



# **AMDA**

## **FOOD TIPS & TRICKS**

### INFORMATIONAL GUIDE

# FOOD, TIPS & TRICKS

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In order to make the most of your education at AMDA, you need to keep your body fueled (*and hydrated!*)! Even if you are on a tight budget, you can - and should - take good care of yourself by having at least three meals a day.

## AMDA's Supplemental Food Plan

While this plan isn't meant to carry you all day, every day, it's a great option to ensure that you will be able to have a meal if you forget food at home or don't have time to prepare! If you divide the pre-loaded money on the card as evenly as you can, you will have approximately \$12 per day to spend on food. Your meal card may be used at AMDA's Cookin' with Corey locations:

- » **61st Street Café** at the 61st Street Building, 3rd Floor
- » **Snackford Arms Café** at the Stratford Arms Residence Hall, Kitchen
- » **Snacksterdam Café** at the Amsterdam Residence Hall, Basement

## Affordability

Food in New York is expensive, so your best bet to ensure that you eat - without breaking the bank - is by going to the grocery store. **The most affordable option near AMDA is Trader Joe's (2073 Broadway, between 71st and 72nd Street).** Not only can you get your grocery staples, but you can also purchase prepared salads, bottled smoothies, wraps, and sushi at a fraction of the cost that you'd find at other spots in the neighborhood.

## Planning Ahead

Breakfast, lunch, and snacks are very easy (*and cheap!*) to prepare in advance!

## Breakfast Ideas

- » Purchase individual yogurt cups, or get a bigger (*read: CHEAPER*) container, and then decant into a reusable container. Sprinkle the yogurt with granola, muesli, nuts, berries, banana slices, raisins, etc. This breakfast is easily made portable so that you can eat it on the go!
- » **Protein bars and/or trail mix and whole fruit:**
  - » Buy a box of bars (*with at least 8 grams of protein per bar*) and/or trail mix (*Trader Joe's has lots of fun varieties, and some are even packaged in single serving bags*). If you don't buy the single serving containers, get some Ziploc bags or - better yet - reusable containers
  - » Buy a bag of apples or a bunch of bananas. These are economical, healthy choices that will last you all week!
  - » Shop at the fruit stands on the street! Most of them are open nearly 24 hours a day, seven days a week, and they usually have the most reasonable produce prices that you will find anywhere.
- » **Cereal**
  - » Get a container of oats or a box of oatmeal packets - instant hot breakfast, courtesy of your microwave!
  - » Keep a box of cold cereal (*preferably with ample protein & fiber*) on hand. Have it with milk or eat it dry on the go.

## Lunch Ideas

- » **BUY BREAD.** Keep it in your fridge, and it will last all week. Peanut butter and jam are cheap and easy, and one jar of each will go a long way!
- » Get pre-washed veggies (*spinach, carrot sticks, etc.*) and an already-ready protein source (*tofu, nuts, hummus, grilled chicken breast, heat-and-serve frozen falafel, etc.*) for a satisfying salad.
- » Sign up for the text messages from Fairway (*2131 Broadway, between 74th and 75th Street*), another grocery store in the neighborhood, by texting **FAIRWAY to 70416**. They will send you special mobile deals a few days a week. Most often, they offer half off their prepared food bar!

## Snack Ideas

- » Fresh fruit and/or dried fruit
- » Healthy bars, trail mix and/or bottled smoothies
- » Popcorn
- » Edamame

## What About Dinner?

- » Stock up on the Fairway hot bar when it's half off so that you can have the leftovers for dinner! Fairway also often has sales on its other prepared food. You can always get a whole roast chicken for \$8.99.
- » **Pasta!** This is a great cheap and easy option. Make sure that you add a source of protein, as well as some veggies, to make it a well-rounded, replenishing meal. If you can, make enough to last you a couple of nights.
- » **Ask for tips from upperclassmen!** Your RA, friends, and neighbors will undoubtedly have ideas that they will be happy to share with you!

Living on your own *and* being a student isn't easy, but YOU CAN DO IT! We are here to help. Please don't hesitate to reach out to a member of the Student Affairs Department if you want to chat.