From Your Home to Our Community: Dining, Health Services, Housing, & Enrollment Services

Summer Orientation 2019
We Feed URI!

web.uri.edu/dining
Menu Planning and Nutrition

You can focus on your classes, let us focus on your food.

1. Planning the Menu
   - Entrée and sides
   - Individual items
   - Daily Specials
   - Made-to-order Options
   - Trends
   - Requests

2. Developing Recipes
   - Create recipes that appeal to our ever-changing customer base
   - Sensitive to all dietary restrictions
   - Taste-test with students
   - Nutritional analysis and labeling

3. Purchasing Products
   - Products and brands you know and trust
   - All fresh food deliveries are carefully inspected to meet our high quality standards
   - Sourced locally whenever possible

4. Cooking Fresh Daily
   - Most entrees and specials are prepared from scratch daily
   - We serve in small batches to ensure freshness and produce less waste

5. We are Always Listening
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Feedback from students and customers is vital to our planning process

Develop a well balanced menu cycle that includes:
- Student Lifestyles
- Budgets
- Varying Dietary Needs

THINK BIG WE DO™

THE UNIVERSITY OF RHODE ISLAND
Competing for Perfection

We compete among colleges and universities nationwide.
# Campus Meal Plans

<table>
<thead>
<tr>
<th>Campus Plans</th>
<th>Dining Halls</th>
<th>Guest Passes</th>
<th>Cost per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Campus Complete</strong></td>
<td>UNLIMITED ACCESS (B) (Br/L) (D)</td>
<td>14</td>
<td>4 DAILY</td>
</tr>
<tr>
<td><strong>Campus Plus</strong></td>
<td>UNLIMITED ACCESS (B) (Br/L) (D)</td>
<td>10</td>
<td>3 DAILY</td>
</tr>
<tr>
<td><strong>Campus Standard</strong></td>
<td>UNLIMITED ACCESS (B) (Br/L) (D)</td>
<td>6</td>
<td>-</td>
</tr>
</tbody>
</table>

- Averages less than $6 per meal!
- For active students with extended schedules
- Combos add flexibility
- All access to dining halls (B), (L/Br), (D)
## Community Meal Plans

<table>
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<tr>
<th>Plan</th>
<th>Dining Halls</th>
<th>Guest Passes</th>
<th>Cost per Semester</th>
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<tbody>
<tr>
<td>Combo 100</td>
<td>Exchange 2 combos per entry</td>
<td>3</td>
<td>100 semester</td>
</tr>
<tr>
<td>Combo 50</td>
<td>Exchange 2 combos per entry</td>
<td>3</td>
<td>50 semester</td>
</tr>
<tr>
<td>Flex 72</td>
<td>Total 72 “swipes” per semester. Use as you like - Dining Hall or Combo Meals. Plus 3 Guest Passes!</td>
<td></td>
<td>$200</td>
</tr>
<tr>
<td>Flex 36</td>
<td>Total 36 “swipes” per semester. Use as you like - Dining Hall or Combo Meals. Plus 3 Guest Passes!</td>
<td></td>
<td>$100</td>
</tr>
</tbody>
</table>

- **Combo 100**: Daily commuter
- **Combo 50**: Commuter with limited time on campus
- **Flex 72**: Commuter seeking mostly Dining Hall meals
- **Flex 36**: Commuter seeking mostly Dining Hall meals
Your Campus Partner

Ram Account is a debit feature you can activate on your ID card for cashless transactions on-campus.

Class supplies • Convenience Items • Laundry & Printers …and more

Maximize Your Financing:
• Meal plans can be billed with your tuition, so choose one with built-in Ram Account.

Easy to Manage:
• No bank fees
• Monitor and add funds online, by phone, in person

It is also accepted by dozens of off-campus business too!

Over 75% of students have Ram Account

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OF RHODE ISLAND
Where Can I Use RAM ACCOUNT ACCEPTED HERE?

We Are Your On-Campus Partner

More Convenience Off-Campus Too!

