



HOW TO EAT WELL

PLAN AHEAD

- Do you have cookware, dishes, and utensils? If not, consider stores like Goodwill, or sites like the "Free and For Sale" NU Facebook group to find inexpensive items
- Consider transportation. How will you get to the grocery store?
- How often will you dine out or purchase food on campus?
- Need to learn to cook? Watch for cooking demos put on by the Off-Campus Life office and NU Dining
- Check out the [Off-Campus Life community cookbook](#), with recipes from students and community members!

DINING OUT

- Many restaurants offer the [WildCard Advantage](#) student discount, so take advantage of the great restaurants in Evanston and Chicago
- Look for coupons and special promotional deals to make dining out more affordable

ON-CAMPUS DINING

- Check out [NU Dining](#) for meal plan options or load up your WildCard with [Cat Cash](#) to buy food at dining halls and C-stores

TRIPS TO THE GROCERY STORE

- Decide what store(s) to shop at. Many will have different sale and special items, so you might save money by shopping at one, or another
- Make a list. Your shopping will be faster and you'll be less likely to forget important items
- Before you go shopping, make a menu for your week. This will keep your shopping list tight, with only what you need
- Be sure that you can actually eat everything you buy before it expires
- Consider renting a car for an hour or a day so you can stock up during your trip

TALK WITH ROOMMATES

- Set expectations about washing dishes, storing food items, and leftovers to prevent cleanliness disputes
- Determine what items are communal. Think about salt, olive oil, sugar, etc.
- Coordinate trips to the store to prevent double purchases of communal items and so you can grab something a roommate might need

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