

Gluten-Free Dorm Hacks & Tips

Staying gluten-free at college can be a serious challenge. It's not as simple as finding gluten-free food. Choosing healthy foods, talking to your roommates about respecting your gluten-free needs, having some variety in your diet, and working around a busy class schedule are all essential.



Get creative with microwaved veggie chips, sweet potatoes and toasted nuts.



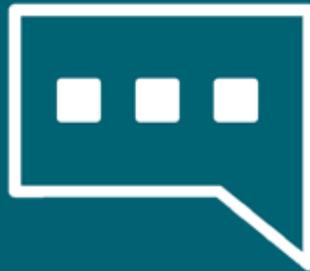
Keep a set of plates, bowls and utensils handy.



Become floor favorite by perfecting your no-bake oatmeal cookie recipe and sharing.



Make scrambled eggs and bacon in the microwave for breakfast any time of day.



Explain your diet to roommates.



Order gluten-free favorites online and have them delivered.



Heat a can of gluten-free chili and pour into a bag of tortilla chip for an on-the-go chili pie.



Stock up on fresh or frozen fruits and veggies.



Label your food and store on the top shelves of the fridge.

