



Meal Planning Tips

A healthy diet can contribute to your success in the studio and the classroom. This information is intended to help you make a plan for your grocery budget and meal planning.

- Determine the amount you can budget for groceries. Will you be able to spend this amount each week, every other week or once per month? When will you be able to shop, during the week, on Saturday or Sunday?
- Make a list of the types of groceries you know you will want. Be sure to include household goods you will also need. Below is a basic list of household items to consider.
 - Laundry detergent
 - Fabric softener
 - Toilet paper
 - Paper towel
 - Dishwashing detergent
 - Body soap
 - Deodorant
 - Shampoo/conditioner
 - Toothpaste/dental floss
 - Cleaning products (toilet bowl cleaner, multi surface cleaner, etc.)
- Take some time to find the grocery store closest to your home. If you are living in downtown Grand Rapids, the following options are within a short bus ride. There are many more options in the area, you are encouraged to search based on your home address. These stores also offer rewards programs that provide additional discounts, see store for details. Remember, all KCAD students can get a free pass for all rides on The Rapid bus (available in the Activities & Resource Center.)
 - Family Fare Supermarket
1415 Fulton St E
The Rapid bus #14 picks up outside of the Van Andel Arena and stops at this grocery store. Approximately 10 minute ride. This is a full grocery store.
 - Family Fare Supermarket
1225 Leonard St NE
The Rapid bus #13 picks up at Ionia Ave and Pearl Street and stops in the parking lot to this store. Approximately 14 minute ride. This is a full grocery store.
 - Meijer
1997 E Beltline Ave NE
The Rapid bus #15 picks up outside of the Van Andel Arena and stops at this grocery store. Approximately 24 minute ride. This store is similar to Walmart, full grocery line plus extensive line of home goods, clothing, outdoor goods, etc.
- You will want to be sure to use all items you purchase, especially food. Consider using a meal planning app if you are not used to developing a shopping list and finding uses for all food purchased. There are



Kendall College of Art and Design
of Ferris State University

Student Engagement Office
Activities & Resource Center
Kendall College of Art and Design of
Ferris State University
17 Fountain Street NW
Grand Rapids, MI 49503

free apps that will help you based on your food preferences to select recipes and build a shopping list. You can also look at sites like Pinterest. Be sure to include the basic items you know you like to eat, like cereal for lunch, sandwiches for lunch and pasta for dinner. Having some easy go to items when you don't have time to prepare a recipe is important. Also consider foods you can prepare ahead of time and have ready for the week (large batch of soup, rice and vegetables, casseroles, etc.)

- If you know you will not be able to go to the grocery store often, consider buying a mix of fresh and canned/frozen fruits and vegetables. You can eat the fresh items first.
- There are also grocery delivery services available in Grand Rapids. Visit this website to find options and pricing <https://www.shipt.com>. Shipt works with the local Meijer store.
- Be sure to talk with your roommates, can you take turns making meals or work together? Sharing a meal and talking is a great way to connect!
- If you are unable to purchase food, whether it's one time or on a regular basis, the Emergency ReSource is available to help KCAD students. The Emergency ReSource is a room located inside the Activities & Resource Center that is stocked with free food and toiletry items. There are no limits to the number of visits and no income verification requirements. The Activities & Resource Center is open Monday – Friday from 8:00am to 5:00pm. If you need to access this resource outside of regular hours, email KCADers@ferris.edu and a KCAD staff member will be able to help.