

It is very common for a college student to have class right after each other, leaving very little time to have a real meal. Therefore, a lot of college students depend on snack that can easily be carried around and eaten on the way to their next class. The problem is that most student tend to lean toward candy bars and chips as their source of snack. This is not only an unhealthy option but it can also be very expensive. We have put together a list of 10 affordable snacks that are healthy and easy to carry around in your backpack.

Nutritious and Inexpensive College Snack #1: Power/Granola Bars

This is an excellent snack because it is very easy to carry around. They are also very health because they are filled with many vitamins and nutrients. These bars can also keep college students full until they have time for a real meal.

Nutritious and Inexpensive College Snack #2: Peanut Butter Jelly Sandwich

The protein in peanut butter makes this snack very healthy and it is a favorite because it is simple to make and inexpensive. If you really want to be on the healthy side, use whole wheat bread instead of white bread.





