A UMass Amherst Survival Guide: 5 Ways to Eat a Balanced Meal throughout a Busy Day

As a busy college student, it can be quite the challenge to get the proper amount of nourishment one needs throughout the day. We’re always racing from class to class, meeting to meeting, and by the time we get home, we realize we’re hangry (very hungry, and angry at how hungry one is). It’s important to stay healthy and take care of your body, especially with all the stress that college life can bring. Here are some tips to get some food in your belly during your busy day!

1. Go to the Dining Halls

There are four amazing dining halls here at UMass that offer so many varieties of meals. A part of UMass Dining, there are four dining halls: Worcester, Berk, Franklin, and Hampshire. They are all great places to stop by inbetween your day. If I have an hour break, I love to go to the dining hall and bring my laptop so I can do some work while I eat some delicious food. It’s understandable if you want to enjoy your food without having to focus on work, but sometimes multitasking is the way to go!

2. Hit up Procrastination Station

You may not like to study in loud environments, so the library is your safe place. I find that when I’m really stressed and have a lot to do, I go to floor five or eight, where it’s completely quiet, so I can focus. If you’re in the library, make a pit stop at the Procrastination Station, where they have lots of options. They offer breakfast sandwiches, salads, coffee, chips, and lots of different drinks like tea and Odwalla Smoothies (I LOVE strawberry banana). Let’s not forget their delectable mac and cheese! You can definitely create a nice balanced meal at P-Station.
3. BLUE WALL!

Blue Wall is a cool, eclectic little haven of food spots located in the Campus Center. They offer salads at Sweet Green, burritos at Tamales, and pastries at Yum! Bakery. It’s right near the Integrative Learning Center and Hasbrouck Laboratory, where many people have class. I love going to Blue Wall because I can get my food to go. Across from Blue Wall is Harvest, which also serves food hot. They offer a variety of food such as rice, mash potatoes, mac and cheese, noodles, and chicken. You can also get food to go there and, if you have some time, you can make an order at their smoothie station (I’m telling you, they are amazing).

4. Snack on the Go

Creating a little snack pack to carry with you can be super helpful when you find yourself feeling hungry and don’t have time to stop for food. A simple small snack to have could be a granola bar, fruit, and something that's packed with protein to keep you energized. Drinks like Gatorade and coconut water also have electrolytes, which keep you energized. If you eat small snacks throughout the day, you'll find yourself feeling less hungry, and when dinner time comes, you won’t feel pressured to stuff your face. Typically, eating too much too fast can cause problems with digestion. My favorite snack on the go is an Oats and Honey Nature Valley Bar!

5. Make a Meal

This may be a little tedious to do, but making your own meals the night before can allow for quick and easy access to food! This tip is especially beneficial for off-campus students. If you’re like me, you don’t have an unlimited meal plan, so you have to portion how much you eat on campus. I love making small salads or sandwiches to take to class. Also, buying your own groceries and making food for yourself gives you more of a say in what exactly goes into your body.

There are so many other food spots on campus, so make sure to explore them all!

Eat up folks!

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