

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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Tailgating Tips

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During football season, both players and spectators like to stay fueled-up and focused on the game! This year, try revamping the classics with some MVP ingredients that will keep you full and nourished, or draft a new Snack that Scores to your tailgating team

Snacks that Score

Crockpot Buffalo Chix Dip (6 servings)

- 2 cups cooked shredded chicken
- 1/2 cup buffalo sauce
- 1 cup nonfat Greek yogurt
- 1/2 cup cottage cheese
- 2 cups shredded cheddar

Mix together and cover and cook for 2-3 hours on high before serving with celery, peppers, carrots, pretzels, or chips!

Dense Bean Salad (4 servings)

- 1 can rinsed chickpeas
- 1 can rinsed cannellini beans
- 1 seedless cucumber diced
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped
- Zest from 2 lemons
- Juice from 1 lemon
- 8 ounces of feta, crumbled
- 1/4 cup olive oil
- Salt and pepper to taste

Mix and serve! Great solo or with chips

MVP Ingredients

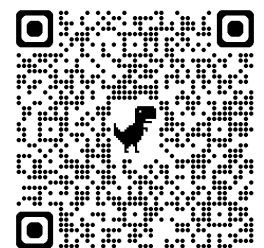
Greek Yogurt and Cottage Cheese are both great options to add some creaminess and protein while lowering the fat content of a food. They are also good sources of calcium which helps to keep your bones strong

Beans are a source of plant-based protein and fiber to keep you feeling full and focused on the game. They also contain much needed minerals

Tailgate Tip: When using dip mixes, try making them with half low-fat sour cream and half low-fat Greek yogurt, or with only Greek yogurt, to lower the fat and increase protein

Safety for our Snacks

Make sure to read up on the USDAs playbook on tailgating food safety to properly store your snacks and keep them good for the whole game!



References:

<https://fdc.nal.usda.gov/>
<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/tailgating-food-safety-q-a>

Interested in learning more about how you can better manage your nutrition?

Contact the Nutrition Connection Services!

Open Tuesday and Thursday from 8:00-9:00am, or by appointment

Email: nutrition-connection@iup.edu

Please provide your name, phone number, and email to request an appointment.