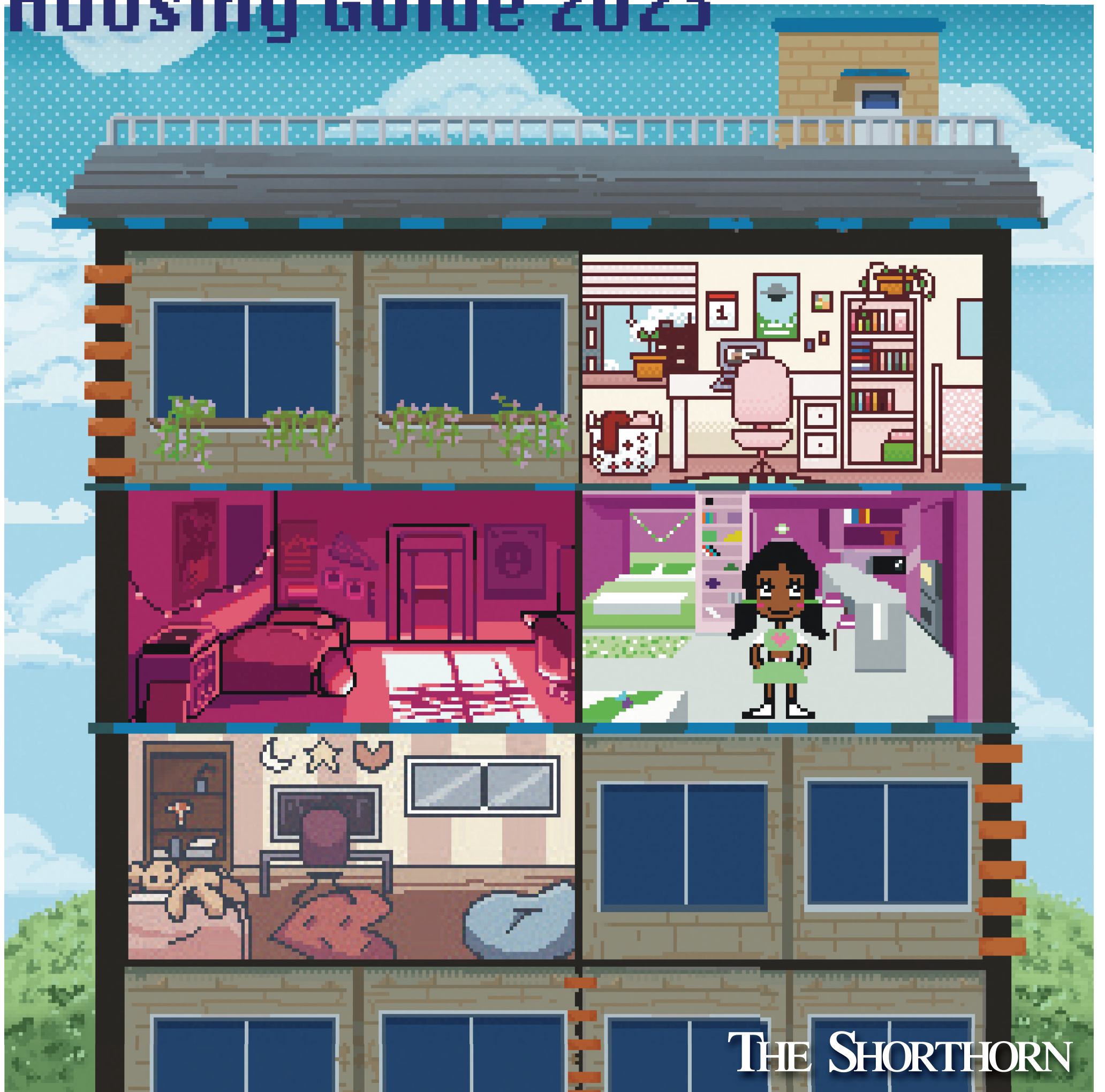


Housing Guide 2023



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Cover by: Yvonne Collier, Kennedy Coit, Jaya Gratts, Claudia Humphrey and Kirby Teegarden

ORGANIZATION

Tips for minimizing clutter, maximizing space

A messy dorm room can negatively impact mental health, so students should take measures to organize and maximize their space.

BY RABBIYA MOLAI
 The Shorthorn staff

Moving into a new space can be stressful, but moving into a dorm room requires an added balance of organization and careful selection.

The average dorm room in the U.S. is about 130 square feet, according to campusreel.org, an archive of student-driven videos. Within this space, students must find a neat and concise way to compile clothes, school

supplies and miscellaneous personal items.

Living in clutter has been shown to negatively impact one's mental health, according to Psychology Today. A messy home can raise stress levels, affect short-term memory, lead to over-eating habits and prevent one from feeling safe in their space.

Many students raise their beds to provide more vertical space in their dorms for storing containers or creating a makeshift workspace.

Civil engineering freshman Isaac Lucero said bins and containers, along with raising the height of his bed, have helped him since he moved in. "Containers and bins will

come a long way with organi-

zation," Lucero said. Public health senior Jar-dan Hassell and her room-mate also raised their beds to the highest setting to fit their dressers underneath when they lived in West Hall. They had many people visit their room, so they wanted to maxi-mize the space.

Organizing involves declut-tering. Lucero said organiza-tion in his dorm became easier once he lessened the amount of stuff in the room.

Decreasing individual items and communicating with roommates about necessary appliances can save a lot of trouble. Both Hassell and Lucero mentioned the

importance of avoiding doubling up on appliances such as refrigerators and microwaves.

"I bought a refrigerator and my roommate already had a refrigerator, so we just had two refrigerators in here for no reason," Hassell said.

Dorm life may begin with trials, but it can also be a safe haven for students after a long day of work.

