

WINTER BREAK: EAT HEALTHY & STAY ON A BUDGET

Winter Break is coming right up! While some students are going home for the break, other students are staying near campus during this time.

The holidays often prove to be a particularly challenging time when campus dining halls and cafes close their doors. Thankfully, there are many options near campus that will allow you to eat healthily and stretch your budgets.



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 info on how to eat on a budget, see uhs.berkeley.edu/whatseatingyou

TIPS AND TRICKS TO HAVE IT ALL!

UC BERKELEY FOOD PANTRY

#68 MLK Student Union (Basement)

Bring your Cal ID.

See web for exact hours: pantry.asuc.org

CAL DINING

See web for exact hours:

caldining.berkeley.edu/locations/hours-operation

BEARS FOR FINANCIAL SUCCESS

Walk-in Appointments - 211 Sproul Hall

Drop in with a financial wellness peer mentor to help you understand your personal finances:

financialaid.berkeley.edu/bears-financial-success

FREE MEALS IN THE COMMUNITY

See web for more hours: uhs.berkeley.edu/foodresources

Mon-Sat	Christ Church, partnering with Dorothy Day House 2138 Cedar St.	Breakfast 7-8am
MWF	McGee Avenue Baptist Church 1640 Stuart St. (at McGee)	Lunch 12-1pm
Wednesday	Lutheran Church of the Cross, 1744 University Ave. (at Grant)	Spaghetti Dinner 3:30-5:30pm

LOW-COST GROCERY OPTIONS

Trader Joe's: 1885 University Ave. OR 5727 College Ave.

- Frozen food section recommendations: section includes stir-fry, tamales, lasagna, brown rice and mixed vegetables.

Safeway: 1444 Shattuck Place OR 6310 College Ave.

- Perfect for whole wheat bread, instant oatmeal, peanut butter and jelly, yogurt, lunch meat, canned tuna, cereal, milk and frozen vegetables you can steam in the microwave.

Berkeley Student Food Collective, foodcollective.org: 2440 Bancroft Way #102 (Across from Eshleman Hall)

- The Berkeley Student Food Collective offers a great selection of reasonably priced local produce.

The Dollar Tree: 2440 Shattuck Ave. (1 mile from campus)

- Great for frozen fruits/veggies, canned tuna/beans, instant rice/oatmeal, dried fruits/nuts, whole wheat bread and trail mix.

Berkeley Bowl: 2020 Oregon St. (1.3 mile from campus)

- Bargain produce section with bags of fruit and veggies that need to be eaten right away. It's often too much for one person, so share any extra produce with friends.

LOW-COST EAT OUT MEALS

- Cheese N' Stuff: 2442 Durant Ave.
- Sam's Market: 2312 Telegraph Ave.
- Sheng Kee Bakery: 2307 Telegraph Ave.

EMERGENCY FUNDS

Consider applying for a 60-day interest-free Emergency Loan before the deadline on **Friday, December 14, 2018:** financialaid.berkeley.edu/short-term-emergency-loan

You may also apply for additional food assistance through the Financial Aid Office. Submit an application for Additional Food

Assistance to the Financial Aid and Scholarships Office for consideration: financialaid.berkeley.edu/food-assistance-program

For additional information, contact Tang Center's Social Services at (510) 642-6074 or Ruben Canedo (Centers for Educational Equity and Excellence (CE3) at elias_canedo@berkeley.edu.