



MEAL PLANS

**FOR UNDERGRADUATE STUDENTS LIVING IN
THE RESIDENCE HALLS 2020-2021**

At Cal Dining you can purchase meal plans with the flexibility, convenience, and value you need while serving nutritious, local, and sustainable food.

Eat where you want, when you want

Cal Dining's variety of locations offer sit-down and on-the-go options. Use your meal swipes at the dining commons or as a "meal equivalency" swipe at The Golden Bear Café or Brown's. Use your flex dollars at campus restaurants, convenience stores, late night, and concession stands. You can use your flex dollars at the dining commons if you run out of meal swipes for the week. There's no daily minimum or maximum flex dollar usage.

Spend less and save more

With flex dollars, you pay less than the cash price at the dining commons—on average almost \$5 less per meal! You can also use your flex dollars for guests at a discounted rate at the dining commons. Get more for your money when you purchase add-on flex dollars— **110 flex dollars for \$100 or 55 flex dollars for \$50.**

Leave stress behind

Don't worry about grocery shopping, cooking, or washing dishes. With your busy schedule, you'll find it easy to enjoy a filling, stress-free meal. Add flex dollars or check your balances or transactions online anytime you want at ***caldining.berkeley.edu***.

THE PLANS

Meal plans include a combination of meal swipes and flex dollars. Each week a specific number of meal swipes will be available for you to use. Any unused meal swipes will expire on Saturday at midnight each week and reset for the upcoming week.

Flex dollars work on a declining balance, with half the flex dollars available for each semester. Up to 100 flex dollars roll over from fall semester to spring semester. **Choose a plan that works for you.**

ULTIMATE PLAN



&



+\$950 per year
(\$475 per semester)

GOLD PLAN



&



+\$350 per year
(\$175 per semester)

BLUE PLAN



&



Included
in housing contract

ADD-ON FLEX DOLLARS



for \$100



for \$50

PRICING FOR DINING COMMONS

MEAL:	GOLD/BLUE PLAN:	GUEST PRICE:	CASH PRICE: (WITH NO MEAL PLAN)
Breakfast	5 flex dollars	7 flex dollars	\$10
Lunch/Brunch	6 flex dollars	8 flex dollars	\$13
Dinner	7 flex dollars	9 flex dollars	\$14

For full terms and conditions, visit: caldining.berkeley.edu



Enjoy local, organic, humane, and farm-to-fork food

Cal Dining makes sure the food is coming from a good place by partnering with farms and businesses to use ingredients that are locally grown, humanely-treated, and environmentally and socially responsible. Cal Dining creates plant-forward menus, serving humanely-raised chicken and eggs, organic tofu, and produce grown from the campus gardens.

Eat sustainably and nutritiously

At Cal Dining you'll be served great food that happens to be nutritious and sustainable. Cal Dining is leading the way when it comes to sustainable food and business practices, and promoting nutrition.

Explore dietary options and advice

Whether you have a food allergy, gluten intolerance, religious dietary restrictions, or you seek guidance with your food choices, Cal Dining is here to help. Menus identify key ingredients, including major food allergens, and highlight vegan and vegetarian selections. Kosher and Halal options are available at all the dining commons upon request. Cal Dining's registered dietitian is available to provide personal advice for your nutrition and well-being needs. **Email at dietitian@berkeley.edu.**

Eat responsibly

When you eat with Cal Dining, your food won't go to waste. Cal Dining reduces waste by composting, recycling, and donating overproduced food daily to local food pantries.

CAL DINING LOCATIONS



Use your meal swipes at the dining commons or as a “meal equivalency” swipe at The Golden Bear Café or Brown’s.

Use your flex dollars at all Cal Dining locations.



caldining.berkeley.edu

Dining Commons:

1. Café 3
2. Clark Kerr
3. Crossroads
4. Foothill

Convenience Stores:

5. Bear Market
6. CKCub
7. The Den
8. Cub Market

Campus Restaurants:

9. Brown’s
10. Common Grounds
11. Terrace Café
12. The Golden Bear Café
13. The Pro Shop at RSF

Concession Stands:

14. California Memorial Stadium
15. Edwards Track
16. Evans Diamond
17. Haas Pavilion
18. Levine-Fricke Field
19. Witter Rugby Field