

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/>

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>

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/>

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/>

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/>

Feeling distressed
and need to talk?



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/>

**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

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/owlscore/>

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

Academic Support

Center for Learning and Student Success (CLASS)
General Classroom South (GS-2) Room 223
(561) 297-0906
<http://www.fau.edu/class/>

- ♦ **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/si/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:**

<http://faasadvisor.fau.edu/TracWeb40/Default.html>

- ♦ **eTutoring:** 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:**

<http://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.

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>

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>



Food Center Programs

Lunch served Mondays - Saturdays, 11 a.m. - 12:30 p.m.

Family Night Dinner, Thursdays, 4:30 - 6 p.m.

Pantry Program Registration: 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:

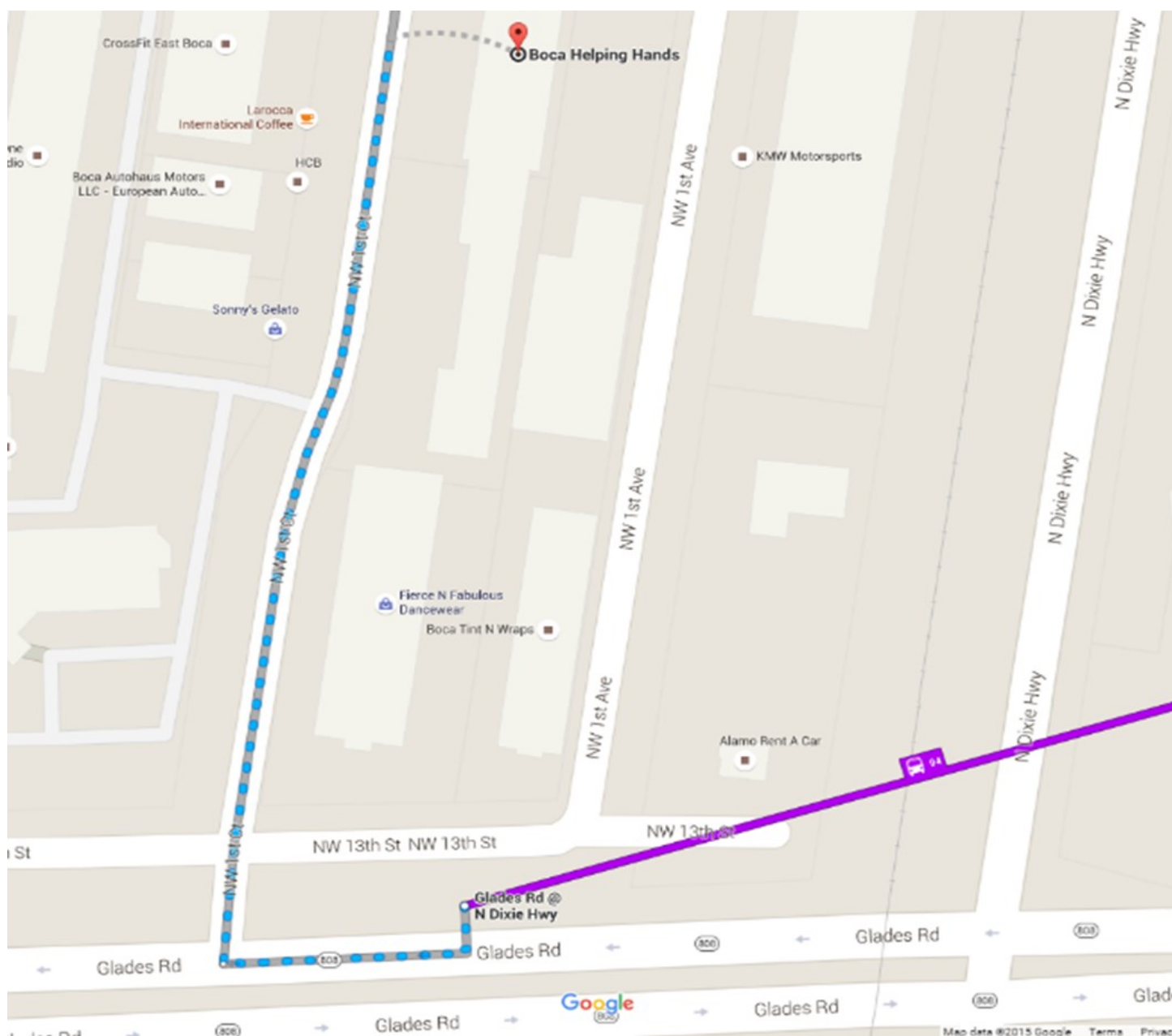


1. Palm Tran bus stop is located in front of FAU Administration Bldg. (Bldg. AD 10)
2. Take Bus 94 to Glades Road at N. Dixie Highway bus stop.
3. Boca Helping Hands is 0.2 miles from this stop.
 - ◇ Walk west on Glades Rd. toward NW 1st Ct.
 - ◇ Turn right onto NW 1st Ct.
 - ◇ Boca Helping Hands will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



Web link: <http://www.211palmbeach.org/>

Chat online Sign up for email Find services



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.

Web link: <http://www.211-broward.org/>

Chat online Sign up for email Find services



Your First Call for Help

Dial 2-1-1 or (954) 537-0211

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.

Florida Department of Children and Families



FLORIDA DEPARTMENT
OF CHILDREN AND FAMILIES
MYFLFAMILIES.COM

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>

Find your local Customer Service Center: <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>

Link to work requirements:

<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>

Customer Call Center: (866) 762-2237

Agents available: 8 a.m. - 5 p.m., Monday - Friday

<http://www.myflfamilies.com/service-programs/access-florida-food-medical-assistance-cash>

Additional Resources in Broward County

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>

Hope Outreach Center Inc.: Committed to **H**elping **O**ther **P**eople **E**very 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/>

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>

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-Fridays 8:30am – 11am
(954) 792-2328
E:support@lifenet4families.org
<https://www.lifenet4families.org/portal/our-programs>

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.

2056 N. Dixie Highway, Wilton Manors, FL 33305
Food Pantry Hours: Monday-Friday 9 am - 3 pm, Saturday 9 am - 12 noon (available for those working or in school, proof of employment or school necessary).
Closed on Sunday
(954) 561-3663
Central Intake & Eligibility Department (CIED): 954-566-1417. (Schedule appointments)
<http://www.poverello.org/portal/food-pantry1>

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/>

Additional Resources in Palm Beach County

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://croministries.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 meat-less 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/owlscare

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, soy milk
 Eggs
 Low-fat cheese
 Plain yogurt/Greek yogurt
 Low-fat cottage cheese
 Edamame
 Nuts and nut butters

Frozen

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

Condiments

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

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.
3. Plan for 1 full week of eating. See <https://www.kickstarter.com/projects/490865454/good-and-cheap> for \$4 recipe ideas and free downloadable cookbook.
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!