Keep shelf-stable foods on hand for snacks & meals you can make easily in your dorm

**Grocery List**

**Refrigerated Items**
- Fresh fruit (bananas, apples, oranges)
- Fruit cups
- Applesauce
- Baby carrots
- Lettuce mix or salad bags
- Hummus, guacamole, salsa
- Milk
- Orange juice, apple juice
- Eggs/Hard boiled eggs
- Greek yogurt
- Cheese sticks
- Lunch meat
- Ready grilled chicken breast

**Pantry Items**
- Instant oatmeal
- Whole wheat bread/wraps
- English muffins, bagels
- Whole grain cereal (Kashi, Special K, Cheerios, etc)
- Microwave rice, pasta
- Tuna packets, beef jerky
- Whole grain crackers
- Pretzels
- Baked tortilla chips
- Microwave popcorn
- Trail mix & nuts
- Granola & granola bars
- Peanut butter, jelly

**Include snacks with protein/healthy fat + carbs between meals**
- Greek yogurt with granola
- Milk & cereal with fruit
- Baked chips with guacamole

**Keep it simple! Microwavable options are quick & easy**
- Cheese stick + jerky with popcorn
- Turkey cheese sandwich or PBJ