

# HOW TO EAT WELL

## PLAN AHEAD

- Do you have cookware, dishes, and utensils, or will you purchase them?
- Consider transportation. How will you get to the grocery store?
- How often will you dine out or purchase food on campus?
- Do you need to learn to cook? Attend regular cooking demos taught by NU Off-Campus Life and **NU Dining**.

## DINING OUT

- Many restaurants offer the **WildCARD Advantage** student discount, so take advantage of the great restaurants in Evanston and Chicago
- Look for coupons or 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

Off-Campus Life:

Scott Hall, 601 University Place (Lower Level)  
Evanston, IL 60208

[www.northwestern.edu/offcampus](http://www.northwestern.edu/offcampus)  
[offcampuslife@northwestern.edu](mailto:offcampuslife@northwestern.edu)  
847.491.8430

 NUoffcampuslife  northwestern\_loc

## TRIPS TO THE GROCERY STORE

- Make a list. Your shopping will be faster and you'll be less likely to forget important items
- Consider spoilage. 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
- Visit the "Free and For Sale" NU Facebook group to find inexpensive cookware

## TALK WITH ROOMMATES

- Set expectations about washing dishes to prevent disputes over cleanliness
- 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

