

Tips & Tricks

From the Mav Market

- 1) Meal prepping is much cheaper than buying pre-made food! Combine pasta with sauce and a can of veggies and beans for a healthy meal.
- 2) To save up, try eating breakfast in your room in the mornings to save money. Try cereal bars, fresh & dried fruit, or granola.
- 3) Eggs are your best friend! Keep a carton in your fridge to cook up with some vegetables for a protein-packed meal.
- 4) Get creative with your meals! Don't be afraid to combine different ingredients with traditional dishes for added taste.

Find the Mav Market online at:



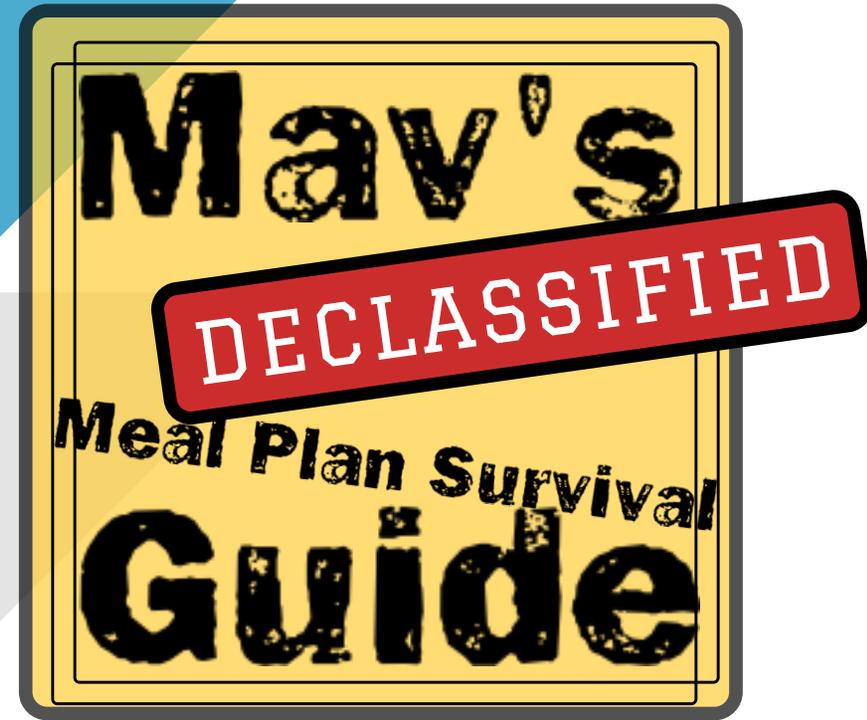
<https://www.mercy.edu/mavmarket>

OR



<https://facebook.com/mavmarket>

Looking for more information? Contact us at mavmarket@mercy.edu or call (718) 678-8209.



How to navigate your meal swipes, dining dollars, and tips & tricks from the Mav Market!



**MAV
MARKET**

Brought to you by the

Meal Plan 1: \$2,275.00/semester

19 swipes/week and \$175 Dining Dollars/ Semester

6 days with 3 meals/day, and 1 extra meal | \$116.7 dining dollars per week

You've got to make two more meals

What should you pick up from the store?

Oatmeal, can of soup, microwaveable meal, fruit snacks, applesauce, pretzels

Meal Plan 2: \$1,880.00/semester

14 swipes/week and \$275 Dining Dollars/ Semester

4 days with 3 meals/day, and 2 extra meals | \$18.33 dining dollars per week

You've got to make 7 more meals

What should you pick up from the store?

Cereal, box of pasta, jar of sauce, veggies, mac & cheese, soup, pretzels, nuts, cereal

Meal Plan 3: \$1,575.00/semester

10 swipes/week and \$375 Dining Dollars/ Semester

3 days with 3 meals/day, and 1 extra meal | \$25.00 dining dollars per week

You've got to make 11 more meals

What should you pick up from the store?

Mini cereals, oatmeal, rice and beans, bread, can of soup, microwaveable meal, granola bar, crackers, fruit cup

Meal Plan 4: \$1,850.00/semester

No meal swipes, all Dining Dollars

\$123.33 dining dollars per week | \$17.62 dining dollars per day

What should you pick up from the store?

Cereal, oatmeal, soup, peanut butter, jelly, bread, nuts, breakfast bars, fruit snacks



DO YOU QUALIFY FOR THE MAV MARKET?

Take this quick survey to find out!
Check "yes" if the statement applies to you



YES NO

I'm often hungry during class

I don't have enough money to buy food or snacks

I bring food to eat at school, but it's never enough

I don't have enough money to buy food at home

I ran out of meal swipes

I ran out of dining dollars

I am a Mercy student, faculty, or staff member

If you answered "Yes" to any of these questions, you qualify for the Mav Market!

How can the Mav Market help YOU?

The Mav Market is an inclusive environment where the Mercy Community can get wholesome foods and personal items. We're here to help reduce the struggle of having to balance classes and being able to feed yourself or your family in and out of school.

Please bring Mercy ID to sign up