

Fueling Your Body!

It's important
because you're
important!

Improved Memory

Better Mental Health

Improved Energy Levels

Helps Prevent Sickness

Let's Create A Plan!

Breakfast

- 1.
- 2.
- 3.
- 4.

Ingredients

Total Cost

Lunch

- 1.
- 2.
- 3.
- 4.

Dinner

- 1.
- 2.
- 3.
- 4.

Snacks

- 1.
- 2.
- 3.
- 4.

Let's Get Specific!

Veggies

- Frozen veggies are just as nutritious and last a lot longer!

Dairy

- Check the expiration date to get the freshest product!

Fruits

- Try canned or frozen fruits
- This is a great place to buy seasonally!

Grains

- Pasta, rice, and oats have a long shelf-life and are quick and easy to make!

Protein

- Some cheaper sources of protein are beans!
- Whether canned or dried they are great fuel for your body



Budgeting



- Shop around!
 - Most stores have prices on their website

Know Your Resources!

- Food Pantry: The Iowa Memorial Union (IMU) has a FREE selection of healthy foods.
- Hawkeye Meal Share: This FREE program gives dining hall meal swipes to students dealing with food insecurity!
- My Plate: This government resource has numerous tips, tricks, and recipes for all lifestyles!

