It's 10:30 am and you're starving. You only have 15 minutes to get to class and get a snack. So, what are the choices? You could choose something from the vending machine, soda machine, fast food restaurant or the convenience store. But wait! There's another choice. . . your food stash.

**Carrying Food on Campus Helps You Make More Nutritious Choices**

Although some of the above food choices may be nutritious, you're limited. Give yourself more nutritious possibilities by carrying food with you on campus. You can substantially improve your nutrition and avoid unnecessary calories just by packing a few tasty, yet healthy, treats. Ideally, carry your 'stash' in a small, insulated food bag with a blue ice pak. Or simply toss some non-refrigerated snacks into your book bag before heading out the door. And, don't forget the water bottle!

**Tasty and Healthy Ideas**

You can pack a whole meal or carry some of these healthier choices:

- **high fiber cereals** to snack on straight from a zip lock bag (e.g., Raisin Squares®, Honey Nut Shredded Wheat Bite Size®, Cheerios® or Multigrain Cheerios®, Frosted Mini-Wheats®, Heart To Heart®, etc.)
- **whole grain crackers**, such as Reduced Fat Triscuit® crackers
- **yogurt**, 1% fat or fat free with no sugar added
- **fresh fruit**, washed and ready to eat (sliced and cut, if necessary)
- **raisins, apricots, or dried fruits**
- **peanut butter sandwich** or with crackers
- **baby carrots**, sliced cucumbers and green/red peppers served with low fat Ranch dressing (or other dressing) for dip
- **calcium fortified cheese sticks**
- **nuts**, peanuts
- **soy nuts** (great with yogurt; lower in calories than peanuts)
- **trail mix** (make your own by mixing together: nuts or soy nuts, raisins and/or other chopped dried fruits, granola, low-sugar cereals like Cheerios®, and even some M&Ms®)
- nutrition bars with 200 calories or less and no more than 30 grams carbohydrates per serving (Balance Bar®, Ironman PR®)
- canned nutrition beverages (same guidelines as for the bars)

When you don't have time to pack a 'stash', visit a convenience store to find many of these snacks.

**Important Supplies**

To make your food stash easier to carry and eat, invest in these supplies:

- plastic spoons & forks; napkins
- zip lock bags (snack and sandwich size)
- 2 very small plastic containers (to put dips and sauces)
- 2 medium containers to hold more delicate foods that won't do well in a zip lock bag (like leftovers, etc.)
- water bottle
- small, insulated lunch bag and blue ice pak