

Lower Marketplace Grocery List

Be prepared! Stock up at the Lower Marketplace in case you or your roommate are exposed to coronavirus. Here are suggested items to keep on hand in the event you need to quarantine in your room curated by our Registered Dietitian, Becky Konkol.

Grocery Items:

- Granola Bars
- Canned fruit and vegetables
- Electrolyte drinks (PowerAde or Gatorade)
- Protein smoothies (Naked Juice or Chobani)
- Microwaveable Soup Cups (Chicken Noodle, Tomato Soup etc.)
- Ramen Noodle Packs
- Mac n Cheese Cups
- Cereal and/or Oatmeal either bulk or in cups for easy use
- Sandwich Bread
- Peanut butter
- Jelly
- Crackers
- Dried Fruit or Trail Mix
- Nuts
- Microwaveable Rice Cups
- Tuna Pouches
- Cheese & Sausage Packs
- Launchable
- Ravioli cans
- Bagels
- Cream Cheese