"It's very relaxing, after you come from your classes and your exams, just to lay down and just forget about every-thing else," Lucero said.

@RABBIAMOLAI
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The Shorthorn: Serena Nguyen

Moving boxes sprawl across the floor April 17. Maximizing vertical space is a good way to ensure your mental health will not be impacted by a messy room.

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MENTAL HEALTH

Finding comfort and coziness in items

Transitional objects might be associated with childhood, but even adults have them, especially when life changes. Students can use objects to make the unfamiliar a little more bearable.

BY WOLF ISALY
The Shorthorn staff

When students pack up for college, some bring along special items to make their new space feel a little cozier.

“Transitional objects” are sentimental items that primarily appear early in life, according to Psychology Today. When the child first separates from their parents, the object helps them transition into selfhood.

For adults, transitional objects still exist. Instead of stuffed animals or blankets, they often take the form of photographs, jewelry, art or other media. They serve as constant, familiar keepsakes, especially during times of change like entering college and beginning a new chapter of life.

Mechanical engineering freshman Joshua Matney lives in Centennial Court and said that coziness is coming home and not feeling stressed.

In Matney’s home, some of the items that help him feel comfortable and cozy are a painting from his brother, a framed comic book from the ’60s and a Pink Floyd poster.

Ambient lighting, instead of overhead lighting, could make a place feel more like home, he said. Matney creates ambient lighting with string lights and a Himalayan salt lamp. For further decoration, he has various houseplants.

Nursing junior Destiny Davis lives in Arlington Hall and said that when it comes to items that make her dorm feel like home, she veers toward electronics — her TV, Keurig coffee machine and other pieces of tech.

Using these, Davis cultivates coziness in simple ways, such as sitting down to watch her favorite TV shows on one of her devices while making coffee.



Illustration by Kennedy Coit

Those looking for an inexpensive way to cozy-up their homes can consider printing out photos, Davis said.

She said she has photos of family and friends in her room, making it feel homey.

Psychology junior Rashini Kumardeen said cozy, for her, means warm and soft. She likes lots of warm lights and comfortable things like blankets and pillows.

“I have this weird thing about lighting, so I hate overhead lighting,” Kumardeen said. “I don’t use the main light in my bedroom and I have a whole bunch of little lights, lamps, I have the string lights, the whole thing.”

She also has lots of soft textures and comforting color schemes.

“Green is really relaxing. I have a lot

of green in my room and some gray as well,” Kumardeen said.

She recommends personalizing your space and sleeping area.

“If you can make your bed a little personalized, kind of resembling from your home, I think that might help even if it’s just colors or textures,” Kumardeen said.

Personalization doesn’t have to be expensive.

“You can get a canvas for like five bucks or make something in the FabLab,” Matney said. “You can do a lot with a little budget if you put effort or work into it. Making something yourself; it’ll make your space a lot more personal.”

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UNIVERSITY

How to be a better roommate

For people living together in dorms or apartments for a long time or for the first time, there's always room for improvement with clear communication and respect for one another

BY ASHLEY HUBBARD
The Shorthorn staff

Moving into a shared space is a common part of college, and knowing how to communicate with a roommate is important for creating a positive environment.

Counseling Specialist IV Cristina Blankenbaker said it's all about setting ground rules at the beginning of the relationship. This helps make it successful and peaceful throughout the semester.

Students must sign a roommate or suitemate agreement before moving into a residence hall. The agreement has a listed "Roommate Bill of Rights" to guide students on how to properly behave in the shared space.

Each roommate should have an in-depth discussion about each other's belongings, using the

space, cleaning and guest preferences, according to the agreement.

Deciding on a borrowing system to learn which items each roommate feels comfortable with others can help eliminate discomfort or confusion. This may include appliances like microwaves, refrigerators, TVs or gaming systems.

The agreement recommends discussing when your roommates need to sleep or be quiet and adjusting schedules accordingly to be considerate. It also suggests openly discussing disagreements in

an open atmosphere with mutual respect.

Blankenbaker said these conversations should be in-person rather than over the phone to avoid any confusion on the meaning of the messages. Similarly, if there are issues, students should communicate directly.

Chemistry sophomore Katie Hogarth said she was lucky because her roommates are responsible and take care of their things.

"We never have any arguments over someone

leaving something somewhere," Hogarth said. "They're just very respectful of each other's space, and I think that's extremely important to understand: that you are living with other people."

She said the main thing she has learned from having roommates is being more cautious of what she's doing in her room, such as not playing music too loudly so she's not bugging anybody else in the house.

Blankenbaker said to acknowledge that even if the roommate does not turn into a close friend, it can still be a learning experience.

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Illustration by Yvonne Collier

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STUDY

Finding the perfect study spot

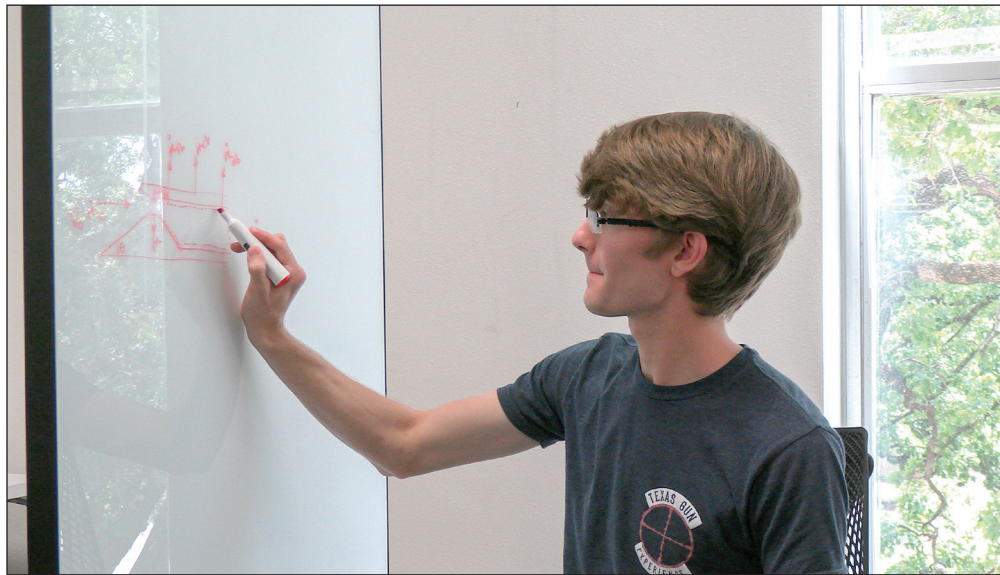
Whether trying to polish off that essay or struggling with that one math problem, UTA provides several locations for students to study.

