Shopping on a budget

- Plan meals for the week and make a shopping list before heading to the store
- Cook large batches and portion and/or freeze into single serving containers
- Limit eating out & convenience foods
- Use coupons and buy generic products
- Buy items on sale and in bulk
- Shop seasonally
- Buy frozen or canned fruits & vegetables

Low Cost Nutritious Foods

**Vegetables**
- Potatoes or Yams
- Carrots
- Canned Corn
- Winter Squash
- Frozen Vegetables
- Cabbage

**Fruit**
- Apples
- Oranges
- Bananas
- Pears

**Grains**
- Rice
- Oatmeal
- Whole Wheat Pasta
- Barley
- Cereal
- Whole Grain Bread

**Protein**
- Eggs
- Tofu/Edamame
- Canned Tuna
- Beans/Lentils
- Chicken
- Peanut Butter
- Tofu/Edamame
- Canned Tuna
- Beans/Lentils
- Chicken
- Peanut Butter

Additional Resources

- www.whatscooking.fns.usda.gov
- www.choosemyplate.gov/budget

The Division of Student Affairs aims to create a campus environment where all students can be healthy, successful & engaged.

In collaboration with the Center for Health and Wellbeing, the Office of Student and Community Relations, and UVM Dining.
What is food insecurity?
The lack of access to enough food to fully meet basic needs at all times due to lack of financial resources. You may be food insecure if the quality, variety, and quantity of food you are able to afford is insufficient.

How does it impact health?
Food insecurity has a negative impact on your education. Worrying about financial insecurities can impact your focus & ability to complete work.

Food insecurity often leads to negatively changing your eating habits, including eliminating food groups, eating less than you need, or skipping meals. Not eating enough can lead to a lack of concentration, irritability, and low energy levels.

Why is hunger on college campuses an increasing issue?
Food insecurity is a growing issue due to rising tuition costs, low and stagnant wages, and the high cost of living.

You’re not alone. According to recent surveys at UVM, between 20-25% of UVM students are food insecure. Nationally, according to a 2016 study, up to 50% of college students are food insecure.

If you live on campus, the unlimited meal plan guarantees meals all semester. If on the retail points plan, you must budget your points for the semester. This plan is not intended to cover meals for the entire semester. You may switch meal plans during the first two weeks of every semester. Please call the Meal Plan Office at 802-656-2945 if you have further questions.

Having trouble affording food?
At UVM we are committed to your success. These CAMPUS RESOURCES may help.

Swipe Out Hunger
Students may go to the following offices to enroll in the Swipe Out Hunger program. This program is intended for short-term assistance until a more sustainable plan can be put into place. Students in need may receive up to 14 meal swipes per academic year, to be used in the unlimited dining halls.

Advising Center (1st floor Davis Center)
Talk with a peer advisor about your concerns.
Phone: (802) 656-3350 | www.uvm.edu/academicsuccess

Center for Health & Wellbeing
Offers a wide variety of resources including health care, mental health services and wellness outreach and education.
Phone: (802)656-3350 | www.uvm.edu/~chwb

Financial Aid Office
Assistance with financial aid and work study.
Phone: (802) 656-5700
www.uvm.edu/studentfinancialservices

Office of Student & Community Relations
Provides resources for navigating life off campus.
Phone: (802) 656-9405 | www.uvm.edu/oscr

TRIO Student Support Services
Provides services and resources to low income and 1st generation students.
Phone: (802) 656-4075

UVM Dining Campus Dietitian
Nutrition counseling services and assistance with budgeting your meal plan.
Phone: (802) 656-3566 | www.uvmdining.com

RESOURCES AROUND BURLINGTON

3SquaresVT (SNAP Benefits)
Provides a declining balance card debit to purchase groceries at local stores.
(800) -479-6151
www.vermontfoodhelp.com

Chittenden Emergency Food Shelf
Feedingchittenden.org
Hot meals: Monday-Friday 6:30am-9:30am
Sunday 8:30am-11:00am
Food Shelf: Monday-Friday 9:00am-4:00pm
(802) 658-7939
228 North Winooski Ave., Burlington, VT

City Market
Offers member discounts & free/low cost classes
(802) 861-9700
www.citymarket.coop

Hunger Free Vermont
Provides resources for individuals and families struggling with with food insecurity.
www.hungerfreevt.org

Joint Urban Ministry Project
Food Pantry & voucher assistance
Tuesday-Friday 9:00am-12:00pm
(802) 862-4501
38 South Winooski Ave., Burlington, VT

Salvation Army
Hot meals: Monday-Saturday 5:00pm-6:00pm
(802) 864-6991
64 Main Street, Burlington, VT

Vermont Foodbank
Provides resources, including an interactive search tool to find food pantries near you.
www.vtfoodbank.org