Keeping Food In a Dorm Room

FACTORS TO CONSIDER:

- Be realistic about your storage space, including the size of your refrigerator and freezer. Don’t buy more than you have room for.
- In terms of perishables: milk, cheese, fruits, vegetables, breads, buy only what will be used in a reasonable amount of time.
- Before buying any foods that require preparation, think about how you will make them. For example, do they require access to an oven, stove or microwave? Do you have pots, pans or microwave safe containers? Utensils to eat with? Bowls or plates?
- Go shopping with a list to minimize impulse buying. Be sure to shop after you have eaten, because everything looks good when you are hungry.
- Although on-campus stores are convenient, they are usually more expensive than the grocery store. If an off campus store is nearby, you will most likely save money by shopping there.
- Be careful about what you keep in your room. If you buy lots of high fat, highly sugared snacks, you will eat them! Try to balance with some nutritious foods, also.

Shopping List

The following list is a sample of items that college students like to keep in their dorm rooms.

Consider whether you will be eating most of your meals in the dining hall. If you find that you often miss breakfast in the dining hall, keeping food on hand can be a time and money saver. If you have late classes, and will miss dinner occasionally, you may want to keep some other items around that can be made into a quick easy dinner. The items listed here assume one has a small dorm refrigerator, and access to a microwave.

**DRY ITEMS**

- Cold cereal
- Instant oatmeal
- Crackers
- Microwave popcorn
- Dried soups (Fantastic Foods are nutritious)
- Instant coffee
- Tea
- Hot cocoa
- Non-fat dry milk (in case you run out of regular milk)
- Pretzels
- Graham crackers
- Be careful about how many high fat and/or high sugar snack foods you keep around!
- Occasionally you may want to treat yourself to:
  - Cookies
  - Chips
Shopping List (con’t)

FRESH / PERISHABLES

Buy only what you have room to store. Some fruits – such as apples, oranges and bananas don’t require refrigeration

- Skim milk
- Yogurt
- Cottage cheese
- Cheese
- Fresh fruits: apples, oranges, grapefruit, pears, and bananas do not need refrigeration
- Fresh vegetables – such as baby carrots
- Bread

CANNED / JARRED

- Tuna
- Soups
- Chili
- Peanut Butter
- Applesauce
- Fruit
- Vegetables
- Snack Paks: Pudding
  - Fruit

CONDIMENTS

- Low fat mayonnaise
- Ketchup
- Mustard
- Salsa
- Jam/Jelly
- Sugar
- Salt
- Pepper
- Dips for vegetables

OTHER

- Dried fruits
- Nuts
- Beverages: seltzer, juices, soft drinks

Additional items needed:

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