On and Off Campus Resources

Career Center

The Career Center offers:

- Career Advising
- Career Assessment
- Career Counseling
- Helps with choosing a major
- 4 year career planning
- Resume Building
- And more....

SU 80, Room 220
Phone: (561) 297-3533
Email: career@fau.edu
Office Hours:
Mon.- Thu. 8 a.m. - 6 p.m.; Fri. 8 a.m. - 5 p.m.
Same-Day Career Advising Hours:
Mon.- Thu. 1 p.m. - 4 p.m.
http://www.fau.edu/cdc/

Tips for Veterans from the Career Center:

⇒ Visit the Career Center early on to get you going in the right direction
⇒ Upload your resume into OWL Career Link
⇒ Drop in during Same Day Career Advising hours to get quick answers to your initial questions
⇒ Pick up free Career Success Guide and our events bookmark
⇒ Attend Career Development Center events such as Career Fair 101, Career & Technical Fair, and Professional Graduate School Day
⇒ Meet with a career advisor for assessments, internships, and to apply for graduate and professional schools, or full time jobs
http://www.fau.edu/cdc/students/veteran/

Finding a Job on or off Campus

For Student Employment Jobs on Campus:
https://jobs.fau.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1446495633695

New Users:
1) Click Search postings link at the left
2) To apply for a job, click the Create Application link at left, then follow the directions
**Select student for position type** to search for all on-campus jobs.

Returning Users:
1) Click Login, and enter your username and password (If you don't remember your username or password, there is an 'I Forgot My Username/Password' link on the Login page to help you). This enables you to:
⇒ Edit your existing application.
⇒ Apply to new jobs without re-entering your application information.
⇒ Review the status of positions you have applied to.

Also search jobs for on and off Campus at:
1) Owl Career Link: http://www.fau.edu/cdc/OCL_instruction.php
2) "Get a JOB!" Database: https://www.myinterfase.com/fau-se/Account/LogOn?ReturnUrl=%2ffau-se%2fstudent%2f

For additional information (Transition Assistance Program, Resources & Forms, and Family Resources), visit the Military and Veterans Affairs Office: http://www.fau.edu/vets/index.php. Contact Michael Giallombardo, Director, at mgiallom@fau.edu.
Student Accessibility Services

The **Student Accessibility Services** office, formerly Office for Students with Disabilities, provides academic support services including advocacy, academic accommodations, Assistive Technology equipment/software training, Assistive Technology Computer Lab, Learning Strategies training, and an active student organization.

**Student Support Services (SU), Room 133**

Phone: *(561) 297-3880*

[http://www.fau.edu/osd/](http://www.fau.edu/osd/)

Monday–Thursday: **8 a.m. - 6 p.m.**

Friday: **8 a.m. - 5 p.m.**

Saturday and Sunday: Closed

Counseling and Psychological Services (CAPS)

[http://www.fau.edu/counseling/](http://www.fau.edu/counseling/)

**Feeling distressed and need to talk?**

**CAPS Crisis Line**

**561-297-3540**

Student Health Services

The best-in-class accredited medical care for registered FAU Students. Services serve as a primary care solution to all FAU commuter and residential students.

**Student Services Building (SS W), Room 240**

[http://www.fau.edu/shs/](http://www.fau.edu/shs/)

For hours of operation and additional information visit website

*For Nutrition Services, contact Etty Baker, RD bakere@fau.edu or *(561) 297-2276*

Website: [www.fau.edu/shs/services/nutrition.php](http://www.fau.edu/shs/services/nutrition.php)

Owls Care Health Promotion

**Owls Care Health Care Promotion** offers assistance for:

- Stress Management
- Healthy Lifestyles
- Sexual Health
- Sexual Assault Prevention
- Healthy Relationships
- Bystander Intervention
- And more.....

**Student Services Building (SS #8), Room 222**

(2nd Floor above the Breezeway Food Court)

Phone: *(561) 297-1048*

[http://www.fau.edu/owlscare/](http://www.fau.edu/owlscare/)

Monday - Friday: **8 a.m. - 5 p.m.**
Victim Services

 Victim Services of Palm Beach County can be reached at:
 (561) 355-2418

24 Hour Crisis Hotline: (866) 891-1772

Assist victims of sexual assault, domestic violence, homicide and other violent crimes through crisis response, advocacy, therapy and community awareness.

http://www.pbcgov.com/publicsafety/victimservices/

Campus Police

For all emergency calls regardless of campus, dial 9-1-1.

