

*you are what you eat* **FOOD FREAKS**

**SO YOU'VE MADE IT THIS FAR. YOU'VE SIGNED UP FOR YOUR COURSES, YOU'VE GOT YOUR CLASSROOMS MAPPED OUT, AND YOU'VE STRAPPED ON YOUR BEST PAIR OF THINKIN' SHOES. YOU THINK YOU'VE GOT EVERYTHING FIGURED OUT? IT'LL BE AS EASY AS BREATHING, RIGHT? WRONG — YOU SEE, IT'LL BE AS EASY AS EATING, MY FRIEND! BUT AS YOU'RE ABOUT TO FIND OUT, KEEPING YOUR NUTRITIONAL AND FISCAL RESPONSIBILITIES IN CHECK CAN PROVE TO BE QUITE THE BALANCING ACT WITHOUT THE PROPER TRAINING.**

A financially self-sufficient student on a healthy meal plan is rarer than a set of conjoined twins, but help is always forthcoming even with the most unaccommodating of budgets — such as zero. The Campus Food Bank is your fall-back. The centre is a Students'-Union-run guarantee that while you might not eat like a king, you'll eat. Located in 2-900 of SUB, the Food Bank is open Monday to Thursday from 12 p.m. — 5 p.m.

But what if you've graduated from educationally enforced poverty and feel a little green in your pockets to throw around? Chances are your freshly paid self won't find an \$8 Room at the Top burger is worth the investment. Other options, such as Aramark-funded fast food in the basement of CAB, offer sub-par cuisine for premium prices, and the Tim Hortons popping up everywhere offer no price advantages to their off-campus counterparts. Remember, your grandpappy probably lived on \$8 a year while walking through way more snow than you will this year, so spend wisely.

Keep your eyes open while walking about campus. Throughout the fall months — and even a few of the winter ones — many of campus' green spaces and Quads are crowded with lineups for student group barbecues. \$4 is the typical price of one of these barbecued delights. Plus, you get to pat yourself on the back for giving back to your university community.

Administration-sponsored presentations and talks around campus frequently come with catering and are a good way to grab a snack without sacrificing any dollars. Even the big corporate man can help a student out once in a while as Taco Time proves with its Toonie Tuesdays

### *For love of Veggies*

Alberta is a tough place for vegetarian/vegan-types with all of its AAA beef and, well, lots and lots of beef. But the University area is, with a little searching, willing to reveal some local culinary gems.

On campus, students can choose from a few options. The Eurasian Bistro in HUB Mall is vegetarian- and vegan-friendly upon request, while L'express in SUB offers veggie lasagna and select salads and wraps. If you're between classes and speed is your game, veggie subs are available at both Mr. Sub and Subway, and as an added bonus both establishments have vegan bread available.

Marco's, located in the corner of SUB's food court, is usually home to meaty creations, but also serve vegetarian falafel, hummus, and veggie burgers. And the sweet potato fries at Dewey's (well-known to vegetarians and the carnivorous alike across campus) can be ordered with vegan chili and a salad to assemble

in SUB, which have helped many a hungry student steam through exams — straight to the outhouse, mind you. Even noodle and rice dishes are available for a couple paltry dollars at Edo in SUB and Oodle Noodle on nearby Whyte Avenue, respectively.

It's also important to remember that your newfound student-dom doesn't relegate you entirely to a pitiful diet — eating woes are easily dispelled by a slightly fatter wallet. And with a little investment, a healthy diet is easy to maintain throughout the scholastic year.

The recently opened Sobeys Urban Fresh store located south-east of the hospital provides an array of fruits, vegetables, meats and packaged goods, but expect to pay the prices of a pretentious cosmopolitan bistro. It's still possible to get a sandwich like mom made, too. Just swing by Motherly in HUB mall and grab soup of the day and a home-style sandwich for under \$10. Motherly also boasts campus' best chocolate muffin, edging Java Jive out to a close second in a pooling of local news editors. If you're on the hunt for some tasty salad and rice dishes while in HUB, Beez is also a notable stop: prices are reasonable, service is phenomenal, and your waistline won't hate you for anything you choose off the menu there.

Even a touch of sophistication is available to students in the form of the Arbour Restaurant at Rutherford House. Yes, that fancy looking house to the north of Humanities isn't just for decoration. In addition to being the home of U of A founder Alexander Cameron Rutherford, it houses the Arbour restaurant, a secluded café style eatery that offers a tame environment and a little class to students willing to spend a little cash.

a veggie feast.

Even Lister Cafeteria has a daily lunch and dinner station that specifically caters to vegetarians and offers a new meat-free dish every day. The menu includes curries, stir fries, and vegetarian chili. However, many options contain cheese and aren't always vegan-friendly. And don't feel left out in the cold just because you're not a residence kid; Lister Cafeteria is open to all students.

Off-campus, options are even more varied. Café Mosaics can be a little pricey, but the restaurant is pure vegetarian and quite a few meals can be made vegan. Remedy Café, located on 88 Avenue and 109 Street is also full of vegetarian options. From 11 a.m.—2 p.m. on Saturday and Sunday they serve up Samosa Dhosa, a crepe-style vegetarian option, along with many vegetarian and vegan options, including vegan cake on occasion.

## **RATT** *Rersited*

The newly renovated Room At The Top (or "RATT" as it will still be called by everyone, despite the SU's most fervent re-branding efforts) is the local campus watering hole that allow sad clowns to drown their sorrows in bourbon and fat ladies to increase their already mountainous girth with many deep-fried goods. Located on the seventh floor of the Students' Union building and featuring a fantastic view, this pub is an excellent venue to grab a pint and some fries with friends after you're done walking the tightrope for the day. It's also the home of the infamous RATT burger. Though it seems like it was taken from the hindquarters of a Chinese dancing bear, Room At The Top only believes in cruelty to your colon — not cruelty to animals. Despite its lukewarm temperature, the beef patty topped with lettuce and tomatoes on a Kaiser goes down easily enough, before proceeding to make short work of your digestive tract in a way only a sword swallower in an earthquake can understand.

