



How to simplify dining on campus

This school year it's a little bit more challenging to nourish yourself on campus. Schedules have become more complicated as we switch back and forth between virtual and in-person classes. There can be longer-than-usual wait times for both dine-in and pick-up food options due to Tulane's commitment to keeping us safe through social distancing. There is also a limitation to how, when and where we can eat socially with friends, which can make mealtime less enjoyable.

Want a run-down of some no-fuss meal options on campus? Check out our guide and tips below to ensure you fuel your brain and body throughout the day.

Tips for Dining on Campus

- Look at your schedule ahead of time and make a note of when you don't have a lot of time to eat. Plan quick meals for those days! Use pick-up, delivery, or grab-and-go options.
- Pick up food while on campus and eat it later. Having a few meals or snacks

on hand is a great way to make eating when you're hungry easier! Plus, you don't have to interrupt a study session to go get food! Check out grab-and-go options in the LBC Food Court, Provisions on the Thirtieth Parallel, and the Drawing Board Café.

- Looking for breakfast options?
 - Use Grubhub to order and pick up breakfast from the Dining Room at the Commons.
 - Get your smoothie or avocado toast fix at Rollin' n Bowlin'.
 - Order ahead and pick up a bagel from PJ's Coffee at the Goldring/Woldenberg Business Complex.
 - Order some grocery staples from Provisions! Provisions To-Go delivers to your residence hall! Did you know you can make scrambled eggs in the microwave?
 - Grab a yogurt parfait from the LBC Food Court on your way to class.

Pick-up with Grubhub

Commons to Go | meal swipe and Wavebuck\$

Bowlful | meal swipe
- Plant-based bowls

Drawing Board Café | meal swipe and Wavebuck\$

Le Gourmet featuring RnB | meal swipe and Wavebuck\$
- Smoothies, bowls and toasts

PJ's at Goldring/Woldenberg Business Complex | Wavebuck\$

Rimon | Wavebuck\$ and meal swipe (if on kosher dining plan)
- Seasonal, farm-to-table, and healthy unique kosher fare

1834 Club Gourmet to Geaux | Wavebuck\$

Delivery with Grubhub

AFC Sushi | Wavebuck\$
- Professionally made sushi in grab-and-go packs

Al Fuego | Wavebuck\$
- Build-your-own Latin rice bowls, salads, tacos, and burritos

Freshens | Wavebuck\$
- Made-to-order pizzas, salads, toasted wraps, rice bowls, and fresh blended smoothies

Pickles | Wavebuck\$
- Signature sides and house-made potato chips

Wall of Greens | Wavebuck\$
- Build-your-own salad and wrap bar with a huge variety of greens and endless toppings

Star Ginger | Wavebuck\$
- Asian street food

Wow Café | Wavebuck\$
- Fresh, never frozen, chicken with flavor-packed sauces

Zatarain's featuring Simplified | meal swipe and Wavebuck\$
- Freshly prepared proteins, vegetables, and carbohydrates made without milk, wheat, soy, peanuts, tree nuts, shellfish, eggs, or gluten

Provisions on the Thirtieth Parallel | Wavebuck\$

1834-Gourmet to Geaux | Wavebuck\$

TUPHE FEATURE

Be safe; avoid mixing drugs and alcohol

Mixing drugs with alcohol is dangerous and unpredictable. Avoid drinking alcohol when using any kind of drug, whether it's a prescription drug or an illicit drug.

Stimulants are drugs that elevate your mood, energy, and alertness. Depressants, on the other hand, are drugs that can slow activity in the central nervous system. Alcohol is a depressant, so mixing it with other drugs can have some serious effects on your body.

Stimulants - Mixing alcohol with stimulants, like Adderall and Vyvanse, can impair your body's ability to recognize the signs of intoxication because they cause opposite effects. This increases your risk of overdose or death because they make you feel more sober than you are.

Depressants - When you consume alcohol with other depressants, such as Oxycodone or Xanax, it can slow your body's involuntary functions, like breathing. This can overwhelm your body and depress your central nervous system to the point where it stops functioning.

Hallucinogens - Mixing alcohol with hallucinogens, like MDMA/Molly, can increase your heart rate and body temperature to dangerous levels. It also increases your risk of heart attack and can put you at risk for severe dehydration.

Cocaine - Drinking while using cocaine, a stimulant, can impair your ability to feel intoxicated. It also creates Cocaethylene, a chemical that strains your lungs and heart, which increases your risk of overdose or death.

Cannabis - Consuming marijuana with alcohol can impair your motor skills, cause unpredictable mood changes (such as anxiety, paranoia, and panic), and can cause nausea, vomiting, and "the spins."

live well Highlights



Sex Week March 1-5

Week of comprehensive, queer-inclusive, culturally specific, sex-positive events and conversations.

More info:
sexweek.tulane.edu



SAPHE Recruitment

Applications due March 14

Join a compassionate group of students dedicated to providing support and resources to survivors of sexual violence. **More info:**
bit.ly/saphe-recruit-2021



Financial Literacy Series

March 9, 16, 23 and 30

Learn how to establish financial independence and make major financial decisions after college graduation. **Sign up on WaveSync:** bit.ly/ch-wavesync