FOOD SUBSTITUTIONS FOR COLLEGE STUDENTS

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We've all been there. In desperate need of items in a pinch that the on-campus convenience store can't provide (or it's already closed for the night) and the drug store is too far away to make a late-night trek. The solutions are most likely already in your room if you know where to look. It just takes a little resourcefulness and creativity. Plus, it may save you money that's better spent on student loans! Who doesn't want to save a dime when you're making minimum wage? Better yet, with these solutions you can quit your on-campus job and reward your precious time with a more helpful occupation. Your busy schedule will be grateful.

Homemade Panini Maker

This one's tough since irons, ironing boards, and essentially anything related to controlled heat devices are outlawed in the dorms. But wait— not your trusty flat iron! That's right. The little beauty that saved your life and tamed the frizz on countless humid days will now save your breakfast! Wide, two-inch-long plates work best so that you can grill the sandwich all in one press, but smaller irons will suffice. If you own a small iron, be sure to section off the sandwich first to ensure even grilling. Set it to 360 degrees for best results. And you'll need a heat protectant (butter works just fine). Be sure to let your flat iron cool and then wipe down the grease, otherwise your hair will look like you skipped your morning shower. With an added bonus of scenting your room with restaurant aromas instead of burning hair, your roommate will thank you for this innovation.

Nutty Frosting

You just pulled your cookies out of the dorm kitchen's oven and realized that you forgot to buy frosting. Don't worry— at least one of your roommates must have a handy stash of peanut butter in the room, right? It's all-purpose, after all. No longer will your cookies have to go undecorated! (Plus, it will help the sprinkles stay put.) Besides, what goes better with chocolate than peanut butter? Oh, wait. They're sugar cookies? Pssh, same thing. Add a little food dye and no one will be the wiser. In a time-crunch, this technique also works for cakes.

"Fruity" Cereal

Cereal? Check. Spoon? Check. Bowl? Check. Milk? Che— *wait*. Your roommate drank the last of the milk— it's a crisis! Since you don't own a dairy farm due to unfortunate dorm space restrictions, you'll have to settle for orange juice instead. Although unconventional, it gets the job done. Plus, it provides three-quarters of your daily value of vitamin C to fight off scurvy! Just close your eyes, and it almost feels like your Rice Krispies are Fruity Pebbles.

Donut Bagels

Muffins are an excuse to eat cake for breakfast, right? Well, donuts are known for the hole in the middle, just like bagels. Same, same. Catch my drift? Just slice your leftover donuts in half, serve 'em with cream cheese, and no one will know the difference. No longer will you be limited to boring bagel flavors, either, like cinnamon raisin, blueberry, or *plain*. Now you can have glazed, powdered, devil's food, and red velvet bagels, just to name a few. Instead of being isolated on top, the best part— the icing— will now lie right on your tongue! Alternatively, if you don't want to let a hole in the middle define your bagel, your options expand exponentially. Now you can have Boston crème, vanilla angel cream, and strawberry jelly bagels. Bet no one ever imagined you could have a *filled* bagel. Ha. You'll have the best bagels on your floor!

Cardboard Noodle Soup

Shred some cardboard, soak it in water, and add a little salt. Voilà: the perfect Ramen noodle substitute! What, it's flavorless, you say? Your point? All right, the little packet that comes with Ramen *does* have some chicken flavor. I'll give you that. So just imagine chickens while you eat it, and you'll be good to go!

All-Natural Tea

Grab some leaves from outside. Steep them with water. Done.

Coffee Fix

Don't bother substituting this. Just cut it out of your diet entirely. It's gonna kill you eventually.