

# eating made easy

**Study Hard, Eat Well**

**MEAL PLAN GUIDE | 2021-2022**

**DALFOOD.CA**



**DALHOUSIE  
UNIVERSITY**

FOOD SERVICES



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made  
easy



# Choose Less Stress

University is a time of discovery. It's place in which to discover yourself, your passion, your friends, and your nutritional needs. Tackling what's best for your lifestyle and body doesn't have to be challenging. Dalhousie Food Services provides delicious and healthy options with meal plans aimed at enriching your campus experience.



## **ONLY THE BEST**

Fresh, sustainable, local, and organic are just a few of the quality indicators you'll find served up every day in our chef-inspired, on-trend menus that always feature vegan, vegetarian, and plant-forward options.



## **TOOLS TO HELP YOU THRIVE**

Our team of culinary and nutrition experts are dedicated to delivering well-balanced nutrition, specialized diet options, and menu transparency so you can focus on your studies.



## **ALL FOR YOU**

Your satisfaction is our highest priority. Through personalized special events, tastings, themed menus, and cooking demos, we foster a student-focused culture and connected campus community.



## Ace Your Appetite

Your convenience is our command. University can be demanding, so your meal plan should be effortless and on your schedule.

### **ALL YOU CARE TO EAT**

Your appetite will meet its match at our dining halls, which serve only the best in variety and value—ranging from comfort foods and plant-forward favourites to international cuisine and original creations.

### **SUSTENANCE TO ACCOMMODATE YOUR SCHEDULE**

Our newly extended evening meal hall hours make it possible for you to get the nourishment you need to help you thrive academically.

Our on-site registered dietitian can help you plan to make smart and healthy choices that fit your lifestyle and needs.

### **ON THE GO**

We know the struggle of balancing academics, extracurriculars, and a social life—all while getting a good meal. That's why we offer dining locations and national brands known for their quality and speed of service, such as Starbucks, Subway, and Tim Hortons.

View dining locations and hours of service [here](#).

# More to Explore

Our meal plan benefits go beyond stability, quality, and value. We also consider our diners' families and continuously seek new ways to ensure their experience is memorable because your university years are meant to be unforgettable.



## **SPECIAL EVENTS**

From celebrating national food days to hosting seasonal gatherings, our monthly calendar is chock full of student-focused events meant to bring the community together in ways that are educational, nutritional, and, most importantly, fun!



## **SUSTAINABILITY**

We constantly seek methods to minimize our environmental impact on campus and create opportunities for students to join our sustainability efforts that will be informative, resume building, and entertaining.



## **NUTRITION**

Our chefs and registered dietitian are trained and eager to assist with any dietary restrictions or concerns each student may have. Our registered dietitian also hosts monthly nutrition events. We pride ourselves on offering various options and resources, as well as menu transparency.



## **LOCAL PARTNERSHIPS**

We embrace and support the local community by bringing authentic, local dining options and products to campus through restaurant partnerships, guest chefs, farmers' markets, and more.

# Know Your Perks



## **MEAL SWIPES**

Meal swipes, used to access our all-you-care-to-eat dining halls, come with all meal plans. Your student ID becomes your meal swipe pass because fewer cards and less cash to carry equal less stress.



## **FOODBUCKS**

Foodbucks, included in your meal plan, can be used at all Dalhousie Food Services Halifax retail dining locations on campus and at participating, off-campus locations.



## **CONVENIENCE**

From 7:30 a.m. to 9 p.m., benefit from unlimited access to our dining halls, which offer wholesome meals—for breakfast, lunch and dinner—that cater to diverse needs and tastes. A wide selection of menu items includes comfort food, healthy options, local and international cuisine, as well as snacks, and various hot and cold beverages.

# Find Your Fit

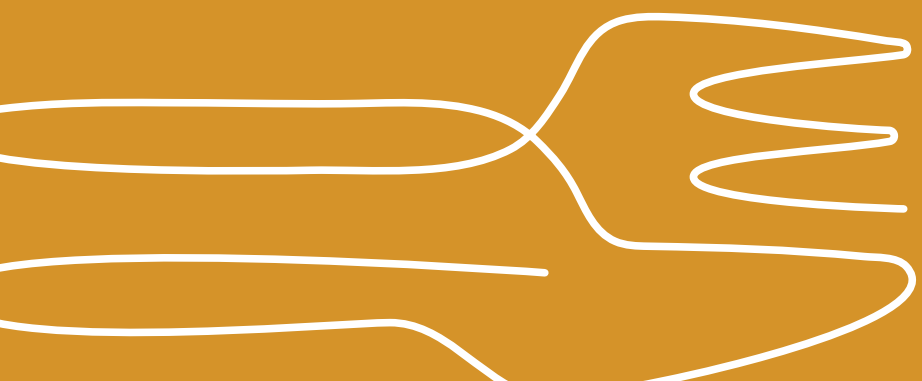
Residence

Off Campus

MEAL PLAN	AVG. MEALS PER WEEK	FOOD-BUCKS	AVG. COST PER MEAL	PRICE FALL SEMESTER	PRICE WINTER SEMESTER	TOTAL
Freedom	21+	100	\$6.52 or less	\$2,134.46	\$2,248.54	\$4,383
19 Meals	19	100	\$6.78	\$2,007.04	\$2,113.96	\$4,121
14 Meals	14	75	\$8.95	\$1,952.85	\$2,058.15	\$4,011
10 Meals	14	175	\$12.23	\$1,783.40	\$1,880.60	\$3,914
*Block Plan 1	217 meals any time	200	\$15.86	-	-	\$3,442
*Block Plan 2	155 meals any time	200	\$16.76	-	-	\$2,599
Freedom	21+	100	\$6.52 or less	\$2,134.46	\$2,248.54	\$4,383
14	14	75	\$8.95	\$1,952.85	\$2,058.15	\$4,011
10	10	50	\$11.45	\$1783.40	\$1880.60	\$3,664
100 Block	100 meals any time	50	\$15.44	-	-	\$1544
80 Block	80 meals any time	50	\$16.10	-	-	\$1288

Contact Dalhousie Food Services Halifax at 902-494-2078 or [Food@dal.ca](mailto:Food@dal.ca).

\*For LeMarchant Place residents only





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## Mark These Dates!

FALL 2021:

JUL.  
30

**FIRST DAY TO  
PURCHASE**

FALL SEMESTER OR  
BLOCK PLANS

SEPT.  
04

**DINING HALL OPENS**

FALL SEMESTER

DEC.  
20

-

JAN.  
03

**DINING HALL  
CLOSED**

HOLIDAY BREAK

SPRING 2022:

JAN.  
04

**DINING HALLS OPEN**

WINTER SEMESTER

APR.  
27

**DINING HALLS  
CLOSED**

END OF WINTER  
SEMESTER. MEAL PLANS  
EXPIRE

**IMPORTANT BILLING NOTE:**

**OFF-CAMPUS MEAL PLANS**

Off-campus meal plans can be purchased at a pro-rated amount any time during the year. Changes and refunds can be made up to 30 days following your purchase.

LEARN MORE ABOUT OUR MEAL PLAN OPTIONS AT [DALFOOD.CA](http://DALFOOD.CA)

**CONNECT WITH US**



@DalFood