Boca Campus: (561) 297-3500
Building 69 (Campus Operations)
Telephone Device for the Deaf: (561) 297-2390

http://www.fau.edu/police/contact.php

Supplemental Instruction: Provides peer-facilitated group study sessions for students enrolled in large, high-risk courses (30% D, F, and withdrawal rate).

⇒ SI Review Session Schedule:
http://www.fau.edu/class/sj/schedule.php

Owl-to-Owl Tutoring: Housed in General Classroom South, 2nd Floor, provides FREE group tutoring by peer tutors in content area courses.

⇒ Make Appointments here:
//faasadvisor.fau.edu/TracWeb40/Default.html

E tutoring: Free eTutoring for FAU students enrolled in some of FAU’s most difficult online courses.

⇒ ETutoring Schedule:
http://www.fau.edu/esuccess/etutoring.php

University Center for Excellence in Writing
General Classroom South (GS-2) Room 215
(561) 297-3498
http://www.fau.edu/ucew/

Writing Consultations:
• Understand assignments
• Generate and clarify ideas
• Flesh out weak or biased arguments
• Understand documentation and citation practices
• Develop strategies for identifying patterns of error that can be tracked and proofread for conformity to American academic English
• Provide expert perspectives for creative projects

⇒ Make Appointments here:
//faasadvisor.fau.edu/TracWeb40/Default.html

Math Learning Center
General Classroom South, Room 211
http://www.math.fau.edu/MLC/

Created to help FAU students develop their math problem solving skills so they have the confidence and ability to solve math problems on their own.

Free drop-in Group Tutoring:
Monday - Thursday: 9 a.m. - 6 p.m.
Friday: 9 a.m. - 4 p.m.
Boca Helping Hands
Remillard Family Resource Center
1500 NW 1st Court
Boca Raton, FL 33432
E-Mail: info@bocahelpinghands.org
Phone: (561) 417-0913
http://www.bocahelpinghands.org/home
CLOSED: Sundays, New Year’s Day, Memorial Day, July 4th, Labor Day, Day after Thanksgiving, and Christmas Day

Please present your Owl Card to receive hot meals or enroll in the pantry program.

Food Center Programs
Lunch served Mondays - Saturdays, 11 a.m. - 12:30 p.m.
Family Night Dinner served Thursdays, 4:30 - 6 p.m.
Pantry Program Registration (Palm Beach County Residents Only): Monday - Friday, 9:30 - 11:30 a.m.

Job Training
Esperanza Catering at Boca Helping Hands:
http://www.bocahelpinghands.org/Social_Enterprise-Esperanza_Catering_at_BHH

Boca Helping Hands provides food and emergency assistance to meet basic human needs and long-term solutions to break the cycle of dependence:
- Food Center
- BHH Backpack
- Job Mentoring
- Job Training: Esperanza Catering at Boca Helping Hands
- Catering: Esperanza Catering at Boca Helping Hands
- Boca Helping Hands Home Health Care Training
- CDL Commercial Truck Driver Training
- ESOL CLASS
- Resource Center
  Children's Assistance Program (CAP)
Bus Route from Florida Atlantic University to Boca Helping Hands:

Please present your Owl card to receive the Hot Lunch Meal Program

1. Palm Tran bus stop is located in front of FAU Administration Bldg. (Bldg. AD 10)
2. Take Bus 94 to Glades Road at N. Dixie Highway bus stop.
3. Boca Helping Hands is 0.2 miles from this stop.
   ◦ Walk west on Glades Rd. toward NW 1st Ct.
   ◦ Turn right onto NW 1st Ct.
   ◦ Boca Helping Hands will be on your right

*Bus Full Fare: $2.00 (one-way)
*Half/Reduced Fare: $1.00 available to students under 21, disabled, Medicare, and Veteran’s administration (one-way)

For additional information: http://www.pbcgov.com/palmtran/maps_schedules/rt94.htm
Driving & Walking Routes from Florida Atlantic University to Boca Helping Hands:

Please present your Owl card to receive the Hot Lunch Meal Program

From Florida Atlantic University to Boca Helping Hands via NW 20th St:
1. Head east on NW 20th St toward Dixie Highway
2. Turn right onto NW 1st Ct
3. Boca Helping Hands will be on the left (0.3 miles)
211 is an easy to remember 3-digit number for the residents of Palm Beach, Martin, St. Lucie, Indian River, and Okeechobee Counties to access crisis intervention and suicide prevention services, information, assessment, and referral to community services. 211 helpline and crisis line are available to individuals of all ages and are free, confidential, and available 24/7.