BY HANNAH GARCIA
The Shorthorn staff

As semester stressors stack up, many students hunker down in their rooms to study, which can negatively affect their mood and productivity. Luckily, UTA has plenty of resources and areas where students can relocate for a fresh environment.

Christina Miller, academic support programs associate director, said every student is different and has their own learning preferences. Approaching a professor for help is nerve-racking for some, so having study spaces where they can work individually or collaboratively with peers can be beneficial.

“The advice that I always give students is try out all of the services that are available to you and figure out what is going to be the best fit,” Miller said.



The Shorthorn: Preston Ravin

Aerospace engineering senior Stephen Atkins studies April 22 in the Central Library. He typically studies on the third floor because it is nice and quiet, Atkins said.

Central Library

The Central Library’s six floors each have different academic resources for students. The first floor houses the FabLab, a makerspace where students can access resources, including 3D printers, laser cutters, screen printers, kilns and sewing machines. This floor also has The Studios, a space where students can work on digital art and audio projects.

The second floor has computers for students, as well as individual and group study rooms.

It also hosts tutoring, peer-led team learning and supplemental instruction sessions offered by the Academic Success Center. There is also the Veterans Lounge, a separate room for veterans on campus with seating, a printer and mini fridge.

Wesley Graves, criminology and criminal justice freshman, said he visits the Veterans Lounge at least twice a week. He said the space allows him and others to study and to hang out. The seclusion of the room helps him focus since it has fewer distractions and foot traffic.

“Having a spot like that keeps me a little bit more accountable,” Graves said. “But

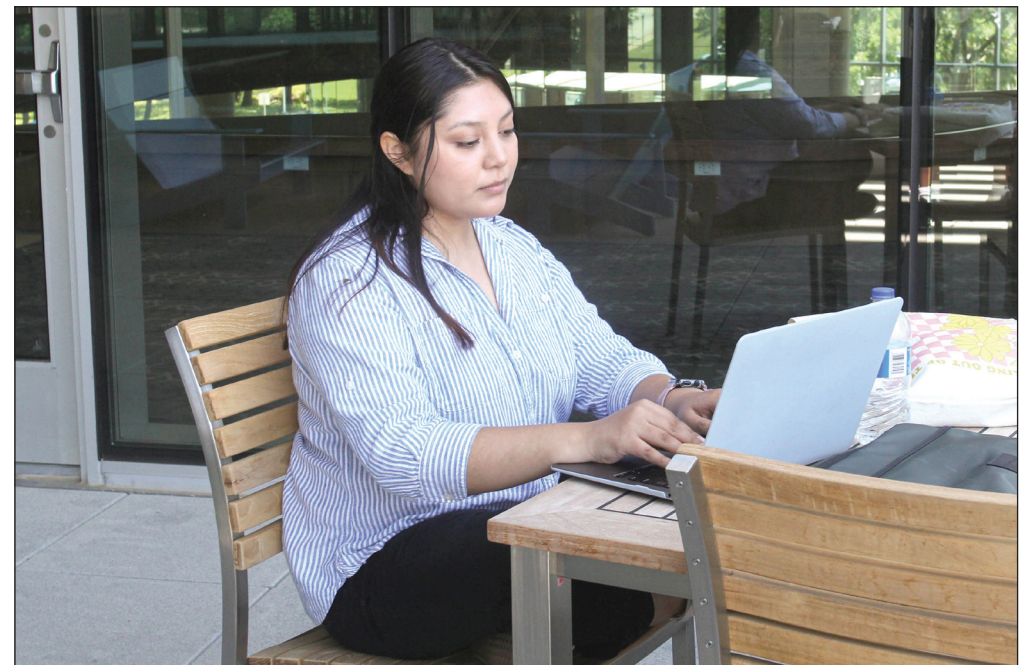
it’s also beneficial because I’m not distracted by everything else going on.”

The third floor also has collaborative study spaces and individual and group study rooms. It has open computers for students.

The fourth and fifth floors also have individual and group study rooms and are considered “quiet floors,” meaning little to no talking or noise-making is encouraged.

The Writing Center offers one-on-one tutoring sessions with consultants on the fourth floor, which also has University Tutoring and Supplemental Instruction services.

The sixth floor has an open group study area in the Atrium.



The Shorthorn: Preston Ravin

Graduate student Alesia Ortiz works on her computer April 21 outside the School of Social Work and Smart Hospital building. Ortiz said she decided to come outside for some fresh air.

Other Buildings

The School of Social Work and Smart Hospital building’s first floor has many areas to sit down and enjoy natural sunlight from its large windows. This floor is also the home of Social Grounds, a coffee shop.

