

# Your Dorm-Friendly Grocery List

Make sure foods are kept well wrapped or in plastic containers to keep freshness in and insects out.

## Dry Storage

- Whole grain bread
- Whole grain cereal and oatmeal
- Whole grain crackers
- Baking potatoes (for the microwave)
- Low-fat microwave popcorn
- Nuts and seeds
- Microwaveable packs of brown rice
- Canned tuna stored in water (or pouches)
- Canned beans
- Broth-based soups
- Fresh fruit
- Green tea
- Coffee

## Mini Refrigerator (perishables)

- Pre-cut fruits and veggies
- Natural peanut or almonds butter
- Low-fat yogurt
- Low-fat string cheese
- Fat-free milk
- Low-sodium sliced deli meat
- 2 water bottles, one to take with you and one to keep cold

## Freezer

- Low sodium frozen meals
- Frozen vegetables
- Sugar-free popsicles
- Low-calorie ice cream and pops