DORM FRIENDLY FOODS!

FRUIT
Berries, banana, pineapple, mango, apples, and oranges are all yummy fruits to enjoy as a tasty snack!

YOGURT
Yogurt is a great source of protein that can be enjoyed with your favorite granola, fruit, or on its own.

BREAD/TORTILLA
Enjoy as part of a sandwich/wrap, add bananas and nut butter, or make a delicious avocado toast.

DAIRY/PLANT BASED MILK
Milk is a nutritious, protein-rich beverage. Plant-based options include almond, oat, cashew, or coconut milk.

NUTS/NUT BUTTER
A great salty/savory snack that you can enjoy on its own or as a topping on oatmeal, toast, or cereal.

CANNED BEANS
Beans and legumes are great plant-based proteins to add to soup, salad or make meatballs and burgers.

For more recipe ideas and nutrition resources, visit wellness.sfsu.edu/nutrition
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**CHEESE**
Cheese is a tasty snack that can be added to crackers, toast, pastas, or even by itself.

**OATS**
Oats are a common staple that can be used as overnight oats. Oatmeal can be topped with fruit and honey/agave or even cinnamon.

**DIPS**
Dips are great for a quick snack. You can eat guacamole, salsa, hummus, or a yummy French onion dip.

**SEASONING**
Seasonings are a must have in your pantry! Try keeping staples such as salt, pepper, chili powder, onion powder, garlic powder, cumin, and paprika.

**VEGETABLES**
Veggie snacks such as carrots with hummus, celery with peanut butter, stuffed bell peppers, and cucumbers are great ways to increase your vegetable intake.

**CANNED SOUP**
Canned soups are an easy, microwavable snack! Tomato soup, chicken noodle soup, potato soup, and vegetable soup are all great canned options.

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