**MEAL PLANS**

Purchase online at: [https://dining.uchicago.edu/](https://dining.uchicago.edu/)

**COVID-19 MEAL PLAN UPDATE**

Due to the COVID-19 pandemic, the University’s dining commons are currently open only to undergraduate students who have purchased an Unlimited, Phoenix, Apartment, or Off-Campus meal plan. Thank you for your continued support.

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Description</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Unlimited</td>
<td>An unlimited number of visits to the Dining Commons, 100 Maroon Dollars per quarter, 3 meal exchanges per quarter, 5 guest swipes per quarter, Saturday Night Meal Swipes The plan can be purchased at any time during the quarter.</td>
<td>$2,284/quarter</td>
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<tr>
<td>Phoenix</td>
<td>150 visits to the Dining Commons per quarter (about two meals per day), 150 Maroon Dollars per quarter, 15 meal exchanges per quarter (taken from a total of 150 meals), 5 guest swipes per quarter, Saturday Night Meal Swipes. The plan can be purchased at any time during the quarter.</td>
<td>$2,284/quarter</td>
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<tr>
<td>Apartment</td>
<td>90 visits to the Dining Commons per quarter (about one meal per day), 200 Maroon Dollars per quarter, 8 meal exchanges per quarter (taken from a total of 90 meals), 5 guest swipes per quarter, Saturday Night Meal Swipes. The plan can be purchased at any time during the quarter.</td>
<td>$1,680/quarter</td>
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**Meal Exchange**

The meal exchange program allows you to use a select number of your meal swipes on a combo meal at the campus cafes, campus markets or Hutchinson Commons. The meal will be deducted from your total number of meals, rather than from your Maroon Dollar balance, based on how many meal exchanges come with your plan. Meal exchanges may be used only once per meal period, and expire at the end of each quarter.

**Maroon Dollars**

Maroon Dollars allow students, faculty, and staff to use their University IDs like a debit card at any Dining locations and most cafés and markets on campus except Woodlawn, Baker, Cathey, and Bartlett Dining Commons. Each time you make a purchase with Maroon Dollars, money will be subtracted from your personal account. One Maroon Dollar is equivalent to $1.

**Guest Swipes**

Guest Swipes are for you to treat a guest to a meal in any of the Dining Commons. Student must be present and dine with their guest.

**HOW DOES MY MEAL PLAN WORK?**

Meal plan account information is encoded directly onto your University ID. Present the UChicago Card to the cashier for entry into a Dining Commons, and enjoy all-you-care-to-eat dining from open til close. Except in the case of the Unlimited Meal Plan, each visit deducts one meal from the meal plan total. Due to the flexibility of the meal plan, food other than an ice cream cone, cookie, or hand fruit may not be removed. Also, due to food safety guidelines, food that has been prepared elsewhere is not permitted to be brought into the Dining Commons.
INCLUSIVE DINING

FOOD ALLERGIES & SPECIAL DIETARY NEEDS

UChicago Dining offers a considerable number of menu options for a variety of dietary needs and lifestyles. Our chefs focus on preparing meals from scratch, meaning we know what’s going into our food, and can provide critical ingredient and nutrition information.

We also have options for those who choose to eat according to their religious beliefs, including kosher kitchens and complete halal stations at all four Dining Commons, which respectively meet Chicago Rabbinical Council and Ifanca certification. If a student chooses to eat vegetarian or vegan, UChicago Dining offers daily rotating selections at the Rooted stations, which can be found in all four Dining Commons.

Peanuts and tree nuts are never brought into any of UChicago Dining’s kitchens. Additionally, we provide an allergen safe and an Avoiding Gluten station, allergen-friendly station called Pure Eats and at every dining facility.

PURE EATS

WHAT IS PURE EATS?

Pure Eats stations feature food that is simply prepared, seasoned and served by a trained culinary professional. These meals avoid gluten and the top eight food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, and dairy. Pure Eats is located at all our residential Dining Commons (Woodlawn, Baker, Cathey, and Bartlett). Avoiding Gluten pantry contain a separate toaster, waffle iron, refrigerator, and Avoiding Gluten items such as breads, cereals, waffle mix, and spreads. The Avoiding Gluten pantry is available at all residential dining locations.