2-1-1 Broward connects people with community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database.
Assistance Programs

- The **Food Assistance Program** helps individuals and families purchase nutritional foods needed to maintain and promote good health.

- The **Temporary Cash Assistance** program provides financial assistance to pregnant women in their third trimester and families with dependent children to assist in the payment of rent, utilities and other household expenses.

- The **Medicaid Program** provides medical assistance to individuals and families to cover or assist in the cost of services that are medically necessary.

The ACCESS Florida system allows customers to connect with their public assistance programs through the online application and MyACCESS Account.

**Apply for assistance at:** [http://www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)

**Find your local Customer Service Center:** [http://www.dcf.state.fl.us/programs/access/map.shtml](http://www.dcf.state.fl.us/programs/access/map.shtml)

**Food Assistance Fact Sheet:** [http://www.dcf.state.fl.us/programs/access/docs/fafactsheet.pdf](http://www.dcf.state.fl.us/programs/access/docs/fafactsheet.pdf)

**Link to work requirements:**
[http://www.myflfamilies.com/service-programs/access-florida/abawdfaq](http://www.myflfamilies.com/service-programs/access-florida/abawdfaq)

**Find out if you are eligible:**
[https://dcf-access.dcf.state.fl.us/access/scrflaiewelcome.do?performAction=init&showMensaje=true](https://dcf-access.dcf.state.fl.us/access/scrflaiewelcome.do?performAction=init&showMensaje=true)

**Customer Call Center:** (866) 762-2237

**Agents available:** 8 a.m. - 5 p.m., Monday - Friday
Additional Resources in Broward County

*Please call all sites before arriving to verify availability*

**All Saints Catholic Mission:** Committed to feeding the community of Broward County. Soup kitchen open daily which serves breakfast and dinner.

3460 Powerline Rd,
Fort Lauderdale, FL 33309
(954) 801-8283
Daily, 4:00 pm -5:00 pm
http://www.allsaintsmission.org/

**Austin Hepburn Senior Mini Center:**
750 NW 8th Avenue
Hallandale Beach, FL 33009
954.457.1460
Food Pantry 8:00 am- 5:00 pm, or emergency as needed
(Hallandale Beach, Hollywood, Pembroke Park, West Park, Dania Beach and Miramar)

**Christian Love Fellowship Church :**
801 SE 10th Street
Deerfield Beach, FL 33431
954.428.8980
Food Pantry- Mon, Wed, Fri 10:30 am – 2:00 pm (Identification Required) Call for groceries.
http://www.clfdeerfield.com/

**EASE Foundation:** A food pantry serving Broward County. EASE’s purpose is to aid those qualified residents, on a one time basis, that are in need of temporary emergency assistance. Their objective is to help those in need to ease their way back into a self-sustaining, productive life. Their focus is to prevent homelessness, but we also reach out to the homeless with food, clothing and hygiene supplies. Requirements include: SSC, driver's license, utility bill, appointment, and an economic need for food assistance. Contact Linda Owen.

6901 Orange Drive, Davie, FL – 33314
Pantry hours: Monday-Friday 10 am-4 pm
(954) 797-1077
http://www.easefoundation.org/index-1.html

**Gateway Community Church:** Services offer the provision of food, either weekly or bi-weekly, to those who are hungry. Volunteer interviewers meet with clients and complete intake forms that help identify the services that may be needed. We provide food immediately, and at some sites we provide clothing that has been donated. Food satellites are in the following cities: Coral Springs, Davie, Deerfield Beach, Green Acres (Palm Beach), Lauderhill, and Pompano. We serve the less fortunate throughout Gateway’s eight satellites centers in Broward County and Palm Beach County.

291 S.E. 1st Terrace Deerfield Beach, FL 33441
Office Hours: Monday-Friday 8:30 am-4:30pm
gatecomm291@aol.com
(954) 725-8434
http://gcoflorida.org/programs.html
*Please call all sites before arriving to verify availability*

**Haitian Evangel Evangelical Baptist Church:**

153 NW 12th Street  
Pompano Beach, Florida 33060  
Tel: 954.479.7113  
Free Food Pantry: Tuesdays: 11 am- 12 pm (Pompano Residents only)  
Hours of facility -10 am -2:00 pm (W& F)

**Hope Outreach Center Inc.:** Committed to Helping Other People Every day. Many programs and services offer a hand to people who are unable to make ends meet due to job losses, disabilities, health crises, and other emergencies. Emergency services include a Food Pantry, Partial Financial Assistance, Employment Assistance programs, and more.

