



No matter how you look at it, you get a great deal at your Market Place! With the healthy and delicious menus, convenience and value offered at both Burge and Hillcrest Market Places, your meal plan is the best deal around.

Top Ten Reasons That Your Market Place is THE Place to Eat

10. UI Residential Dining Meal Plans are **9th lowest** in cost of the Big Ten universities.
9. Both Hillcrest and Burge Market Places are **open over 82 hours each** every week...and that doesn't include the hours for Late Nite@ Burge.
8. If you utilized all your meals on a Full Board Plan, breakfasts would cost **\$2.97 each** and lunch/dinners would cost **\$4.45 each**. Meals on a 14 Meal Deal cost \$5.56 each. **Where else could you get that kind of value for all-you-care-to-eat?**
7. An average sit-down meal in downtown Iowa City restaurants is **over \$9**, including tax and a soda.
6. Residential Dining menus are developed with the **advice of registered dieticians** and **professional chefs**. Our salad bars offer fresh and crisp veggies every day, along with hot veggies at our Asian and Homestyle stations. There's always fresh fruit available as well as lean protein. It's so easy to build a solid nutrition pyramid every day!
5. Most of the desserts served in the Market Places are **homemade** by our own bakers! There's always a sweet treat waiting for you.
4. You have a **voice** in what is served. Students can make comments about Market Place food, facilities and service by visiting the Residential Dining website <http://housing.uiowa.edu/departments/residentialdining/index.html>. Also, the Residential Dining Advisory Committee meets monthly to discuss issues relevant to the Market Places. The membership includes students from all residence halls and hall governance.
3. In the winter or bad weather, you can really appreciate **how close your meals are!**
2. A gallon of milk costs between \$3-4, a loaf of premium bread costs \$3, 9 ounces of sliced ham will cost \$3.50, and sliced processed cheese is about \$2.50. Do you really know how much your meals would cost if you shopped for yourself? When you factor in gas, food, time and labor costs of preparing your own meals, **the cost is a lot more than you think.**
1. Sure, Ramen noodles are cheap...but do you want to eat them three meals a day – EVERY day?

Your University Housing meal plan is a true bargain!