MEET YOUR DIETITIAN

INDIVIDUALIZED NUTRITION COUNSELING

UChicago Dining provides complimentary nutrition, dietary, and allergy-related food counseling so all UChicago students can meet their food goals and eat with peace of mind. UChicago Dining provides free counseling for students in areas such as:

- Healthy and Mindful Eating
- Nutrition and Fitness
- Vegetarian and Vegan Nutrition

Cecily Martinez, MS, RD, LDN, UChicago’s campus registered dietitian, takes an individualized approach to nutrition and wellness. She is committed to helping students feel confident in their food choices and build a healthy relationship with food. Contact Cecily at dining-dietitian@uchicago.edu.

MORE INFORMATION

View daily menu information online at https://dining.uchicago.edu under the “Menus & Locations” tab, or download the Dine On Campus App.
DINING APPS

DINE ON CAMPUS APP

The Dine On Campus smartphone app is an all-in-one resource that provides UChicago Dining guests with nutrition and allergy information, dining hours, menus, café menu promotional sales, special events programming, and more. The app also allows UChicago community members to offer feedback on Dining Commons, menus, and operations.

To take advantage of the Dine On Campus app, simply go to your smartphone’s app store or marketplace, install the application, click “More,” then “My Profile,” followed by “Create an Account,” and follow the on-screen instructions to create a unique UChicago Dine On Campus account.

WHAT IS A PID?

UChicago Dining Commons guests will have access to a deep well of information regarding the products served on campus. Detailed nutrition information, including the amount of protein and caloric content in each dish or product, can be found posted at each station in the Dining Commons on a Product Identification card, or PID. In addition to nutrition information, PIDs also display icons indicating if a particular dish ingredients and more.

WAYS TO LEARN LIFE SKILLS

TEACHING KITCHEN

What better way to learn how to cook than from chefs themselves? UChicago students can hone their kitchen skills when they enroll in a chef-led cooking class. Learn how to make quick pickles, caramelize onions, or braise a rack of short ribs so you can add exciting new flavors to your meals at home. Other areas of focus in UChicago’s teaching kitchen include nutrition, meal planning and budgeting, and mindful food choices for guests.

UChicago’s teaching kitchens are located throughout campus. To find out more about teaching kitchen opportunities, download the Dine On Campus app and follow UChicago Dining on social media.
LOCALLY SOURCED MISSION
INVESTING IN SOUTH SIDE COMMUNITIES
AND REGIONAL FARMING

UChicago Dining has begun the process of sourcing foods from the eight ZIP Codes closest to campus with the goal of sourcing 35% of all Dining Commons products from local farms and food producers, including sausages, ice cream, and vegetables made and grown in Hyde Park and the surrounding south side community. Sourcing hyperlocal food products from the south side on a commercial scale demonstrates UChicago’s commitment to investing in south side communities. Additionally, procuring locally farmed goods within a 250 mile radius helps lessen UChicago’s carbon footprint while supporting the agricultural industry throughout the upper Midwest.

WASTE NOT 2.0

A high priority for UChicago Dining is lessening the dining system’s impact on the planet, food is an essential component of how we can reduce our carbon footprint, conserve water, and eliminate waste. Waste Not 2.0, a program newly implemented within the UChicago Dining system, helps us track food waste to identify areas of improvement. Dining Commons associates are able to document overproduction, cooking errors, inedible ingredients past their prime, and more to help us reduce waste and invest in our planet’s long term health. Any inedible food products recovered from Waste Not 2.0 are fed to an anaerobic digester, diverting those food products from landfills.
OUR SAFETY MEASURES
COVID-19

Protecting Our People
How We Are Taking Action

Daily Wellness Checks (Temperature)
Every associate receives a wellness check to ensure they are healthy and symptom-free.

Gloves, Masks, and Hand washing
Associates wear a face mask at all times. Gloves are worn at all times when handling food and employees must wash their hands and change gloves every 30 minutes or less.

Safety Messaging
Communication on social distancing, local guidelines, and staggered break times are posted throughout the back-of-house at time clock.

Protecting Our Guests
What You Can Expect

Contactless Checkout
Plexiglass breath shields at all registers and point-of-sales.

Social Distancing
Floor decals and signs for guests to follow proper distancing and flow of services.

Cleaning and Sanitation
Associates continually clean tables, chairs, and all high-touch surfaces. Free-standing touchless sanitation stations are available for guests to use at the entrance and exit.

Traffic Management
One-way traffic management is used to help guests navigate dining and seating areas while maintaining social distance.

How You Can Protect
How You Can Play a Role

Face Covering
Wear your face covering in public settings where other social distancing measures are difficult to maintain.

Social Distancing
Practice social distancing:

Hand Washing
Continue to practice proper hand washing.

UChicago Dining
@UChicagoDining