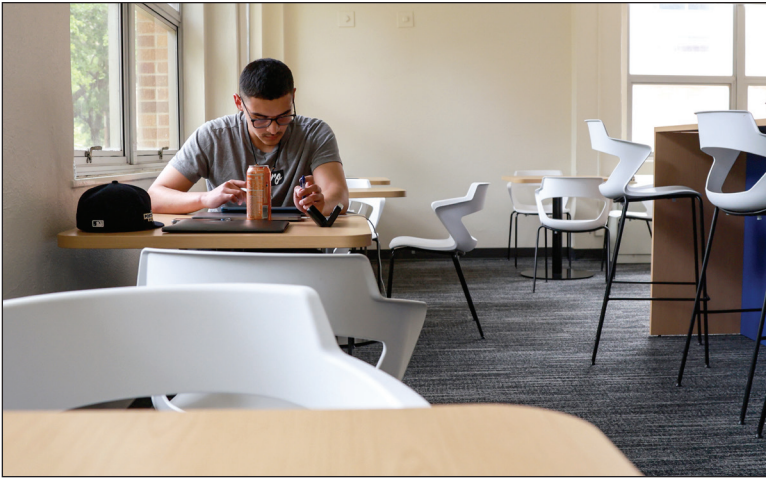
The Science and Engineering Innovation and Research Building also has many study spaces, including nook areas with access to a whiteboard on the first and second floors. Inclusion Coffee is also located on the first floor.

Outside

Being cooped up in classes all day can be draining, so places like Brazos Park and Doug Russell Park are perfect for studying when weather permits. There are many seating options available, but students can use a blanket or even a hammock. Many buildings on campus have a courtyard with benches and tables, so students have options for study spots around campus.

The Shorthorn:
Marilyn Schoneboom

Biology junior Bilardo Acebedo studies April 14 in the Science Hall. The study room offers rows of seating and outlets for students to work.



The Shorthorn:
Marilyn Schoneboom

Students study April 14 in the Palo Duro Lounge. The University Center provides various meeting rooms and open study spaces.

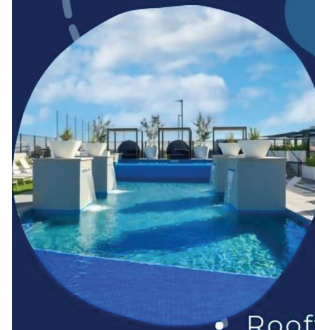


The Shorthorn: Marilyn Schoneboom

Nursing junior Alejandra Chavez, center, studies with friends April 14 in the School of Social Work and Smart Hospital. Chavez said she studies in the building because it's close to the parking lots, and she loves the big windows.



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SAFETY

Precautions and tips for staying safe on campus

Students can take efforts to prevent theft and encourage safe use of UTA police resources

BY PEDRO MALKOMES

The Shorthorn staff

Campus safety is easy to overlook, but it remains an important aspect of college life that students should invest time into.

Burglary was the highest recorded crime on UTA's main campus and housing facilities in 2020, totaling 22 offenses, according to the U.S. Department of Education. Students can prevent crime using basic awareness of college housing safety.

UTA Police Capt. Mike McCord has been an officer at the university for 25 years and has several tips regarding dorm and general campus safety for students.

Students should secure their belongings, McCord said. Rather than leaving their belongings unattended, students should entrust them to a close friend.

Bicycle theft can also occur without proper precautions, and the Police Department's Bicycle Theft Prevention program offers students tips and resources to keep their bikes safe. Students can register their bikes online with the department for increased security.

Students who feel unsafe with their current living situation could try reducing security risks with different products.

Security cameras, lock boxes and safes can be beneficial for students who may be leaving their residence for an extended period of time, McCord said. Taking valuables to another location, such as a friend's residence, can also alleviate burglary concerns.

"Security devices may be appropriate depending on the circumstances and whether or

not they're available to the students," he said.

Situational awareness is another factor of dorm safety. Students should be aware of the evacuation guidelines provided by their residence.

UTA has evacuation routes

for all campus residential facilities available on its website, detailing how to safely exit each building and room in case of emergency.

"Situational awareness is always important," McCord said. "Whether that be at your

residence or at a classroom, or wherever you're at, knowing your exits and how you can get there in different types of emergencies is always important."

In case of emergency, there are over 200 blue emergency phones inside UTA buildings and approximately 82 outdoor assistance call boxes throughout the campus, according to UTA's website. The emergency call boxes are marked "assistance" along the side and have a blue light on top.

When the button is pushed within the call box, the Police Department will be immediately notified and receive the caller's location. Pushing the button without an emergency is a punishable criminal offense.

The UTA Police Department is available 24 hours a day, and students are encouraged to reach out if they need assistance, McCord said. The department can be reached at 817-272-3003 or 817-272-3381.

