

# Dorm and apartment grocery shopping guide

## For the mini pantry

Instant oatmeal  
Whole grain chips and crackers  
Salted/low butter popcorn  
Granola bars  
Whole grain bread

Apples  
Bananas  
Oranges

Canned soup  
Canned beans and lentils  
Canned vegetables  
Canned chicken or tuna

Meat sticks  
Peanut butter  
Nuts, seeds

## Supplies for food

Can opener  
Microwave-safe bowl  
Microwave-safe plate  
Fork, spoon, knife

## Supplies for lows

Juice boxes  
Glucose tablets  
Glucose gel  
Snacks like granola bars and crackers  
Kid-size candies with 15 grams of carbs  
(*Skittles, Starbursts, Sweet Tarts*)  
Whatever your go-to low treat is!

## For the mini fridge

Cheese sticks  
Yogurt  
Cottage cheese  
Eggs  
Tofu  
Deli meat

Bell peppers  
Carrots

Berries  
Grapes  
Sliced fruit

Hummus  
Guacamole packets