4700 SW 64th Ave, Suite A. Davie, FL 33314  
(954) 321-0909  
info@hopeoutreachfl.org  
http://hopeoutreachfl.org/

**Hope South Florida:** provides meals for 150-200 men, women, and children at least five days every weekly with the help of 6 other churches. Please call for more information.

5110 N Federal Highway, #102,  
Fort Lauderdale, 33318  
954-566-2311  
http://hopesouthflorida.org/

**International Faith Christian Fellowship:**

4351 W Oakland Park Blvd  
Fort Lauderdale, FL 33313  
(954) 394-7839  
Food Pantry: Every Saturday 10:00 am  
http://www.ifcfchurch.org/

**Jubilee Center of South Broward, Inc.:** Serves a nutritious lunch to approximately 150 people each day. Lunch is served at 11:00AM. The Kitchen is staffed by volunteers from several area churches and many other groups. Volunteers begin their day at 9:00AM, preparing the food, setting the tables, and arranging the serving line. When the doors open, they serve a nourishing meal of protein, vegetables, and beverage to all who come. Much of the food is donated by many area churches, synagogues, civic groups and dedicated individuals, but a good deal must be purchased from food banks and wholesalers.

2020 Scott Street, Hollywood 33020  
Hours: Monday-Friday 11am-12pm (soup kitchen)  
954-920-0106  
http://www.jubileecenterbroward.org/soup.html
*Please call all sites before arriving to verify availability*

**Liberia Economic and Social Development Corporation:**

3220 N 24th Avenue  
Hollywood, FL 33022  
954.924.3635  
Food Pantry Tues- Thurs 9:30 am- 12 pm (Hollywood, FL Residents only)

**LifeNet4Families:** LifeNet4Families offers daily, hot, nutritious meals in our community kitchen. While mainly serving Broward's ever-expanding homeless population, the dining room is also the place where hungry families can visit during the summer when no school meals are available. The community kitchen is open to anyone who is in need. LifeNet4Families expanded to include a carry away lunch. Currently, we are distributing about 200 sandwiches or lunch packs each day.

One NW 33rd Terrace, Lauderdale FL 33311  
Community Kitchen hours: Mondays-Saturdays 8:30am – 11 am; Sunday: 11 am-12 pm  
Emergency Food Pantry: Monday-Friday: 11:30-3 pm  
(954) 792-2328  
E: support@lifenet4families.org  
https://www.lifenet4families.org/portal/our-programs

**Our Father’s House Soup Kitchen:** Hot and cold meals, case management, and shelter for the homeless and very low income.

2380 Martin Luther Boulevard  
P.O Box 70  
Pompano Beach, FL 33061  
954.968.7550  
Soup Kitchen & Food Pantry  
Lunch: Mon- Fri, 11:30 am -12:55 pm  
http://www.ofhsoupkitchen.org/

**Pentecostal Gospel Temple Ministries**

767 State Road 7  
Margate, FL 33068  
954.979.9999  
Food Pantry: Tue, Wed. 9:30 am – 3:00 pm

**Poverello:** Provides life-saving food and basic life essentials to Broward County youth, women and men living with HIV/AIDS, who are at or below poverty level. Poverello is one of the largest special needs food pantries in our region and one of the only ‘consumer choice’ pantries in the country. You must be HIV +, a resident of Broward County, show proof of residency, and proof of your income. Bring all the right documents to your appointment.

2292 Wilton Drive  
Wilton Manors, FL 33305  
954.561.3663  
Food Pantry Location: 2056 N. Dixie Highway, Wilton Manors, FL 33305  
Food Pantry Hours: 9 am - 3 pm Monday through Friday  
Saturday hours, 9 am - 12 noon, are available for those working or in school (proof of employment or school necessary). The pantry is closed on Sunday.
Salvation Army: A leading charity organization in Broward County: Service includes free food, groceries, and holiday meals. Other assistance can help pay bills, medical expenses, or rent. A thrift store may have diapers, baby supplies, clothing and hygiene items.