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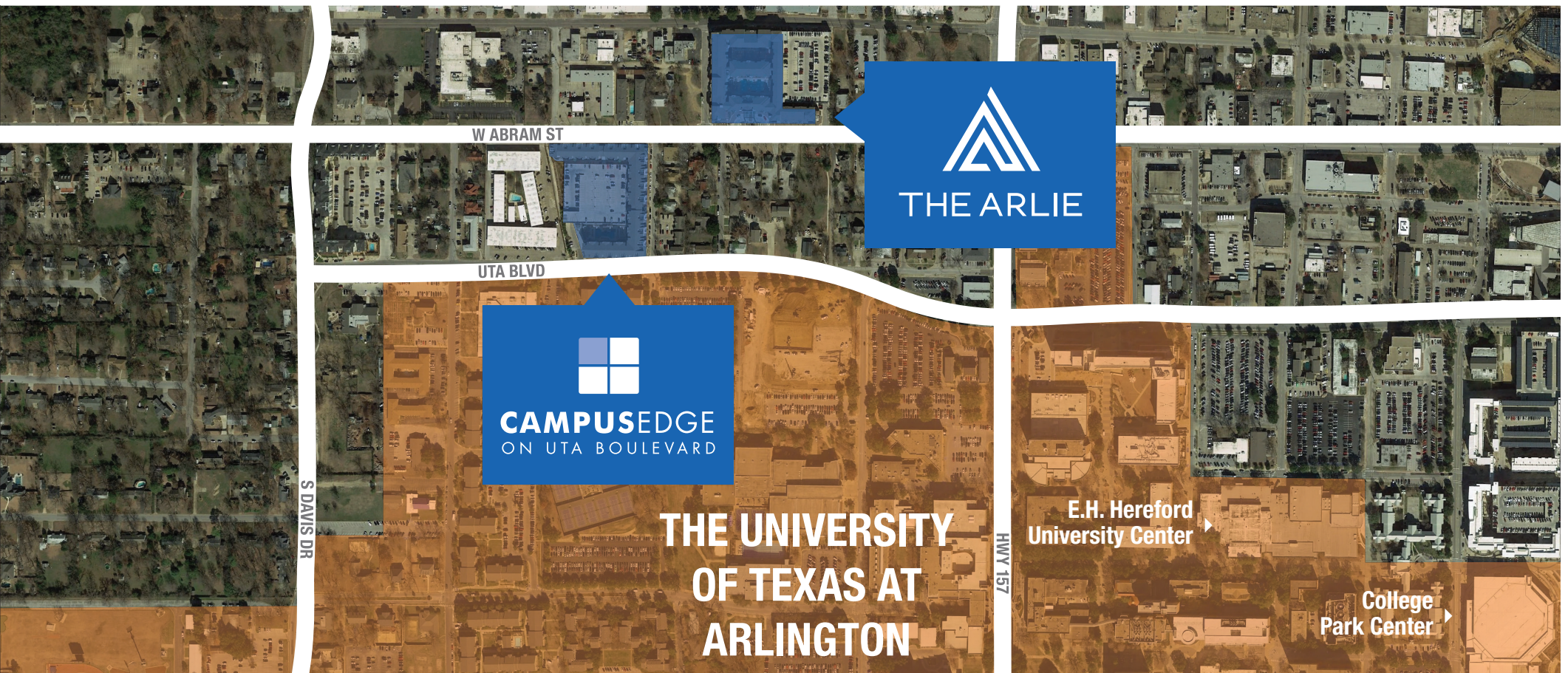


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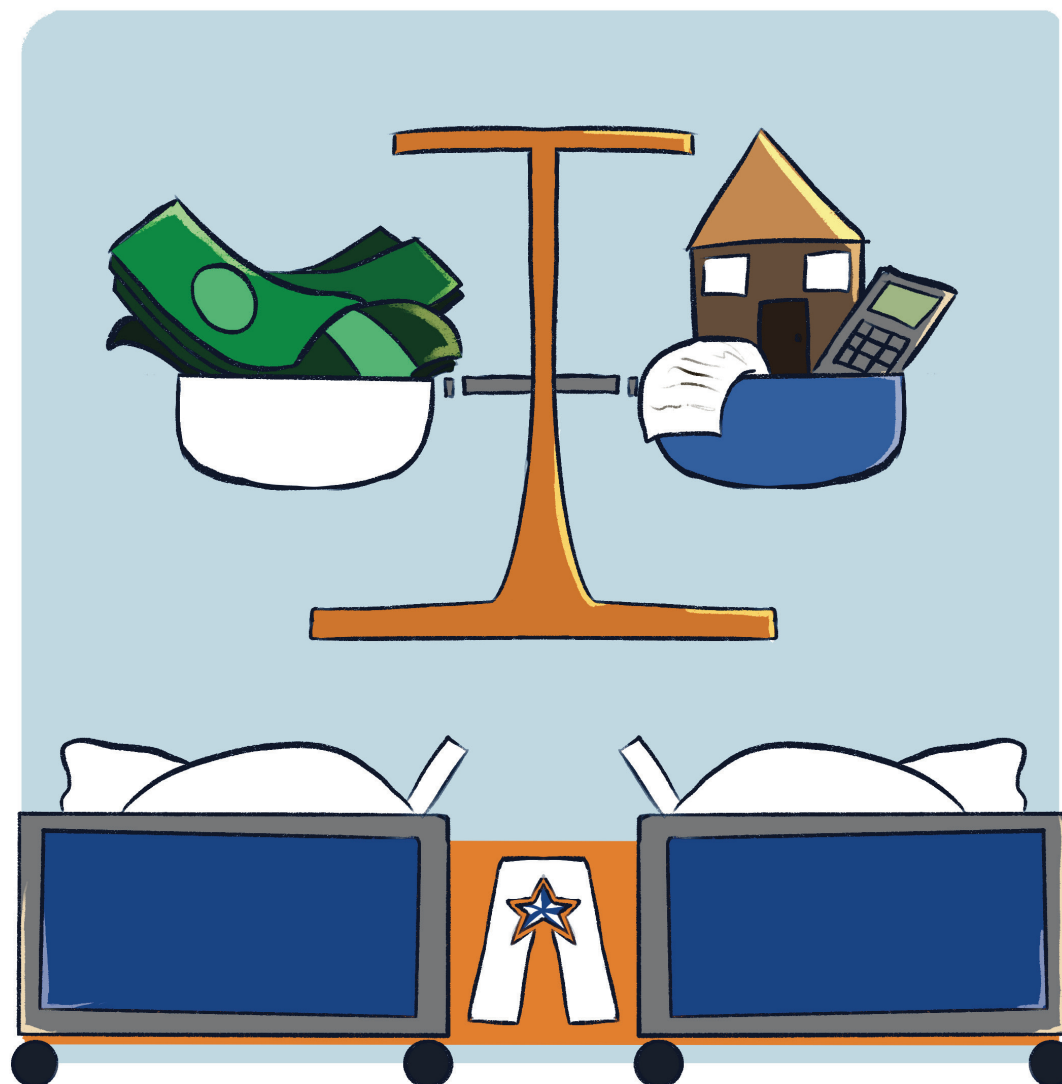


Illustration by Yvonne Collier

Learning to plan out finances and budget properly can help students now and beyond college

BY ANDREA GONZALEZ
The Shorthorn staff

College is the best time to develop healthy money habits, and budgeting skills help students know where their money is going, said Kay Byington, assistant director of student accounts and the Student Money Management Center.

