



eating
made
easy

Study Hard, Eat Well



SHIPPENSBURG
UNIVERSITY
Dining Services

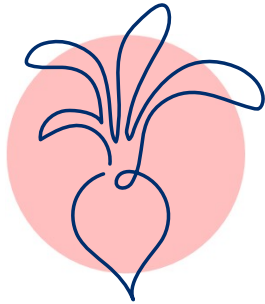
Ship.CampusDish.com | [@ShipDiningServices](https://www.instagram.com/ShipDiningServices)



Choose Less Stress



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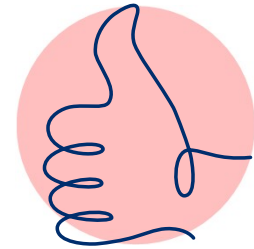
ONLY THE BEST

Chef-inspired, on-trend menus featuring fresh, quality ingredients



TOOLS TO THRIVE

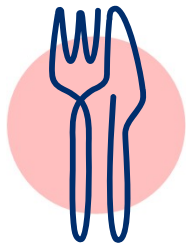
Well-balanced, transparent menus to navigate healthy options with ease



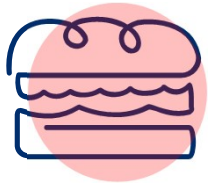
ALL FOR YOU

Perfectly personalized to fit your life

Ace Your Appetite



ALL YOU CARE TO EAT
Reisner Dining Hall



ON THE GO
7 locations across campus

Hours of service available at
Ship.CampusDish.com



Student Favorites



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DUNKIN'



Mobile Ordering for students with a meal plan!
Download *Transact Mobile Ordering App*

More information about all retail locations available at ship.campusdish.com



Special Events

Student-focused events that bring the campus community together



More to Explore



SUSTAINABILITY

Reducing our impact with programs like:

- Reusable To-go Containers
- Cool Food Meals
- Sustainable Fish Fridays



LOCAL PARTNERSHIPS



Eat Well



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**HEALTH
BAKED IN**



**FOOD THAT FITS
YOUR LIFE**



**ACCESS AT YOUR
FINGERTIPS**

YOUR LOCAL RESOURCE:

Reach out to our District Registered Dietitian

Brandy Stayman, MS, RD, LDN

brandy-stayman@aramark.com



Special Dietary Needs

true balance
everything you want nothing you can't



no milk



no wheat
no gluten



no soybean



no peanuts



no eggs



no sesame



no tree nuts



no shellfish



no fish

Our chefs prepare specialized options from ingredients without the 9 most common food allergens.

Registered Dietitian
available for students.

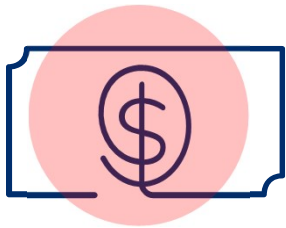
For more details:
Ship.CampusDish.com

true balance

Hiring Students!

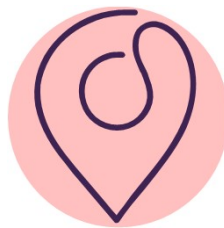


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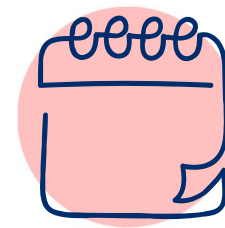
INCENTIVE PROGRAM

Earn \$250 bonus FLEX when you work 250 hours within the semester.



NO CAR, NO PROBLEM

Convenient on campus locations make it easy for students to earn money.



FLEXIBLE SCHEDULE

Students choose their shifts to accommodate class schedule.

**FOOD SERVICE WORKER | BARISTA
CATERING SERVICE | MARKETING INTERNS**



Scan QR code or visit website to apply!

Careers.Aramark.com

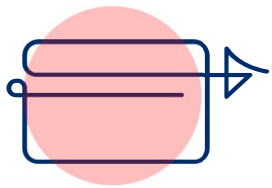


Meal Plans

Know Your Perks

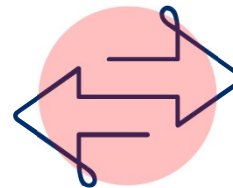


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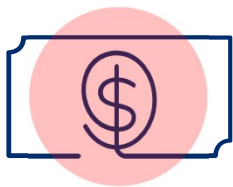
MEAL SWIPES

All you care to eat at
Reisner Hall



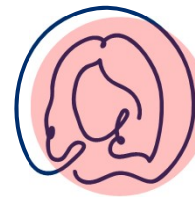
MEAL EXCHANGE

Use your plan on-the-go



FLEX DOLLARS

Use at all on-campus
dining locations



GUEST MEALS

Treat friends and family

Meal Periods



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BREAKFAST -

Open (7:30am) - 10:30am

LUNCH -

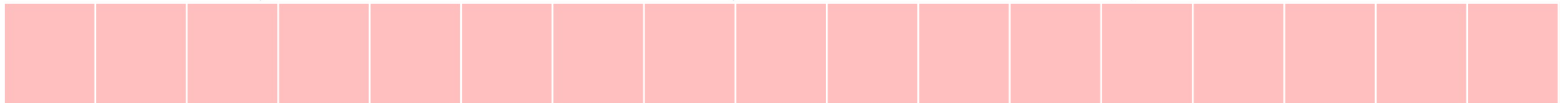
10:30am - 3:30pm

DINNER -

3:30pm - 8:00pm

LATE NIGHT -

8:00pm -
Close (10:30pm)



Find Your Fit



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- Exclusive Commuter Only Plans

