

Type of fluid needed

Meal guides/plans

Pricing and transportation

Survey people in college

Options for planning

Make sure drinking plenty of water	Recipe apps	Find a ride to grocery store from a friend	Friends who need reliable meal plan	Dining hall options
Drinking plenty of electrolytes	Recipe books	Get on the campus busses	How often do people not eat by survey	Meal prep days Joey Hall
Drinking all the vitamins needed per day	Healthy meal guides	Apply for a job to balance money	Survey 20 college kids about how they manage eating on campus	Plan meals ahead at grocery store
Incorporate milk for bone health	Collaborative cooking	Think of cheaper and healthier options	Survey how many meals a day kids in college eat	Smoothies and protein shakes