The center is a resource on campus for students forming a budget. It also helps students develop financial literacy skills in saving and credit to prevent obstacles from impeding their educational goals.

Contrary to the popular belief of college students being wild and free with their money, Byington said she has seen many UTA students who are actually the

opposite — they're afraid to spend their money.

"It helps you to be able to know where your money's going, so your money just doesn't disappear," she said. "It also gives you freedom so you can know whether or not you can afford to go have lunch with your friends."

When students know how much money is needed for their expenses, they find peace of mind that influences sleep and academic focus, Byington said. She recommends all freshmen have a plan for financing and not make assumptions based on their financial aid packages.

Students should also regularly re-evaluate their budgets and ensure they aren't paying for extra subscriptions

and fees, especially services available on campus that they might already be paying for, like gym memberships, she said.

Architecture sophomore Shreya Bandi has lived in Kalpana Chawla Hall since August and commuted to UTA as a freshman. During her first semester living on campus, Bandi said she enrolled in a payment plan with help from her parents.

"What I do is I try to keep my spending underneath a certain amount per month," Bandi said. "I do small purchases rather than something big."

Psychology freshman Francesca Ramon, another KC Hall resident, is paying for her housing with the help of her mom and money earned from her job. "Next year, I plan on actually using some

working money," she said.

Byington said one of the most important parts of budgeting for incoming freshmen is ensuring a financial aid plan.

Bandi recommended a spreadsheet or something similar to track expenses and smaller purchases. In a last piece of advice, Ramon said to not use all your dining dollars at the beginning of the semester like she did at a restaurant in the University Center. "I ate it every day, and now I'm paying for it."

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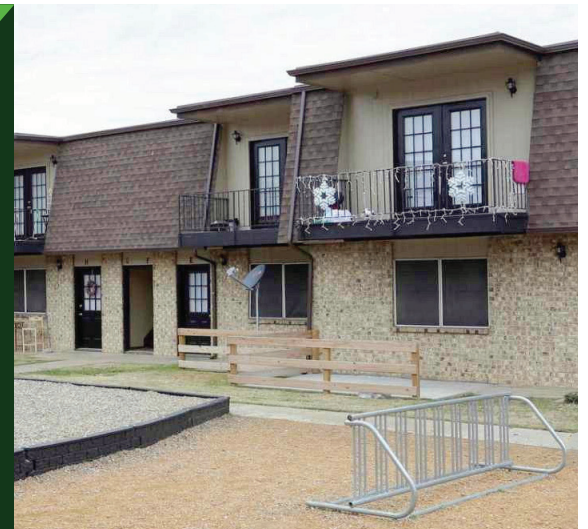
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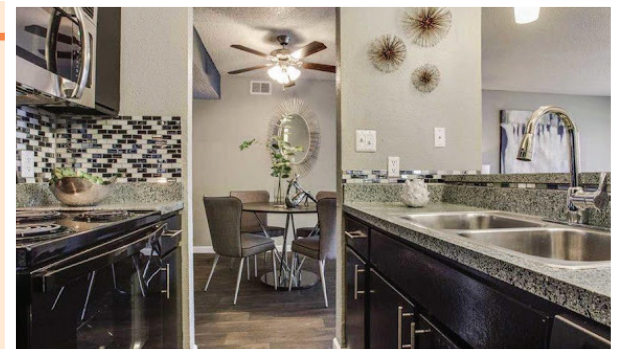
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CULTURE

Cooking to stay connected with culture



The Shorthorn: Ronaldo Bolaños

Rows of groceries line the aisles of Halal Import Food Market. on April 21 in Arlington. The store offers many Middle Eastern and international grocery items.

Students share how they cure homesickness by preparing traditional foods from their culture and recommend places to buy ingredients near campus

BY SAM SALABIT
The Shorthorn staff

For some, food is the way to the heart. For others, it's also a reminder of home.

With UTA being one of the country's most diverse universities, local and international students may crave the food they grew up with to ease homesickness.

"It's very important because you can feel so much displacement when you're somewhere new. I can't imagine being an international student at UTA and

the barriers," said Amy Speier, associate professor of anthropology, whose teaching interests include culture and food. "It's a form of self-care and holding on to who you are."

While Speier is not an immigrant, she recalls the time she lived in the Czech Republic, doing fieldwork and missing home.

She said she would go to a terrible American restaurant and eat Caesar salad.

"I've never been so happy to eat one," Speier said.

Food is tied to one's roots, family, memories and home, she said.

"You're going to grow and you're going to shift and you're going to change and you're going to try hamburgers, but you may still prefer your food at home," she said.

Here are three countries of interest and places to get groceries to prepare their cuisine, according to students.

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Bangladesh

- Walmart
- Halal Import Food Market
701 E Pioneer Parkway C,
Arlington, TX 76010
- Desi Indian Grocery Store
1215 S Cooper St,
Arlington, TX 76010
- Indo Pak World Market
808 SW Green Oaks Blvd,
Arlington, TX 76017



The Shorthorn: Ronaldo Bolaños

Different spices and seasonings line the shelves in Halal Import Food Market on April 21 in Arlington. This is one of many ethnic grocery stores in Arlington.

Economics senior Ayesha Anwer said she likes getting groceries from these places, especially when she wants South Asian ingredients. They're about five minutes from campus.

