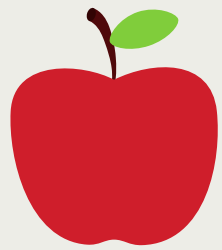
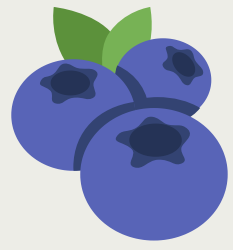


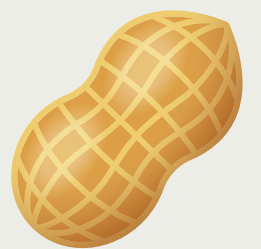
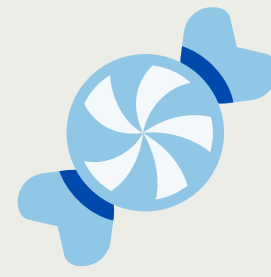
10 Snacks Every University Student Should Have in Their Room

MINI-FRIDGE ESSENTIALS



1. Berries - Rich in vitamins and antioxidants, berries are the perfect study snack that can curb any sweet tooth.
2. Hummus and Vegetables - Hummus is a great plant based protein that can be paired with vegetables, such as carrots and celery.
3. Lemons/Limes - Almost every university student is guilty for not drinking enough water during stressful study times. Try adding lemon/lime to your water for added flavour - increasing the likeliness of consumption.
4. Apples and Bananas - Two of the most versatile fruits that every student should keep on hand. These fruits are perfect to stash away in your bookbag and enjoy between classes.
5. Yogurt - You can't go wrong with yogurt! Whether it be for a study snack, breakfast, or dessert. Enjoy alone or top it off with add-ins (i.e., fruit and granola). Looking to get more protein into your diet? Try Greek yogurt!

NON-PERISHABLE STAPLES



6. Protein Bars - The perfect snack to help you refuel after a workout and keep you feeling full during class.
7. Rice cakes - A cheap snack that comes in a variety of flavours. Top rice cakes with nut butters, hummus, avocado, or fruit for a filling study or pre-workout snack.
8. Nuts/Nut Butter - Nuts are packed with vitamins, minerals, fiber, and healthy fats. Enjoy a handful of nuts as a snack, add them to other dishes (i.e., overnight oats and salads) or use your favorite nut butter as a spread.
9. Popcorn - Unflavoured popcorn makes for a great high fiber snack (especially when you are taking a break from studying and watching Netflix).
10. Your Favourite Food/Snack - Its important to remember that food is something to be enjoyed, not feared. Don't be afraid to treat yourself by keeping your favourite snack nearby.