- Boss Arena
- Butterfield Dining Hall
- Campus Copy & Design
- Caterings Services
- Coke Vending Machines
- Daily Grind at the Library
- Dunkin Donuts*
- Mainfare Dining Hall
- Ram Computer
- Rams Den
- Ram Escape
- Ryan Center
- Ram Snack Shack
- Rhody Market
- TLC Program
- URI Bookstore
- URI Chemistry Stockroom
- Library Copiers & Printers
- Washers and Dryers

- Albie’s
- Alltown Convenience Store*
- Applebee’s*
- Bombay Flame Restaurant
- Caliente Mexican Grill
- CVS*
- D’Angelo’s*
- Domino’s*
- Dunkin Donuts*
- Five Guys*
- Dave’s Calzones & Wrap
- Get the Funk Out
- International Pockets
- URI Nice Life
- International Zone
- Kingston Pizza*
- Mia’s Kitchen
- Moe’s Southwest Grill*
- Panera Bread*
- Peking Tokyo*
- Phil’s
- Roch’s Fresh Foods
- RI Yoga Center
- Stop ‘n Shop*
- Story of Fit Nutrition
- Subway*
- TwoTen Oyster Bar & Grill
- Old Mountain Lanes
- Xtra Mart*

…and new locations are always popping up!

* Select Locations
## Catering to Student Needs

**web.uri.edu/catering**

### Taking Care of URI Program

Birthday cakes from URI Bake Shop, cheer boxes, and balloon bouquets available for purchase and delivered to any on-campus residence hall with just 2 days notice!

### Ideas Start with You

We love to hear from you! Have a family favorite you’d like to share? Send us the recipe and tell us why it’s important to you… maybe we can add it to our menu or specials!

### Teaching Students Life Skills

Quick and simple live cooking demo series aimed at small space kitchens.
### We Are Always Listening

**Message and data rates may apply**

**Dining Services**

How did you enjoy your dining experience today?

...OR SEND US YOUR COMMENTS BY TEXT:

1. New text message to: 55744
2. Start your message with: txtmain

...OR ONLINE AT: easycod.com/mainfare

Use the Kiosk Below!

**Website & Mobile App**

**Social Media**

**Live Text Commenting**

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**THE UNIVERSITY OF RHODE ISLAND**

**THINK BIG, WE DO**
Health Services Vision

“To be the most caring, respected and sought-after health care resource for our diverse student population and a leader in college health.”
Student Health Services

The URI Health Services provides comprehensive primary health care and prevention services, including acute care, immunization & allergy clinic, and health education.

• Located at the Potter Building, 6 Butterfield Road

• Hours open:
  Monday thru Friday: 8:00 am – 8:00 pm
  Saturday, Sunday, & Holidays: 10:00 am – 4:00 pm

• Staff include Physicians, Nurse Practitioners, Registered Nurses, Registered Dietitian, Licensed Practical Nurses, and Support Staff

• Laboratory, X-Ray, Pharmacy Services are also available
Special Care and Services

- Psychiatry
- Gynecology
- Specialized Care Plans
- Pharmacy Delivery Services
The URI Counseling Center provides confidential support for the personal, emotional, and academic well-being of our students. These services include individual counseling, group counseling, and referrals.

- Located on the third floor of Roosevelt Hall

- Triage Services:
  Monday through Friday: 10:00 am – 3:00 pm

- Appointment hours:
  Monday through Friday: 8:30 am - 4:30 pm
  Tuesday and Wednesday open till 6:30

- Staff include licensed psychologists, social workers and mental health clinicians.
URI Emergency Medical Services

Student Volunteer EMS

24 hour coverage to the URI Community

South County Hospital – Emergency Care
Insurance Information & Health Service Fee

• Health Service Fee - $271 per semester

• University Insurance Policy

  ➢ All full-time students assessed charge of approximately $2,443

  ➢ Waiver site is now open

  ➢ All students should have an insurance card in their possession
Heath Service Fee Covers

Dr. Pauline B. Wood

Health Services

- **FREE/confidential office visits with URI Health Services providers**
- **FREE/low cost over-the-counter cold medicine** (ibuprofen, cough syrup, cold medicine, cough drops, etc.)
- **FREE Ambulance/Emergency Transport Services (URI EMS)**
- **FREE health education and prevention programs**
- **FREE flu clinics, health fairs**

