



# OFF CAMPUS MEAL PLANS

**FOR UNDERGRADUATE STUDENTS LIVING IN OFF-CAMPUS HOUSING OR UNIVERSITY-OWNED/AFFILIATED APARTMENTS & FOR GRADUATE/EXTENSION STUDENTS 2022-2023**

At Cal Dining you can purchase meal plans by semester 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 flex dollars at the dining commons, campus restaurants, and convenience stores. You can also use your flex dollars for guests.

## **Spend less and save more**

With flex dollars, you pay less than the cash price at the dining commons—on average about \$4 less per meal! 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, check your balances or transactions online anytime you want at [caldining.berkeley.edu](https://caldining.berkeley.edu).

## SEMESTER PLANS

There are meal plans with flex dollars or meal plans with a combination of swipes and flex dollars.

Flex dollars function like cash dollars and work on a declining balance. Meal swipes provide a specific number of swipes each week. Any unused meal swipes will expire on Saturday at midnight each week and reset for the upcoming week. **Choose a plan that works for you.**

### FLEX DOLLAR MEAL PLANS

STANDARD PLAN	PREMIUM PLAN	PLATINUM PLAN
<b>250</b> FLEX DOLLARS per semester  about  <b>1-2</b> MEALS PER WEEK depending on use	<b>525</b> FLEX DOLLARS per semester  about  <b>2-3</b> MEALS PER WEEK depending on use	<b>800</b> FLEX DOLLARS per semester  about  <b>3-4</b> MEALS PER WEEK depending on use
<b>\$250 per semester</b>	<b>\$500 per semester</b>	<b>\$750 per semester</b>

### MEAL SWIPES AND FLEX DOLLARS MEAL PLANS

ADVANTAGE PLAN	BLUE PLAN	GOLD PLAN	ULTIMATE PLAN
<b>5</b> MEAL SWIPES per week 1 per meal period  +  <b>250</b> FLEX DOLLARS per semester	<b>12</b> MEAL SWIPES per week 1 per meal period  +  <b>300</b> FLEX DOLLARS per semester	<b>10</b> MEAL SWIPES per week 1 per meal period  +  <b>500</b> FLEX DOLLARS per semester	<b>UNLIMITED</b> MEAL SWIPES per week 1 meal swipe every 30 minutes per meal period  +  <b>500</b> FLEX DOLLARS per semester
<b>\$1,095</b>	<b>\$2,860</b>	<b>\$3,070</b>	<b>\$3,380</b>

ADD-ON  
FLEX DOLLARS



for \$100



for \$50

For full terms and conditions, visit: [caldining.berkeley.edu](http://caldining.berkeley.edu)

### PRICING FOR DINING COMMONS

MEAL	MEAL PLAN AND FRIENDS & FAMILY PRICE	CASH PRICE
Breakfast	<b>8 flex dollars</b>	\$11
Lunch/Brunch	<b>9 flex dollars</b>	\$13
Dinner	<b>10 flex dollars</b>	\$15

### 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 that 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 [dietitian@berkeley.edu](mailto: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 plan at all Cal Dining locations.  
Find out what's open across campus at  
[caldining.berkeley.edu/locations](http://caldining.berkeley.edu/locations).

## 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. The Golden Bear Café
11. The Eateries at Student Union
12. The Pro Shop at RSF