

# RESIDENT MEAL PLANS



At Bon Appétit Management Company, our passion is creating community through food. The meals we serve at Whitman College are cooked from scratch every day using fresh, whole ingredients that are sourced responsibly. We strive to cook food that is alive with flavor and nutrition and creative, so you want to keep you coming back for more. The focus of every week's menu is based on seasonality and availability of regional fresh ingredients. Meals are centered on an abundant of fresh produce, whole grains, and lean or plant-based proteins. Flavors are developed through healthy cooking techniques, with the use of fresh herbs and authentic spices. Vegan and vegetarian options are plentiful at every meal. . In addition to being delicious, the meals we cook at Whitman embody core values — about from-scratch cooking, wellness, dignity, and sustainability — that we take very seriously.

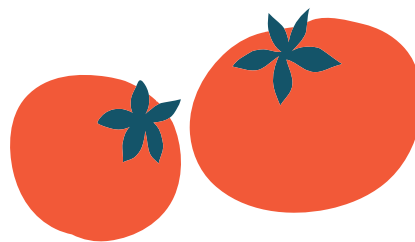
Bon Appétit managers work with each student with dietary restrictions before the semester begins. Every menu item is clearly labeled with Circle of Responsibility (COR) icons – these icons not only identify foods that are vegetarian, vegan, and made without gluten containing ingredients, but also give information on items that are locally sourced, humane, organic, and meet Seafood Watch criteria.

Bon Appétit is able to accommodate most medical dietary needs. We have an extensive made without gluten-containing ingredients program and the ability to work with other food allergies and restrictions. To initiate conversation and start the process to determine the best way to meet your needs, please contact our general manager and/or executive chef.

## **NUTS + BOLTS**

Students living on campus at Whitman are required to purchase a meal plan (see exceptions in the “More about Meal Plans and Flex Dollars” section). Students living off campus are not required to have a meal plan but can add Flex Dollars for both convenience and savings. Students living on campus are assigned Meal Plan 2 before the beginning of fall semester but can change to either of the other Meal Plans online using [my.Whitman.edu](http://my.Whitman.edu) through July and August, and also during the first week of classes. All charges will appear on a student's Whitman College student account statement.

Whitman dining operates on a declining balance system where Flex Dollar charges are determined by the actual food students purchase and consume, not on a per-meal basis.





## MEAL PLAN 1

\$3,920 cost per semester

(Purchasing power \$1,930 Flex Dollars).

**How I Eat** — I eat one or two meals per day when I eat on campus.

This plan is the minimum meal plan which meets the college's residential meal plan requirement. This plan is not designed to provide enough flex dollars to meet the needs of the majority of students. Students always have the option of adding additional Flex Dollars at any time during the semester.

## MEAL PLAN 2

\$4,220 cost per semester

(Purchasing power \$2,330 Flex Dollars).

**How I Eat** — I'll eat a small breakfast and lunch. Plus, a big dinner.

This plan is designed to provide enough flex dollars to pay for approximately 15 meals per week, enough to meet an average student's needs. All students required to have a residential meal plan are initially assigned Meal Plan 2 each semester but can make a meal plan change through the first Friday of each semester. Students always have the option of adding additional Flex Dollars at any time during the semester.

## MEAL PLAN 3

\$4,520 cost per semester

(Purchasing power \$2,830 Flex Dollars).

**How I Eat** — I'll eat three big meals each day I'm on campus. Plus, I like snacks for extra fuel, and an occasional coffee drink at the espresso bar.

This plan provides additional purchasing power which students can use in several different ways: purchasing additional meals, purchasing bigger meals or adding in between-meal snacks and beverages. This plan meets the needs of nearly all students with higher caloric needs. Students always have the option of adding additional Flex Dollars at any time during the semester.

## QUICK GUIDE

PLAN	STUDENTS	PRICE	FLEX DOLLARS
Meal Plan 1	lower caloric needs	\$300 less	400 fewer flex dollars
<b>Meal Plan 2</b>	<b>Base Plan (best for most students)</b>	<b>\$4,220</b>	<b>2,330 flex dollars</b>
Meal Plan 3	higher caloric needs	\$300 more	500 more flex dollars

## **FINANCIAL AID**

If you receive need-based aid and are on Meal Plan 1 or Meal Plan 2 your financial aid award is based on the price of Meal Plan 2. If you receive need-based aid and are on Meal Plan 3, your award will be adjusted accordingly.

