

SDCEats!

SAN DIEGO CONTINUING EDUCATION

SHOPPING GUIDE

SDCEats! aims to facilitate healthy diets and address food insecurity by providing shoppers at least 10 servings of food per week through our Food Pantry.

Food Pantry Rules:

- Have your CSID/Employee ID number ready.
- Respect SDCEats! staff and shoppers at all times.
- What you see is what we have. Items change weekly.
- SDCEats! reserves the right to dismiss any shopper for misconduct or violation of SDCE's Code of Conduct.

1



Check in
Start with 10 points
Grab a basket

Make sure you have your CSID or Employee ID number ready!

2



Browse weekly products
All items are assigned a color-coded point value from 1 to 4, 6, and 10



4



Bring items to check-out counter
Present your CSID or Employee ID number
Check out with your purchases

3



Calculate the total point value of your items, up to 10 points maximum

Points don't accumulate; your point balance resets each week!

QUICK TIPS

Hours

Monday - Thursday

8:30 - 10:30 am

12:30 - 2:30 pm

Friday

12:30 - 2:30 pm

Think ahead

Figure out what foods you need and how many items you can get within your point limit using the *SDCEats! Points Guide*.

Points from 1 - 4 are based on serving sizes.

Plan ahead

Prepare a meal plan that uses items purchased from the SDCEats! Food Pantry. Having a meal plan will also help you figure out which items you need.

Stay ahead

Have points remaining at the end of the week? Stock up on essentials. Don't forget, points don't roll over from week to week, so you'll lose points you don't use!

SDCEats!

POINTS SYSTEM

Mix and Match 10 Points per Week

Shoppers start with 10 points every week. Each purchase counts against your weekly point total.

Look for color-coded items using the point system breakdown on the right. The more servings an item has, the more points it costs.

4 POINTS

4+ servings

- Large canned items
- Large dry goods:

Rice, Beans, Pasta,
Staples (sugar, flour)

3 POINTS

3-4 servings

- Medium canned items
- Small dry goods:

Rice, Beans, Pasta,
Staples (sugar, flour)

2 POINTS

2 servings

- Small canned items
- Individual items:

Soda and Juices

1 POINTS

1 serving

- Individual items
- Miscellaneous items
- Water and 100% Juice

The SDCEats! Food Pantry is free and open to qualifying students and employees.

Interested in donating? Have questions? Contact SDCEats!
(619) 388-4894

6 POINTS

Soda/Punch, chips, and
sugar snacks

10 POINTS

Cookies, cakes, and
ice cream

SDCEATS! MADE POSSIBLE BY

SAN DIEGO
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