1445 W Broward Boulevard
Fort Lauderdale, FL 33312
Tel: 954.524.6991  Ext 308
Food Pantry, Mon- Fri, 8am-5 pm

Seventh –Day Adventist Church of Fort Lauderdale

850 W Davie Boulevard
Fort Lauderdale, FL 33301
Tel: 954.523.8334
Food Pantry: Tue. 11:00 am- 1:30 pm
http://fortlauderdale22.adventistchurchconnect.org/

Soref JCC (WECARE Food Pantry): The WECARE community outreach program operates a food pantry that provides approximately 3,500 bags of groceries each year to our neighbors in need regardless of race, religion, age, gender or nationality. WECARE receives generous donations year round from caring individuals, organizations, schools, synagogues and businesses in our community. Thanks to United Way of Broward County, they are also able to distribute fresh produce to needy people through Project Lifeline.

6501 West Sunrise Boulevard, Plantation, FL 33301
Food pantry service hours: Mondays-Fridays 8am - 6pm (Call to make appointments)
Monday, Wednesdays and Fridays 1:30pm - 3:30pm (Food pick up by appointment only)
Contact: Susan Baigelman
(954) 792-6700
sbaigelman@sorefjcc.org
http://www.sorefjcc.org/wecare/wecare-food-pantry/

St. Ambrose Catholic Church:

380 S Federal Highway
Deerfield Beach, Florida 33431
Tel: 954.427.2225
Food Pantry: Thursdays 9 am- 10 am (Just Deerfield Beach Residents)
http://stambrosedeerfieldbeach.com/

St. Bonaventure Catholic Church:

1301 SW 136th Avenue
Davie, Florida 33325
Tel: 954.424.9504
Food Pantry (Only for Davie Residents)
http://home.stbonaventurechurch.com/
http://church.stbonaventurechurch.com/
*Please call all sites before arriving to verify availability*

**St. Laurence Chapel:**

1698 Blount Road  
Pompano Beach, FL 33069  
954.972.2958  
Soup Kitchen  
Breakfast: Mon. - Fri. 8:30 am - 9:30 am  
Lunch: 12:30 pm

**Sunrise Senior Center:**

10650 W Oakland Park Boulevard  
Sunrise, Florida 33351  
Tel: 954.746.3670  
Food Pantry, Mon- Fri, 8:30 am – 4:30 pm  
Sunrise Residents only

**Temple Beth Orr:**

2151 Riverside Drive  
Coal Springs, Florida 33071  
Tel: 954.753.3232  
FAX: 954.753.2559  
Food Pantry Hours: Tuesday 10 am -12 pm  
(Food Packages once a month; Identification required)  
Also have holiday meals and gifts.
Additional Resources in Palm Beach County

*Please call all sites before arriving to verify availability*

**Community Action Programs:** Community Action distributes non-perishable food items to low income families on a regular basis. Included are: rice, beans, apple sauce, macaroni and canned fruits and vegetables. Surplus fresh fruits and vegetables are available during peak farming season. Has various locations throughout Palm Beach County. Must reside in Palm Beach County and meet poverty income guidelines to be eligible.

6415 Indiantown Road, Jupiter, FL 33450
Food pantry hours: Monday-Friday 8:30 am-5pm
(561) 694-5471
http://www.pbcgov.com/communityservices/programs/communityaction/services/food.htm

Palm Beach County Food Reference Guide

**C.R.O.S Food Programs:** There are seven community food pantries, located in low-income communities in Palm Beach and Martin Counties, distribute food to families and individuals. Two of the food pantries are open five days a week. The others are open one to three days a week.
http://crosministries.org/more.php?CROSpagename=programscontent1_more

- **Delray Beach Food Pantry**
  Neighborhood Resource Center (NRC)
  141 SW 12th Ave., Delray Beach, FL 33444
  Hours of Operation: Monday-Friday 12pm-3pm
  (561)-243-7634.

- **Jupiter Food Pantry**
  El Sol, Jupiter's Neighborhood Resource Center
  106 Military Trail, Jupiter, FL 33458
  At the southwest corner of Indiantown Road and Military Trail.
  Use main entrance on east side.
  Hours of Operation: Tuesday and Friday 2pm – 4pm

- **Lake Worth Food Pantry**
  Our Savior Lutheran Church
  1615 Lake Ave., Lake Worth, FL 33460
  Hours of Operation: Monday–Friday 11am – 2pm

- **Lighthouse Food Pantry**
  Community United Methodist Church
  401 SW 1st Street, Belle Glade, FL 33430
  Hours of Operation: Tuesday and Thursday 1pm – 3:30pm
  ACCESS Program (Western Communities): (561) 755-2495
  To make an appointment for assistance applying for SNAP (food stamps), Medicaid, and cash assistance.