Since she's an international student from

Bangladesh, she didn't regularly eat Western food growing up, so cooking traditional dishes makes her feel closer to home. Bangladeshi food is spicy, heavy on garlic and chili powder, she said.

"I think of Bangladeshi food, I think of my mother, I think of my grandmother cooking. I think of their cooking skills, I think of what they're doing. I think of all the struggles they've been through and everything together," Anwer said. "So it's a lot more personal than eating Western food."

She said she likes to cook instead of buying food because she doesn't like eating out too much, and it is good for budgeting.

She takes between an hour to an hour and a half on the weekend to prepare meals that she'll reheat for the rest of the week. It gives her something to look forward to at the end of the day, Anwer said. For her, cooking Bangladeshi food helps her keep in touch with her roots and understand different perspectives of cultures.

"There's this really famous saying which is, 'If the tree doesn't know where the roots are stemming from, the tree's not going to grow.' So in a way, it really humbles you," Anwer said. "It's almost like the roots of the tree. It tells me where I am from and not to forget that at any point in time."

Philippines

- Hiep Thai Food Store
2430 E Pioneer Parkway,
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- Hong Kong Market Place
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The Shorthorn: Mary Abby Goss

Spring roll wrappers rest in the cooler on April 22 at the Cho Saigon New Market. Lumpia is similar to a spring roll.

Kayla Manalansa, psychology junior and treasurer of the Filipino Students Association, recommends these places and going on weekdays, so it's not too busy. She said they're about 10 to 15 minutes from campus and have good prices.

As a kid, Manalansa loved watching her dad cook Filipino food, she said. When he passed away, she kept learning more recipes to keep his spirit alive.

"It's very comforting. It reminds me of home," she said. "It's just a hearty cuisine, and it just fills your heart up because the people that make it for you, they make it with love."

For students looking to also start cooking, Manalansa recommends watching YouTube videos or TikToks. It's hard at first, but it gets easier, she said.

Some dishes she likes to cook include lumpia, Filipino egg rolls, and a beef vegetable soup called nilaga.

"It's really nice to be able to know how to cook the food from your culture," she said. "It makes you feel proud to be Filipino."

Vietnam

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Arlington, TX 76010
- Ben Thanh Plaza and Central Market
1818 E Pioneer Parkway Ste 100,
Arlington, TX 76010
- Cho Saigon New Market
2206 S Collins St., Arlington, TX 76010

These stores are about 10 to 15 minutes from campus, said Vinh Le, linguistics sophomore and philanthropy chair of the Vietnamese Student Association. He said vegetables from these stores are cheaper and of better quality.

Some of the stores also source from local producers, he said.

When Le was in fifth grade, he wanted to learn more about the Vietnamese language, his culture and his identity and he always connected with the food. He would watch cooking videos in his language, he said.

Cooking and eating Vietnamese food is not just about the taste. It's a way to access a part of his culture, Le said. He describes Vietnamese food as a fresh cuisine, and his favorite is thịt kho tiêu, braised black pepper meat, which he grew up eating. It is commonly prepared with pork, he said.

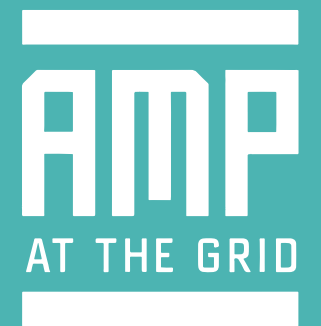
"I'm eating something that's part of my heritage," Le said. "And I feel proud to cook it and to eat it."



The Shorthorn: Mary Abby Goss

Boxes of jackfruit line up on April 22 at Cho Saigon New Market. Jackfruit can be used as a substitution to meat, as an ingredient to desserts or as a snack on its own.

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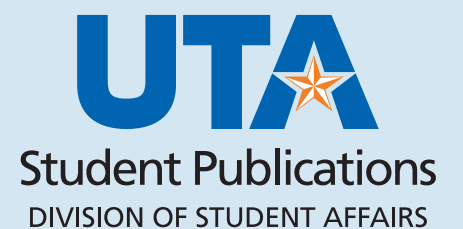


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UNIVERSITY

Games on campus help connect people

UTA Central Library basement offers both board and digital games

BY KENNETH FOSTER
The Shorthorn staff

College can be an overwhelming transition for new students. Whether it be classes, housing or tuition, the stress from college life can be brutal at times. This can apply to socializing, as the lack of familiarity can make finding friends difficult.

Fortunately, UTA campus is full of love for one of humanity's universal constants: games. Here are some games students can expect to find on campus, why they're a good fit for first-timers, and how they enrich the lives of the student body.

TABLETOP GAMES

A classic part of the college experience is playing cards into the late hours of the night. Cards are great for meeting new people, and anyone passing by can easily join in without preparation.

Unstable Unicorns is an easy, fun card game that can be played with multiple people, environmental sciences sophomore Bianca Gonzalez said.

The 2017 turn-based strategic card game starts each player out with six cards and a baby unicorn. Whoever gets seven unicorns in their stable first wins the round. The strategy comes from



The Shorthorn: Mary Abby Goss

deploying upgrade, downgrade and magic cards to put the other players at a disadvantage and negate their attacks.

Board games are also fairly common, usually found in the Central Library basement. The chess team often meets there for practice. There are several shelves of games available for free checkout that can suit everyone's interest.

Gonzalez said any new students struggling to make friends should go to the Central Library basement. "The basement is very welcoming to anyone who wants to try any kind of game, even if you just want to spectate. It's a really great way to make friends [and] become part of a community of gamers."

VIDEO GAMES

Video games are also a common sight across the campus. Many clubs exist for dedicated fans of certain games, and there's even an official varsity esports program.

But esports can be intensely competitive, so it might not be a good fit for first-timers. Instead, students can try some more casual games.