## **UNDERSTANDING MEAL PLAN COSTS**

A portion of a Whitman meal plan supports equipment, administrative and operation costs, and service in addition to the cost of food.

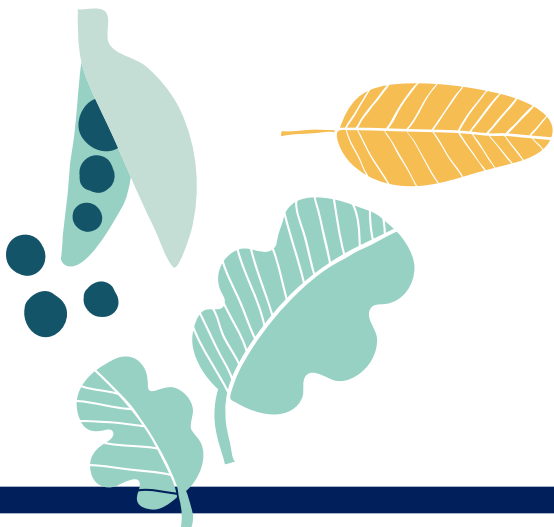
## **STAYING ON BUDGET**

Several tools are provided to assist students in staying on track with their Flex Dollar budget each week.

- Each dining location has a semester budget tool posted indicating how many Flex Dollars you should have left at the end of each week.
- Balances are briefly displayed on the register after each transaction.
- Paper receipts show the balance remaining.
- Students can check their Flex Dollar balance at any time by logging on to [my.whitman.edu](http://my.whitman.edu).

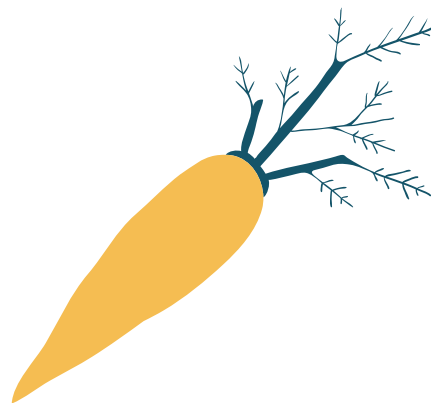
## **ADDING FLEX DOLLARS FOR STUDENTS LIVING ON OR OFF CAMPUS**

Both students living off campus as well as students living on campus with a meal plan have the option of adding Flex Dollars to their card. Flex Dollars always save the 8.9% Washington State sales tax compared to cash, credit or student charges. Flex Dollars may be purchased by students at any point in the semester at: [my.Whitman.edu](http://my.Whitman.edu) in \$50 increments which are charged to your student account.



## **MORE ABOUT MEAL PLANS AND FLEX DOLLARS**

- Four semesters of living on campus and being on a meal plan are required.
- Meal Plan 1 is the minimum required meal plan for all students living on campus except for residents of Community Service House and College House who are not required to purchase a meal plan.
- Meal plan and Flex Dollar charges appear on a student's Whitman College Student account statement.
- Flex Dollars are not transferable to another student's account.
- Students with unused Flex Dollars remaining at the end of a semester may select a smaller meal plan for the following semester if one is available. They are not eligible for a meal plan exemption.
- Flex Dollars remaining at the end of the fall semester carry over to spring semester.
- Flex Dollars remaining at the end of spring will not carry over to the next school year and are not refundable.
- Bon Appétit will gladly work one on one with students who have dietary restrictions and/or food allergies.
- Students can change their meal plan assignment through the first week of the semester, check their Flex Dollar balance or add additional Flex Dollars by logging on to [my.whitman.edu](http://my.whitman.edu) and can authorize their parents to do the same.
- Flex Dollars can be used during the academic year and only when the residence halls are open. Plans begin the day of move in and are not active when college is not in session except for Thanksgiving Break where meals are served through Wednesday dinner and begin again Sunday after Thanksgiving.
- Meal Plans are not active during winter, spring or summer breaks.
- Only students who withdraw or have a medical leave of absence are eligible for a refund or reduction of their meal plan charges. Please review the college refund policy in the College Catalog, which can be found at [whit.mn/catalog](http://whit.mn/catalog).





**Dining On Campus**

**Café Website: [Whitman.cafebonappetit.com](http://Whitman.cafebonappetit.com)**

**Mobile Ordering Available**

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