



MINI FRIDGE MAKEOVER

Whether you keep a stocked mini fridge at work, in your home, or the dorm room, it may be time for a makeover! Keep plenty of healthy options on hand with these food ideas:

1. Water: stock this ultimate thirst quencher instead of sugary drinks	5. Salsa: enjoy with a small serving of whole grain tortilla chips or as a dip for raw bell pepper strips and carrot sticks.
2. Nuts and nut butters: they tend to last longer stored in the fridge. Nuts make a great grab-n-go snack and nut butters are a perfect protein addition smeared on a banana.	6. Vegetables: convenience is key when it comes to actually picking to eat the vegetables from the fridge so make it easy on yourself. Stock pre-washed and pre-cut veggies to go with a favorite dip or to add to a soup or wrap to boost nutrition.
3. Fruit (canned, fresh, or frozen): dip cinnamon grahams in cold applesauce, or satisfy a sweet tooth with frozen pineapple chunks and a square of dark chocolate.	7. Eggs, two ways: hard cooked eggs can be quickly peeled for an easy snack or salad topper. Keep a microwave safe mug on hand for the raw eggs and you can easily scramble an egg for a quick breakfast. Toss in some raw veggies for a fiber boost.
4. Milk, yogurt or string cheese: use fat-free or skim milk to make oatmeal or to pour on dry cereal. Mix plain yogurt with fresh fruit, topped with a few chocolate chips for a quick dessert or grab string cheese for a protein-filled snack.	8. Hummus: pair it with bell pepper slices or raw broccoli for a satisfying snack or have lunch in a pinch by topping a whole wheat tortilla or pita with hummus, diced tomatoes, and sliced cucumbers.

