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.
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.

<table>
<thead>
<tr>
<th>MEAL</th>
<th>MEAL PLAN AND FRIENDS &amp; FAMILY PRICE</th>
<th>CASH PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>8 flex dollars</td>
<td>$11</td>
</tr>
<tr>
<td>Lunch/Brunch</td>
<td>9 flex dollars</td>
<td>$13</td>
</tr>
<tr>
<td>Dinner</td>
<td>10 flex dollars</td>
<td>$15</td>
</tr>
</tbody>
</table>

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.

For full terms and conditions, visit: caldining.berkeley.edu
FOR UNDERGRADUATE STUDENTS LIVING IN THE RESIDENCE HALLS  2022-2023

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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