



Dining Plan Cheat-Sheet:

Base Dollars VS. Flex Dollars



Base Dollars

- ***Use your base dollars first! 50% of your starting base dollar balance is non-refundable, so make sure to spend at least half of your initial balance!***
- ***Base dollars are GST-exempt (no taxes)***
- ***Base dollars only apply to prepared/fresh meals (frozen meal vending machines included)***
- ***If you buy a meal and packaged items, the entire purchase comes off base dollars***

Flex Dollars

- ***Flex dollars can be used for any purchase at Chartwells dining outlets and vending machines (excluding USLU vending)***
- ***GST applies to all flex dollar purchases***
- ***If you have remaining flex dollars when you complete your time at the University, a refund will be issued for the full amount***

Base Dollars

Flex Dollars

- ***Prepared meals (bowl, burger, sandwich, wrap, entree)***

- ***Subway Sandwich / Burrito Loco meal***

- ***Salad / prepared fresh items***

- ***Frozen meals (from vending machine)***

- ***Snacks (chips, bars, packaged items)***

- ***Drinks (bottled pop, water, juice, coffee, latte, cappuccino, bubble tea)***

- ***Vending machines***

- ***Pizza 73 after hour orders***

How to spend your Base Dollars efficiently:

If you buy a meal and packaged items, the entire purchase comes off base dollars!

Prepared meals (bowl, burger, sandwich, wrap, entree)

OR

Salad / prepared fresh items

+

Snacks (chips, bars, packaged items)

OR

Drinks (Bottled pop, water, juice, coffee, latte, cappuccino, bubble tea)

How to spend your Base Dollars efficiently:

- Meal prep! Plan your meals around your schedule and buy in bulk! Purchase foods that can be frozen or stored for long periods of time***

- Plan ahead! Buy any flex dollar items you may need or want in the future while buying a meal***

- Use the Boost app! Skip lines and order after-hour meals for pickup***



Questions?

*Send us an email at
[diningplan@uleth.ca!](mailto:diningplan@uleth.ca)*

