

## Meal Plan Selection Worksheet

### Ask yourself these questions:

- How many morning meals do I plan to eat weekly? Will I eat brunch on Saturdays & Sundays?
- How many times per week do I plan to eat lunch or dinner?
- How many times a week do I want to get “grab & go” foods to eat on the run or take home?
- How many times a week do I want to get in-between meal snacks?
- How many times a week do I want to get food later in the evenings after the Top of the U.C. closes?

Use your answers to fill in this chart. Do the calculations and choose the best plan for you!

| Type of Meal  | Example                     | # you eat |
|---|-----------------------------|-----------|
| Early Morning Meals I eat weekly  | 3                           |           |
| Lunches I eat weekly  | 5                           |           |
| Dinners I eat weekly  | 6                           |           |
| Brunches I eat weekly   | 2                           |           |
| Grab & Go Meals I eat weekly  | 2                           |           |
| Late Night Meals I eat weekly   | 2                           |           |
| <b>Total Number of Weekly Meals (add numbers above)</b>   | <b>20</b>                   |           |
| <b>Multiply Total Weekly Meals by 15 weeks =</b><br><b>Total Meals needed per semester</b>                                    | <b>300</b>                  |           |
| <b>Number of Weekly Snacks (chips, smoothies, desserts)</b>   | <b>3</b>                    |           |
| <b>Multiply Weekly Snacks by 15 Weeks = Total Semester Snacks</b>   | <b>45</b>                   |           |
| <b>Multiply Total Semester Snacks by \$4 (average Flex cost per snack) =</b><br><b>Total Flex Dollars needed per semester</b> | <b>\$180</b><br><b>Flex</b> |           |

Our example needs 300 meals per semester and \$180 Flex Dollars, so the Eagle Dining plan would be the best choice for our example scenario.

## Meal Plan Options

| Plan                  | Meals  | Flex \$ | Which students may purchase this plan?                                     |
|-----------------------|--|---------|--|
| <b>Eagle Plan</b>     | Unlimited<br>30 meals may be used per semester in retail facilities to purchase “Meal Deals” | \$200   | All students may purchase this plan. It is the required plan for freshmen. |
| <b>225 Block Plan</b> | 225  | \$200   | Upper class & commuter students  |
| <b>150 Block Plan</b> | 150  | \$300   | Upper class & commuter students  |
| <b>90 Block Plan</b>  | 90   | \$175   | Residents of UMW Apartments, Eagle Landing or commuter students            |
| <b>75 Block Plan</b>  | 75   | \$250   | Residents of UMW Apartments, Eagle Landing or commuter students            |
| <b>30 Block Plan</b>  | 30   | \$ 500  | Commuter students only   |
| <b>8 Block Plan</b>   | 8  | \$750   | Commuter students only   |

If you have questions about how meal plans work, menus or dining options:

Call: 540-654-2169; E-mail: [dining@umw.edu](mailto:dining@umw.edu); or Go to our web site: [www.umwdining.com](http://www.umwdining.com)

To purchase a campus meal plan go to: <http://students.umw.edu/residencelife/mealplan>