
SNACK EXAMPLES

If you are still on campus, many of these snack options can be found at the Juniper POD Market and the Hub, both open for to-go service only. Remember, too, that you can add vegetables to any one of these snacks. The Hub will be your main place to get vegetables on campus. If you are off campus, hopefully these items or something similar can be found in your pantry or at a local store.

- CHEESE WITH CRACKERS + FRUIT
- BEEF JERKY + NUTS + FRUIT
- NUTS + BEEF JERKY + DRIED FRUIT OR GRANOLA
- YOGURT + DRIED FRUIT + NUTS
- YOGURT + PRETZELS OR CHIPS
- HUMMUS + PRETZELS + VEGGIES
- HUMMUS + PRETZELS + CHEESE STICK
- CHEESE OR PEANUT BUTTER CRACKERS + MIXED NUTS
- DELI MEAT + CHEESE + CRACKERS (LUNCHABLES AND OSCAR MEYER NATURALS AVAILABLE AT POD MARKET)
- CHEESE STICK WITH PRETZELS AND HUMMUS
- LEAN POCKET OR 1 HOT POCKET + FRUIT
- MILK + FRUIT (ADD PROTEIN IF CONSUMING ALMOND MILK)
- TRAIL MIX (CREATE YOUR OWN = CEREAL OR POPCORN + NUTS + DRIED FRUIT)
- FRUIT JUICE + MIXED NUTS OR BEEF JERKY
- FRUIT + PEANUT BUTTER
- TOAST/ENGLISH MUFFIN + CREAM CHEESE OR PEANUT BUTTER
- HUMMUS OR GUACAMOLE + PRETZELS/CRACKERS/RAW VEGGIES
- PEANUT BUTTER CRACKERS OR SANDWICH + FRUIT
- TOAST + AVOCADO + EGG (HARD BOILED OR FRIED)
- WAFFLE TOPPED WITH YOGURT OR PEANUT BUTTER + FRUIT
- POPCORN SPRINKLED WITH PARMESAN CHEESE
- OATMEAL, TOPPED WITH HONEY, FRUIT, AND A DASH OF CINNAMON
- OATMEAL TOPPED WITH HONEY + PEANUT BUTTER

**Amount to consume will depend on the individual and their level of hunger. Start with what is considered a serving and adjust based on hunger and satisfaction.*