



BACKPACK MEALS

In the daily rush of getting to and from classes, meetings and work you may feel like there is just no time to eat. With a little bit of planning you can equip your backpack with a meal that will sustain your energy until your next opportunity to eat. Take advantage of those moments of traveling to replenish your energy by trying some of these backpack meals.

Peanut Butter Roll-Up

Spread one or two tablespoons of peanut butter over a tortilla. Sprinkle several raisins and chopped apples over the peanut butter. Roll up tortilla and cut in half. (Pick up a container of milk at one of the ISU convenience stores to go with it.)

Cereal Bar and a piece of fruit

Baggie full of dried fruit, peanuts, cereal and pretzels

String Cheese, crackers and fruit

Toasted whole wheat bread with peanut butter and half of a sliced banana

Bagel sandwich (using peanut butter, cheese or meat) accompanied by baby carrots

Ziplock full of sunflower seeds or other nuts, cereal and dried fruit (raisins, dried cranberries, cherries, craisins, pineapple, papaya, etc.)

Nature Valley granola bar with a container of Carnation Instant Breakfast