Super Smash Bros. can be enjoyed even in a non-competitive setting. People often meet in the library basement for rotations and free-for-alls, and the esports club hosts MavMayhem tournaments every Friday, which can be enjoyed by casual and competitive gamers.

"Personally, I've made plenty of friends down in the UTA Library's basement because of these games, such as *Super Smash Bros.*," Gonzalez said. "I really enjoy it because it encourages teamwork among people you don't even know."

She said the compact nature of the Nintendo Switch console also makes the games easy to set up on campus TVs. For off-campus gaming with larger groups, she recommended *Minecraft*, a survival video game in which players create and break apart various kinds of blocks in three-dimensional worlds to build anything.

If a game with a specific playstyle is preferred, UTA's gaming clubs encompass various genres. First-person shooters, multiplayer online battle arenas, sports games and many more all have their own communities on campus.

The Shorthorn: Mary Abby Goss

campus. Even games needing specific hardware, like *Guitar Hero* and racing games, have equipment for use in the basement. And some of it can be checked out, including the consoles.

Graduate student Kartik Nair said he often goes to the basement to play games like *FIFA*, a professional soccer simulator, when he needs to relieve stress.

“There are a lot of students who are not good at outdoor sports like football, hockey and all those things. So that kind of student, they can find a place over in this kind of community where they can build long-lasting relationships,” Nair said.

But more important than the gaming itself is the gaming culture. Students interacting and bonding together over games builds communication, team spirit and friendships that can continue to evolve even after graduation, he said.

features-editor.shorthorn@uta.edu



The Shorthorn: Many Abby Goss

The Shorthorn: Many Abby Goss and Ronaldo Bolanos

FOOD AND DRINK

Eating for the week with \$35

From planning meals ahead of time to learning different recipes, students have plenty of options for eating on a budget.

BY LEO ROSAS
The Shorthorn staff

Living on a budget can be strenuous, but eating doesn't have to be. With a little planning, students can get by with \$35 a week on groceries.

Wasting food is like throwing money away. Learning what groceries to buy and what to cook reduces the amount of food waste.

Before grocery shopping, plan out meals for the week. This helps people avoid buying unnecessary items. It will also ensure that they stay within their budget by only shopping from the grocery list.

Multiple meal prep recipes can be found online for people on a budget. Look for recipes that use affordable ingredients like beans, lentils, rice and frozen vegetables. But keep in mind that most food lasts safely in a refrigerator for four days, according to the U.S. Depart-

ment of Agriculture. By that time, even food that is safe to eat can lose flavor and texture.

For something less perishable, people can pick up ramen noodles.

Criminology junior Caleb Mack said he lived mostly on ramen during his first year in college. He learned that ramen can be made in multiple ways. He would use beef, pork or chicken as protein, but the key is in the seasonings.

"You can make that ramen taste completely different in so many different ways," Mack said. "It's like you're eating a gourmet meal every night."

He suggested students use some of the chicken when making spaghetti with the above ingredients, as opposed to regular pasta and ground meat. With this alternative, the tomato sauce could be made into a tomato soup side for a grilled cheese sandwich.

Try to shop using coupons, and check local grocery stores with weekly ads for sales or discounts. Stock up on items that are on sale or buy one, get one free. Look for

store-brand products, which are often cheaper than name-brand items and taste very similar.

Meat can be expensive, so use it sparingly. Use it as a complement rather than the main focus of the meal. Ground turkey is usually the cheapest option.

Kinesiology junior Juan Resendiz suggests students use the tortillas to make breakfast tacos. Combining potatoes and eggs in the tacos can make a more filling meal.

Those who want to save the protein for later meals can make oatmeal pancakes for relatively cheap, Resendiz said. The recipe is simple with oats and water, but milk, fruits and eggs can be added easily.

Online 'recipe finder tools' like those by Tesco Real Food and SuperCook.com are also great for generating recipes from any given list of ingredients. ChooseMyPlate.gov has a tracker and a meal planner that can help you plan good nutrition on a budget.

@LEOROSAS101

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**Ingredients List
from Walmart**

- Great Value large burrito flour tortillas, 8 count-\$1.98
- Great Value 100% whole wheat round top bread loaf, 20 ounces-\$1.88
- Great Value maple & brown sugar instant oatmeal, 1.51 ounces, 10 packets-\$1.68
- Great Value finely shredded fiesta blend cheese, 8 ounces-\$2.22
- Great Value large white eggs, 12 Count -\$2.52
- Imperial vegetable oil spread 16 ounces, 4 sticks- \$1.58
- Fresh bananas, one pound- \$1.20
- Yellow onions, each-\$0.94
- Russet potatoes, 5 pound bag- \$2.97
- Sanderson Farms fresh chicken tenderloins, 1.0 - 1.6 pounds- \$5.49
- Festive frozen ground turkey, 16 ounces- \$2.54
- Great Value creamy peanut butter, 18 ounces-\$1.84
- Great Value long grain enriched rice, 5 pounds-\$2.94
- Hunt's traditional pasta sauce, 100% natural tomato sauce, 24 ounces-\$1.18
- Great Value Pinto Beans, 15.5 ounce can - \$1.56
- Great Value spaghetti 16 ounces- \$0.98
- Great Value California style vegetable mix, 12 ounces (frozen)- \$1.12

Total: \$34.62

Menu

Breakfast:

- Eggs and toast
- Maple and brown sugar oatmeal
- Country breakfast bowl (combine roasted potatoes, scrambled eggs, salsa and cheese)
- Peanut butter and banana sandwich

Lunch:

- Chicken and beans quesadilla
- Chicken/turkey, beans, rice/potato burrito
- Beans, rice and vegetables

Dinner:

- Spaghetti with ground turkey or chicken and pasta sauce
- Grilled cheese sandwich and tomato soup
- Oatmeal pancakes



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