

STOCKING YOUR DORM ROOM

HILLTOPPER
NUTRITION



Kelci Murphy, RDN, LD
Nutrition Associate Manager
270-745-4650
kelci.murphy@wku.edu



Megan Pohlman, RDN, LD
Nutrition Coordinator
270-745-6044
megan.pohlman@wku.edu

GENERAL TIPS & SUGGESTIONS

PLAN

Stocking a dorm room with food requires strategic planning to ensure you have a variety of options that are easy to store, prepare, pack, and consume. Consider your campus meal plan, daily schedule, dietary restrictions, and food preferences.

PACK

Pack snacks to fill in the gaps that meals don't provide. Prioritize carbohydrates to keep you energized and protein to keep you satisfied until your next meal. Opt for whole grain and whole wheat choices to increase the amount of nutrients in your diet.

ENJOY

All foods can fit into a healthy eating plan. Focus on eating balanced meals and incorporating nutrient-dense foods that you enjoy.



DRY STORAGE ITEMS

- **Nuts & Seeds**
- **Peanut Butter**
- **Sunflower Seed Butter**
- **Dried Fruit**
- **Granola Bars**
- **Whole Grain Cereal**
- **Oatmeal Packets**
- **Whole Wheat Bread**
- **Tortillas**
- **English Muffins**
- **Dried Pasta**
- **Tomato Sauce**
- **Whole Grain Crackers**
- **Tortilla Chips**
- **Rice Cakes**
- **Popcorn**
- **Tuna Packets**
- **Canned Beans**
- **Brown Rice**
- **Trail Mix**
- **Pretzels**
- **Bagels**
- **Granola**
- **Cooking Spices/Herbs**



MINI FRIDGE ITEMS

- **Cottage Cheese**
- **Cheese Sticks**
- **Cheese Slices**
- **Shredded Cheese**
- **Yogurt**
- **Milk**
- **Baby Carrots**
- **Cucumbers**
- **Celery**
- **Bell Peppers**
- **Eggs**
- **Tofu**
- **Lean Deli Meat**
- **Hummus**
- **Berries**
- **Grapes**
- **Citrus Fruits**
- **Mixed Greens**
- **Applesauce**
- **Guacamole**
- **Salsa**
- **Juice**



EASY MEAL IDEAS

BREAKFAST

Oatmeal with peanut butter and fruit



Whole grain cereal with berries

LUNCH

Turkey and cheese sandwich with celery



Grain bowl with rice, tofu, and cucumbers

DINNER

Quesadilla with cheese and salsa



Pasta with tomato sauce and vegetables

EASY SNACK IDEAS

Rice cakes with peanut butter
and banana slices



Tortilla chips with guacamole

Yogurt parfait with fruit and
granola



Apple slices with sunflower
seed butter

Hummus with pretzels and
carrots