Flex Only

- \$100 in Flex Dollars to use how you'd like.
- Reload at any time.
- (This Plan Does Not include any Meal Swipes)

\$100

10 Per Week

- Use a Meal Swipe where you want - once per Meal Period
- \$350 Flex Dollars
- 5 Guest meals

\$1,682 / semester

80 Block

- Eat at your own pace!
- Use up to 4 Meal Swipes Per Day - once per meal period
- \$300 Flex Dollars
- 3 Guest meals

\$1,229 / semester

Find Your Fit



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- Additional Meal Plan Options

14 Per Week

- Use a Meal Swipe where you want - once per Meal Period
- \$300 Flex Dollars
- 5 Guest meals

\$1,914 / semester

Admiral Unlimited

- Flexibility to Dine Whenever You Want!
- Up to 4 Retail Meal Swipes Per Day
- \$250 Flex Dollars
- 7 Guest meals

\$2,532 / semester

Admiral Unlimited *Plus*

- All the Flexibility of the Admiral Plan
- Plus:
 - \$100 More in FLEX (\$350 in total)
 - 3 Additional Guest Meal Swipes (10 Total)

\$2,632 / semester

Unlimited dining in Reisner Dining Hall, Plus One Retail Meal Exchange per meal period at Participating retail locations.

HOW TO PICK YOUR PLAN:

ONLINE - My.ship.edu

VISIT STUDENT ACCOUNTS - Old Main, Room 100

Sign Up Today!

SIGN UP FOR A QUALIFYING MEAL PLAN TODAY AND EARN FREE FOOD & DRINKS!

- Upgrade to an unlimited plan and Receive a coupon book with nearly \$100 worth of Free Food and Drinks!

- Scan the QR Code or Visit Our Info Center Table
- No Payment due today!

FREE Dunkin'
Medium Iced Coffee
Add-Ons Excluded

FREE Freshens
Flatbread
fresh food studio

FREE B.F.
Chicken Tender
Combo
BURGERS • FRIES

FREE Century
Café
Bagel Sandwich
Add-Ons Excluded

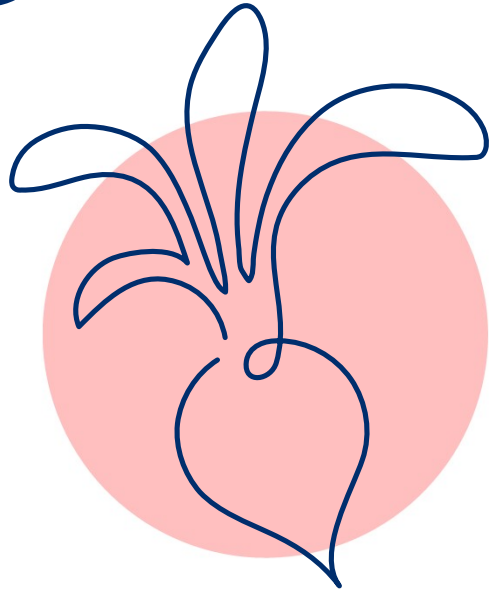
FREE Chick-fil-A
Milkshake

50% off
Any Breakfast
Sandwich with the
purchase of any drink.
Starbucks

Scan Me!



Questions?



Eran Haupt

Marketing Manager

Haupt-Eran@Aramark.com

Jim Faulkner

Director of Operations

faulkner-james@Aramark.com

 Ship.CampusDish.com

   @ShipDiningServices



SHIPPENSBURG
UNIVERSITY

TIPS FOR COMMUTER SUCCESS





**YOUR SHIP
EXPERIENCE**

GETTING TO CAMPUS



- Raider Regional Transit (local & free for students)
- Capital Area Transit
- Carpooling (pacommuterservices.org)
- Apartment Complex buses

PRO TIP:

Download the Transit app!



PARKING ON CAMPUS



Get your parking pass! To order...

- Go to parking.ship.edu
- Log in and follow the directions
- Pick up your pass in CUB 204 (available starting Fall Welcome Week) Be sure to bring your SU ID card, Drivers License, Vehicle Registration, and Proof of Insurance.

\$75 for the year. \$10 for additional decals.

PRO TIPS:

- Purple Heart Parking
- Visitors pass required for guests
- Parking maps are available online



FIND YOUR PLACE



COMMUTER, NON-TRAD, & GRAD LOUNGE | CUB 209

- Keycode accessible
- Hangout and study or just relax
- Meet other commuters
- Kitchenette with fridge
- Computer, printer, and TV
- Nearby lockers for storage available for rent

PRO TIP:

There's a part time grad assistant that can be a resource for students!



GETTING INVOLVED



- Clubs & organizations
- Fraternity & Sorority Life
- Campus Events
- Intramural & Club Sports
- Athletic events
- Ship Rec
- Study Abroad

PRO TIP:

Attend the Activities Fair the first Thursday of fall semester

SUPPORTING YOUR STUDENT



- Attend campus events together
- Learn about campus resources and encourage your student to seek them out
- Validate that change is normal and may be difficult at times
- Seek ways to balance the old family traditions and new college expectations

PRO TIP FOR FAMILIES:

- Sign up for the Raider Family Portal to get important campus news and announcements





TIPS FOR STUDENT SUCCESS

- Meet people, develop new friendships
- Attend class
- Check your email frequently
- Communicate often and ask for help
- Use advisor & professor office hours
- Plan for inclement weather (Campus Alert System)
- Get involved
- Use campus resources
- Embrace the learning process

PRO TIP: Follow @ShippensburgU on social to stay in the know about campus happenings



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