Tips and Tricks to Have it All!

Plan ahead. Stock up on healthy foods that will require minimal prep time or can easily be microwaved if your access to cooking facilities will be limited. (Use points to purchase items at Bear Market at 2400 Durant or purchase food at the grocery stores listed below)

Although it might seem tempting to eat out frequently while the dining halls are closed, you will be able to stretch your dollar furthest if you rely on odds- and-ends from local grocery stores.

For additional information on how to eat on a budget: uhs.berkeley.edu/whatseatingyou

LOW-COST GROCERY OPTIONS

Trader Joe's: 1885 University Avenue (also 5727 College Ave.)
• Reasonably priced meals that are already ready-made or can easily be warmed up in the microwave
• Some great items in their frozen section includes stir-fry, tamales, lasagna, brown rice and mixed vegetables

Safeway: 11444 Shattuck Place OR 6310 College Avenue
• Safeway offers staple foods that will allow you to stretch your budget for the entire Winter Break
• These foods include whole wheat loaves of bread, instant oatmeal, peanut butter and jelly, yogurt, lunch meat, canned tuna, cereal, milk, and frozen vegetable that can be steamed in the microwave.

Berkeley Student Food Collective: 2440 Shattuck Ave (0.8 miles from campus)
• The Berkeley Student Food Collective offers a great selection of reasonably priced local produce.

The Dollar Tree: 2440 Shattuck Ave. (1 miles from campus)
• The Dollar Tree is perfect for frozen fruits and veggies, canned tuna, instant rice, dried fruits and nuts, whole wheat bread, canned beans, instant oatmeal, and trail mix.

LOW-COST EAT OUT MEALS

Cheese N' Stuff: 2442 Durant Ave
• Cheese N' Stuff offers substantive, made-to-order sandwiches at some of the lowest prices in Berkeley

Sam's Market: 2312 Telegraph Ave.
• Sam's Market sells low-cost deli sandwiches and plates, and even has $4 breakfast burritos after 4pm!

Caffé Mediterraneum: 2475 Telegraph Ave
• Caffe Med is one of the best places in Berkeley to find substantive, well-made meals at cheap prices.

Sheng Kee Bakery: 2307 Telegraph Ave.
• Sheng Kee offers both sandwiches and savory and sweet pastries at extremely reasonable prices.

FREE MEALS IN THE COMMUNITY

<table>
<thead>
<tr>
<th>Mon-Sat</th>
<th>Mon-Fri</th>
<th>Mon, Wed, Fri</th>
<th>Wed</th>
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<tbody>
<tr>
<td>Christ Church 2138 Cedar St.</td>
<td>Dorothy Day House 1931 Center St.</td>
<td>McGee Avenue Baptist Church 1640 Stuart St. (at McGee)</td>
<td>Lutheran Church of the Cross, 1764 University Ave (at Grant)</td>
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<tr>
<td>Breakfast 7-8am</td>
<td>Breakfast 6-7am</td>
<td>Late Lunch 3pm</td>
<td>Dinner 3-6pm</td>
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<tr>
<td>Dinner 5-6pm</td>
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If you do not have any funds for food, please reach out to others if you feel comfortable doing so. Also, consider applying for a 60-day interest-free loan before the deadline on Friday, December 18. The loan can be processed in about an hour. For more information: http://financialaid.berkeley.edu/loans

You can also apply for additional food assistance at the Financial Aid Office.

For additional information: contact Tang Center’s Social Services at (510) 642-6074 or Fabrizio Mejia (Centers for Educational Equity and Excellence (Ce3) at fmejia@berkeley.edu.

UC BERKELEY FOOD PANTRY

pantry.asuc.org
Just bring Cal ID
Stiles Hall
2400 Bancroft Way
Closed 12/21-1/1, reopening Tues., 1/5
See web for exact hours

CAL DINING

Closed 12/21-1/14
Pro Shop open @ RSF on all non-holidays

See web for exact hours