE-GRILLED OR ROTISSERIE CHICKEN
- EGGS
hard boiled, scrambled
- AVOCADO OR GUACAMOLE

DORM ROOM NUTRITION TIPS



Life is busy as a college student and schedules can be hectic. Time can slip away and leave us in a pinch when hunger strikes. Although, preparing a three-course meal may not be possible in the confines of a dorm room, with just a few tools, you can create delicious and nutritious options and snacks. One of the most important things students can do is to be prepared with all of the tools and ingredients to make healthy and delicious food when needed. Check out a few helpful tips below!

FOOD APPLIANCES

A few small appliances can go a long way in a dorm room. A microwave can prove surprisingly helpful in cooking up frozen vegetables and other healthy staples. A mini-fridge is the best way to stay stocked up on fresh foods. Another appliance that can come in handy for a dorm room is a blender. Blenders are a great option to sneak in more fruits and vegetables into your favorite smoothie combination.

PREP TOOLS

Simple items such as a cutting board, measuring cups, a knife, and utensils ensure you can prepare the food you purchased.

SERVING TOOLS

Stick with the basics, but do not forget to stock up on a few plates, forks, knives, and spoons to enjoy your creations. Opt for purchased items that you can wash and reuse throughout the school year to stay environmentally conscious.