Hungry to learn: feed your body and your brain

Stomach rumbling? Feeling tired? When did you last eat? Eating regularly throughout the day keeps your body and your mind in top form. Many people eat regularly by snacking, which can help boost energy between meals. A meal doesn’t have to mean sitting down with three courses. Grab-and-go snacks like hard boiled eggs, a peanut butter sandwich, or even a piece of fruit and a handful of nuts can keep you satisfied and supply the fuel you need.

MyPlate makes it simple

You may be thinking that eating consistently throughout the day sounds simple, but what do you eat? MyPlate recommends making half of your plate fruits and vegetables - a variety of colors means you’re getting a mix of vitamins and nutrients. A quarter of MyPlate is for protein, which could be meat, eggs, beans, soy products, or nuts. The final quarter is made up of grains. MyPlate recommends incorporating whole grains like brown rice, whole wheat bread, oats, quinoa, and popcorn. Add a cup of milk or yogurt, and you’ve got a balanced meal. For snacks, try picking at least two of these food groups for a balance of nutrients. When you’re on the go, check out these ideas for foods to stock in your dorm room mini fridge - like low fat cheese and a whole-wheat tortilla, or apple slices with nut butter.

Try one of these combinations, or create your own!

- pb&j
- hummus + pretzels
- popcorn + nuts
- fruit + cheese
- tortilla + cheese + bell peppers + salsa

If you’re finding it hard to keep your fridge stocked with food, you are not alone. Recent studies show that approximately 40% of college students may be food insecure, which the U.S. Department of Agriculture (USDA) defines as a lack of consistent access to enough for an active, healthy life. A survey at GSU found that 68% of students here were food insecure at one point while enrolled at the university. Food insecurity among college students has been linked to lower GPAs, poor eating patterns, high levels of stress, and depressed mood.
Panther’s Pantry can help!

Did you know that GSU has an on-campus food pantry? Students can visit the pantry once a week - just show your valid student ID. The pantry is stocked with shelf-stable items like canned beans, rice, pasta, cereals, and canned fruit, as well as items like shampoo, deodorant, and feminine hygiene products. Recently the pantry added a refrigerator and now stocks fresh fruit and veggies when available! The Panther’s Pantry is located in Parking Deck B underneath the Urban Life Building and can be accessed via the Decatur Street SE entrance to the lot, or by taking the inside elevator down to level P. Check for current hours on the website (https://nutrition.gsu.edu/panther-pantry/), Facebook, Instagram (@pantherspantry), and Twitter (@PanthersPantry), or call (404) 413-2364.

Help a Student Out

Interested in giving back to the pantry? Email Trang Pham, Pantry Manager, at tpham58@student.gsu.edu to volunteer. If you would like to donate to the pantry, there are drop boxes at the pantry, in the Nutrition Department on the 8th floor of the Urban Life Building, and on the 9th and 12th floors of the Urban Life Building. The pantry accepts all non-expired, shelf-stable foods as well as hygiene items.

For the digital board:
Eating throughout the day can help keep your energy stable! Find out how to make a balanced meal or snack, and learn how GSU is helping hungry students. (Link to blog post)