How do I maximize the value of my UWM Meal Plan?

As you look at the next section, about UWM Meal Plan rates, we want you to know how we calculated these prices. The way you use your meal plan affects its value. The more meals you eat in UWM Cafés, the less your food will cost you. You have four ways to use your meal plan dollar; planned meals (campus cafés), a la carte dining (restaurant selection), the option to eat with an off-campus provider, and the option to use the meal plan in a convenience store. Each of these options will provide food, but the quality of the food and the convenience it provides will vary.

How do I make the most out of my UWM Meal Plan dollars?

Be mindful of your caloric intake when choosing meals. It seems a bit more substantial. Do you cycle through a lot of calories? Try not to get too distracted by individual foods you might like or dislike…as you can see many of the items listed in these sample menus. As you read through them, get a sense of the amount you think would satisfy your hunger.

Knowing the right UWM Meal Plan for you is all about knowing how you eat. The average UWM Panther participant has something to eat that has nutrition, variety and satisfies their hunger when they are hungry. Residential Dining Team, we pride ourselves on making every effort to ensure that each meal plan participant has something to eat that has nutrition, variety and satisfies their hunger when they are hungry. Here, in the UWM Dining Plan, we encourage you to know your options and make value-minded choices. You have four ways to use your meal plan dollar; planned meals (campus cafés), a la carte dining (restaurant selection), the option to eat with an off-campus provider, and the option to use the meal plan in a convenience store. Each of these options will provide food, but the quality of the food and the convenience it provides will vary.

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By doing so, you have access to balanced meals, nutritious prepared entrees and sides, and grocery/convenience items. We strive to use the best of what Wisconsin has to offer by growing, harvesting, and preparing food in a manner that will make the most sense for both the customer and the environment. One of the things we are most proud of is our commitment to reducing waste. We have made great progress in reducing the amount of food we waste, and we are committed to doing more. We also strive to use ingredients that are fresh, locally sourced, and sustainably grown.

FINDING THE RIGHT UWM MEAL PLAN FOR YOU!

We need to know who you are, your preferences, dietary needs, and how you get your meals. We cannot give you the right plan if we do not have this information. To get started, you will need to complete the following steps:

1. Complete the Student Information/Food Allergy form.
2. Meet with a residential advisor to discuss your food preferences and dietary needs.
3. Choose a meal plan that meets your needs.

Do you know that you can use your on-campus discount options? Use your on-campus discount options!

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For example, planned meals (campus cafés) offer a variety of choices at a lower cost. A la carte dining (restaurant selection) offers a wide variety of options for those who want to try new things or who have specific dietary needs. Eating with an off-campus provider offers the convenience of being able to eat where you want, when you want. And, using the meal plan in a convenience store offers the convenience of being able to eat where you want, when you want.

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