

A photograph of a young woman with dark hair, wearing a grey jacket over a blue shirt with a yellow "Cal" logo, smiling as she serves herself food from a buffet line. In the background, other students and a white coffee cup are visible.

ON CAMPUS MEAL PLANS

**FOR UNDERGRADUATE STUDENTS LIVING IN
THE RESIDENCE HALLS 2022-2023**

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 participating locations. Use your flex dollars at campus restaurants, convenience stores, and at the dining commons if you run out of meal swipes for the week.

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! You can also use your flex dollars for guests. 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.

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. Meal swipes may only be used by the meal plan holder. Flex dollars work on a declining balance, with half the flex dollars available for each semester. Flex dollars will roll over from the fall to spring semester. **Choose a plan that works for you.**

CURRENT PLAN

BLUE PLAN

12 MEAL SWIPES
per week
1 per meal period

&

600 FLEX DOLLARS
300 per semester

INCLUDED
in your housing contract

UPGRADE OPTIONS

GOLD PLAN

10 MEAL SWIPES
per week
1 per meal period

&

1000 FLEX DOLLARS
500 per semester

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

ULTIMATE PLAN

UNLIMITED MEAL SWIPES per week
1 meal swipe every
30 minutes per meal period

&

1000 FLEX DOLLARS
500 per semester

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

**ADD-ON
FLEX
DOLLARS**

110
FLEX DOLLARS

for \$100

55
FLEX DOLLARS

for \$50

PRICING FOR DINING COMMONS

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

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