Regardless of health insurance, all students who pay the Health Services Fee are eligible for services including:

health.uri.edu
URI HEALTH SERVICES
Potter Building, 6 Butterfield Road, Kingston, RI 02881 (401) 874-2246
health@etal.uri.edu
Student To Do List
by July 15, 2019

☐ Register for the URI Health Services Patient Portal

☐ Enter your Vaccination Dates

☐ Complete the Required Online Forms in the Patient Portal

☐ Upload Completed Documents to the Patient Portal

☐ Waive the URI Student Health Insurance if you have comparable health coverage

☐ Complete online Behavioral Health Survey

* Details at health.uri.edu, New Student Information
Things to Remember!

✓ Health Services is available for ALL full time students, regardless of insurance coverage

✓ Required Immunizations must be uploaded in the patient portal by July 15, 2019

✓ Physical Exam is not required

✓ Health insurance may be waived prior to start of classes
Overview

- Applications, Roommates, Assignments, Oh My!
- Prepping for “The Big Move”
- “The Big Move”
- Boom, Done, G’bye - What now?
- People, Services, Resources
- Key Dates And Deadlines

(presentation slides @ NSP website)
Process

✓ Complete Application by July 1
  ✓ Profile, roommate finder, preferences
  ✓ Change roommate preferences to July 2
✓ Assignments Posted – July 22
  ✓ Contact Roommates (info in MyHousing)
✓ Early Room Change Request – July 26
  ✓ Semester Room Changes begin Sept 20
  ✓ Oct, Nov, Dec, Feb. - space available basis
✓ Move-In
  ✓ Labor Day Weekend
    (Aug 31 or Sept 1; scheduled by hall)
  ✓ Early Arrival programs, restrictions and costs
Prepping

• Contact Roommates
  – New Experience
  – Coordinate appliances

• Essential vs. everything
  – Phasing

• Insurance – Renters, Health, Warranties

• New Adventures/Expectations/Desires
  – Communication
  – Safety & Security
  – Laundry
Safety/Security

- Electronic Locks (exterior, room)
- Fire/Safety Inspections
- Fire Drills
- On-Call Student & Professional Staff
- URI Police
- URI Health Services/EMT
- Emergency Alerts
THE Move

• Move-In Guide – Online July 22
  – What to bring; What NOT to Bring
  – Arriving: When, How, What to Do
  – Parking courtesy/policy
  – Student ID/First Swipe + PIN
  – Furniture: University supplied, personal
  – Last Minute Activities

• Staff Contacts
  – RA/RAM, Hall Director

• Saying Goodbye
What Now?

• Community Connections
  – LLCs /Classes (URI 101)
  – Organizations/Activities

• Communication
  – Between them & you, siblings
  – Family updates

• Your Relationship

• Our Relationship
  – Student-focused, family resource
What Now?

• Problem Solving
  – “What have you done to try to resolve this?”
  – “Who have you spoken with for help?”
  – Hall Staff (RA/RAM, HD)
  – HRL Customer Service (Hillside)

• Visits here, home – holidays
  – Alumni & Family Weekend
    Oct. 25-27
Resources

- HRL Customer Service (Hillside)
  401.874.4151 customerservice@housing.uri.edu
- University College Academic Success
- Health Services
- Counseling Center
- Dining Services
- Dean of Students
- Community Standards
- URI Police Department
Dates/Deadlines

- July 1 – Applications due
- July 2 – Roommate requests, changes due
- July 22 – Room/roommate information posted
- Aug. 31, Sept. 1 – New Student Move-In (by hall)
- Sept. 4 – First Day of Classes
- Sept. 20 – Room change requests accepted
- Oct. 25-27 – Alumni & Family Weekend
- Jan. 2020 – Brookside Apartments open
Enrollment Services
Questions?

- Parking/Transportation
- Policies and Procedures
- Connectivity
- Student Employment
- Refund/Cancellation
Thank you for attending Day 1 of the Family Program!