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.

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 Ave. (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 include stir-fry, tamales, lasagna, brown rice and mixed vegetables

Safeway: 1444 Shattuck Place (2 miles from campus)
- 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.

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!

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.

Berkeley Bowl: 2020 Oregon St. (1.3 miles from campus)
- Produce, produce, produce! Although Berkeley Bowl carries items that are generally on the more expensive side, their produce sections is always stocked with low-cost fruits and veggies.

FREE MEALS IN THE COMMUNITY

<table>
<thead>
<tr>
<th>Mon-Sat</th>
<th>Breakfast 6:30-8:15am</th>
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<tbody>
<tr>
<td>Sun</td>
<td>Breakfast 7:30am</td>
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<tr>
<td>Mon-Sat</td>
<td>Breakfast 5-6:30am &amp; 6:30-9:30am</td>
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<tr>
<td>Mon-Fri</td>
<td>Lunch 12-1pm</td>
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<tr>
<td>Mon, Wed, Fri</td>
<td>Dinner 3:45-5pm</td>
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<tr>
<td>Mon-Wed</td>
<td>Dinner 3:30-4:15pm</td>
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<tr>
<td>Thu-Fri</td>
<td>Dinner 5-6:30pm</td>
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<tr>
<td>Sat</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 19. The loan can be processed in about an hour. For more information: students.berkeley.edu/finaid/undergraduates/eloans.htm

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
FINALS WEEK HOURS (Dec. 15-Dec. 19)
Mon: 1-3:30pm
Tues: 9am-12pm
Wed: 9-10am
Thurs: 2-4pm
Fri: 11am-4pm