- **Riviera Beach Food Pantry**
  The Port Center, 2nd Floor
  2051 Martin Luther King, Jr. Blvd. Riviera Beach, FL 33404
  SW corner of W. 8th Street/MLK Jr. Blvd. & Congress
  Hours of Operation: Monday, Wednesday, and Friday 9:30am – 11:30am

- **West Palm Beach Food Pantry**
  Urban League Community Service Center
  2107 North Tamarind Ave., West Palm Beach, FL 33407
  Hours of Operation: Fridays 10am – 11:30am
Family Promise of South Palm Beach County: Transitions families experiencing homelessness to sustainable independence and financial stability. Family Promise of South Palm Beach County is an interfaith organization that depends on 1200 active volunteers representing 19 congregations to accomplish its objectives of providing temporary shelter, food, financial management training, family counseling, access to transportation, educational scholarship funding and a formal long-term mentoring program to ensure successful life transitions for its clients.

840 George Bush Blvd. Delray Beach, FL 33483  
(561) 265-3370  
http://www.familypromisespbc.org/

Feeding South Florida: Feeding South Florida is committed to transforming lives by providing immediate access to nutritious food through their partnering agencies, leading hunger and poverty advocacy efforts, and through innovative programming and education. Although providing nutritious food is vital to ensure a healthy lifestyle, it is just the first step. In order to break the cycle of hunger and poverty, they assist and guide families and individuals towards a path of self-sufficiency.

At the Emergency Benefits and Services Center, clients can receive assistance with all benefits program applications including:

- SNAP (Food Stamps)
- TANF (Cash Assistance)
- Florida KidCare (State Children’s Health Insurance Program)
- Medicaid
- Use computers, phones, faxes, and copiers to apply for government benefits, in complete privacy
- Receive referrals to food pantries or soup kitchens in their zip code for on-going support
- Access an emergency food box for immediate hunger relief

Main Warehouse  
2501 SW 32 Terrace, Pembroke Park, FL 33023  
(954) 518-1818  
Business Hours: Monday - Friday, 8AM -5PM  
contact@feedingsouthflorida.org  
http://feedingsouthflorida.org/our-programs/emergency-services/

West Palm Beach Warehouse  
426 Claremore Drive, West Palm Beach, FL 33401  
(561) 659-5070  
Business Hours: Monday - Friday, 8AM -5PM
Metropolitan Community Church of The Palm Beaches (MCCPB): Food Pantry provides groceries to anyone in need, regardless of religious affiliation; we currently provide food for approximately 1,500 people each month. The pantry is located in the church building and is entirely staffed by volunteers; most of the financial support comes from donations from the MCCPB congregation and friends in our community. The pantry is closed whenever there is a fifth Wednesday in the month to give our volunteers a chance to rest. Donations are gladly accepted and appreciated. Food donations are collected anytime and can be dropped off at the church office.

4857 Northlake Blvd. Palm Beach Gardens, FL
Pantry hours: Wednesday 1pm-4pm
(561)-775-5900
foodpantry@mccpalmbeach.org
http://www.mccpalmbeach.org/ministries.html
How to EAT RIGHT when money’s tight!

A Shopper’s Guide to Healthier Eating on a Budget

1) PLAN A FOOD BUDGET
   Keep track of the amount of money you spend on food for 1 week and then multiply by 4. This is your budget for the entire month.

2) TAKE INVENTORY
   Check your refrigerator, freezer and cupboards for foods you have on hand. This will keep you from buying food you don’t need.

3) CHECK THE ADS
   Watch for sale items. Buy extra “staple” foods when the price is low. These are foods that store well, like peanut butter, pasta sauce, canned tuna, beans, and grains, like rice and oatmeal.

4) MAKE A SHOPPING LIST
   Plan meals ahead for the week and stick to your list by purchasing only the ingredients you will need. Left-overs are great for lunch or a quick dinner.

5) TRY STORE BRANDS
   The store brand or generic brand almost always costs less, and usually tastes the same. In fact, they often use the very same ingredients.

