



~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.

1. 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 a tortilla and cut in half. (Pick up a carton of milk at the Union to go with it).

2. Cereal bar and a piece of fruit.

3. Baggie full of dried fruit, peanuts, cereal, and pretzels.

4. String cheese, crackers and an apple or grapes.

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

6. Bagel sandwich (using peanut butter, cheese, or meat) accompanies by baby carrots.