

Name:

Student ID #:

## Dining On Campus Challenge Balancing on a Budget – October 2019

For this month's challenge, you need to create an on-campus meal plan for 5 days. You only have 13 meal swipes and 25 dining dollars to spend for the week. **You do not actually need to purchase food to get credit for this challenge.** This therefore can be a real or made-up meal plan. You must complete both steps of this challenge to get credit for participating. Either email completed challenges to [tlr61@uakron.edu](mailto:tlr61@uakron.edu) or drop off at the Simmons Hall Information Desk  
Attn: Taylor Sminchak.

### Step 1: Plan Your Meals

Write below the meals you plan on consuming during these 5 days (snacks are optional). For each meal, specify if you're using a swipe or dining dollars. Be sure to include at least 3 of the food groups from My Plate in at least 2 of your meals per day. If you are unfamiliar with the food groups from My Plate, please watch the October Balancing on a Budget Webinar found at <https://www.uakron.edu/zipassist/financial-wellness/balancing-on-a-budget> or visit <https://www.choosemyplate.gov/>.

Day #1	Day #2	Day #3	Day #4	Day #5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks

**TOTAL SWIPES USED:** \_\_\_\_\_

**TOTAL DINING DOLLARS USED:** \_\_\_\_\_