6) USE UNIT PRICING
   The “unit price” of a food is the price per pound or per ounce. This helps compare food items of different weights. The tag on the shelf should tell you the total price and the unit price — this way, you can get the best deal.

7) BE AWARE OF MARKETING TECHNIQUES
   The following are ways to get you to spend more money:
   • End of aisle displays
   • Items at checkout counter
   • Sweet cereals at eye-level
   • Food samples in the store

8) COMPARE PRICES
   Compare prices of fresh, frozen and canned vegetables and fruits. Canned and frozen are sometimes less costly and an easy way to get in your recommended 5 daily servings of these.

9) BUY FRESH VEGETABLES AND FRUITS IN SEASON
   Veggies and fruits are at their cheapest when they are in their growing season. Look for specials at the store and your local farmer’s market.

10) EAT BEFORE YOUR SHOP
    Shopping when you’re hungry can cause you to purchase more than you need. Have a snack or meal beforehand.

11) VARY YOUR PROTEIN
    Meats can be expensive and high in fat. Consider some meatless meals and try beans, lentils, eggs or tofu. These protein sources are typically lower cost.

12) DOUBLE CHECK
    To avoid losing money, pay attention to the following:
    • The check-out scanner for price errors
    • Your receipt for accuracy
    • Your change before leaving the store

For more information, visit Owls Care Health Promotion. www.fau.edu/owlscares
EATING HEALTHY ON A BUDGET - YES, IT IS POSSIBLE!!!

Sample Ideas for Meals

**Breakfast**
- Oatmeal w/banana and blueberries, drizzle of honey
- High Fiber Cereal with sliced side of fruit, egg
- Fruit smoothie
- Natural Peanut butter on whole grain bread with all-fruit spread
- Yogurt (Greek, low-fat, plain) with berries
- Whole grain waffle with natural peanut butter

**Lunch**
- Optional: Fruit on the side
- Bean Soup with whole grain crackers
- Whole-wheat wrap with turkey, low-fat cheese, lettuce & tomato
- Tuna salad (tuna in water) mixed with mayo, chopped carrots & celery with a serving of whole grain crackers
- Large salad with tomatoes, shredded carrots, radishes, beans, with balsamic vinaigrette dressing
- Whole-wheat pita stuffed with hummus, slice of low-fat cheese & veggies
- Egg salad on whole grain bread with lettuce and tomato

**Dinner**
- Lean protein (chicken, turkey, shrimp, fish) with whole grains (brown rice, beans, barley or whole grain bread) and any steamed frozen veggies
- Omelet with steamed broccoli, spinach or/and peppers and salsa with whole grain toast
- Bean Soup with whole grain crackers
- Soup & Turkey sandwich
- Turkey burger on whole grain bun with lettuce and tomato
- Homemade tacos with lean meat, lettuce, tomato, cheese, salsa, and avocado

Sample Grocery List

**Fruits & Veggies**
- Seasonal fruit & veggies of choice
- Bananas
- Pre-cut veggie mix
- Pre-cut salad
- Tomatoes
- Sweet potatoes

**Grains/Other**
- Whole grain bread
- Wheat pitas/wraps
- Oatmeal
- Quinoa/barley
- High fiber cereal
- Whole grain crackers
- Trail mix

**Protein/Perimeter**
- Hummus
- Sliced ham/turkey (low sodium)
- Chicken breast
- Low-fat milk, soymilk
- Eggs
- Low-fat cheese
- Plain yogurt/Greek yogurt
- Low-fat cottage cheese
- Edamame
- Nuts and nut butters

**Condiments**
- Extra Virgin Olive oil
- Vinaigrette
- Mayo (made with canola or olive oil)
- Mustard
- Salsa

**Frozen**
- Frozen berries
- Frozen spinach and other veggies
- Whole grain waffles
- Frozen shrimp

**Canned Goods**
- Canned low-sodium beans
- Tuna/Salmon in water
- Low sodium bean soups

1. Determine foods you will eat for breakfast, lunch, dinner & snacks.
2. Plan on cooking 3 easy meals & 4 easy non-prep meals.
4. Make your grocery list. Consider money spent grabbing quick bites and instead, add that money to your food shopping budget.
5. Shop weekly and consider bulk shopping if you have freezer space or roommates to share.
6. Look for seasonal foods, sales, don’t shop hungry & don’t stray from your list!

The FAU registered dietitian is available for free consultations for registered FAU students. Please call Student Health Services at 561-297-3512 to make an appointment or for more information.