

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 it's own



BREAD/TORTILLA

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



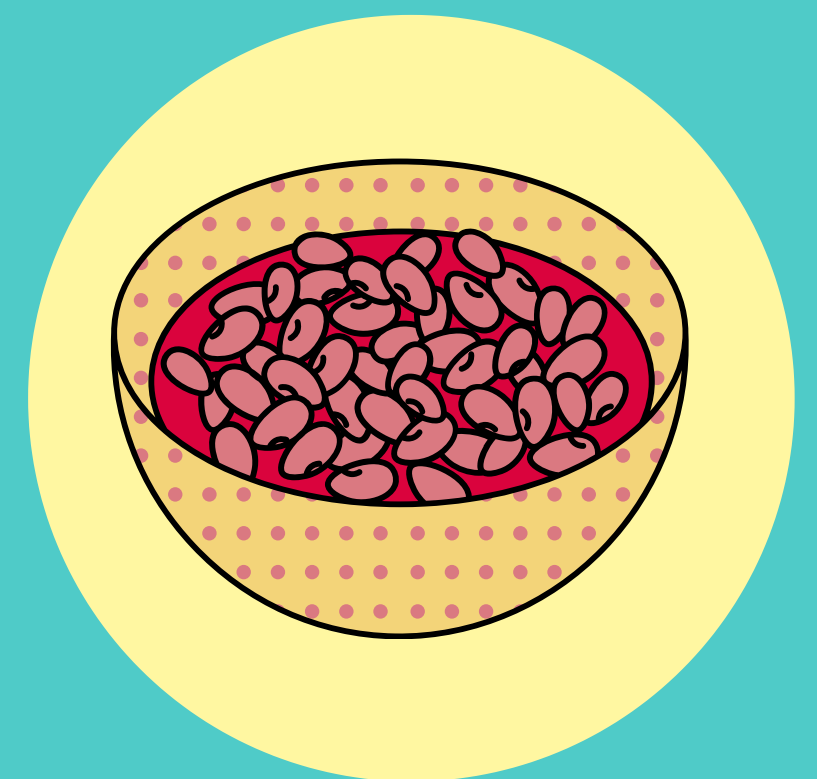
DAIRY/PLANT BASED MILK

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 it's 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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