




April 16, 2018

SSHA UPDATE

TIMELINE OF EVENTS

To learn about
more info, click
on an event you
want to attend!



4/9

**Fall 2018 Continuing
Student Registration Opened**

4/19

- **Non-UC Summer
Courses Workshop**
(COB1 279 1:30-2:30PM)
- **First Gen Success:
Redefining Your Strengths**
(KL 169 5-5:50PM)

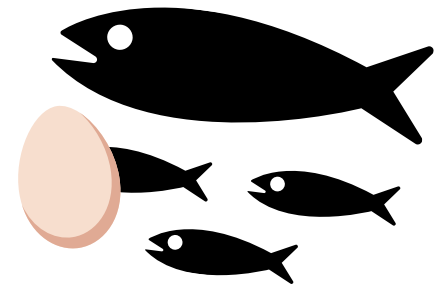
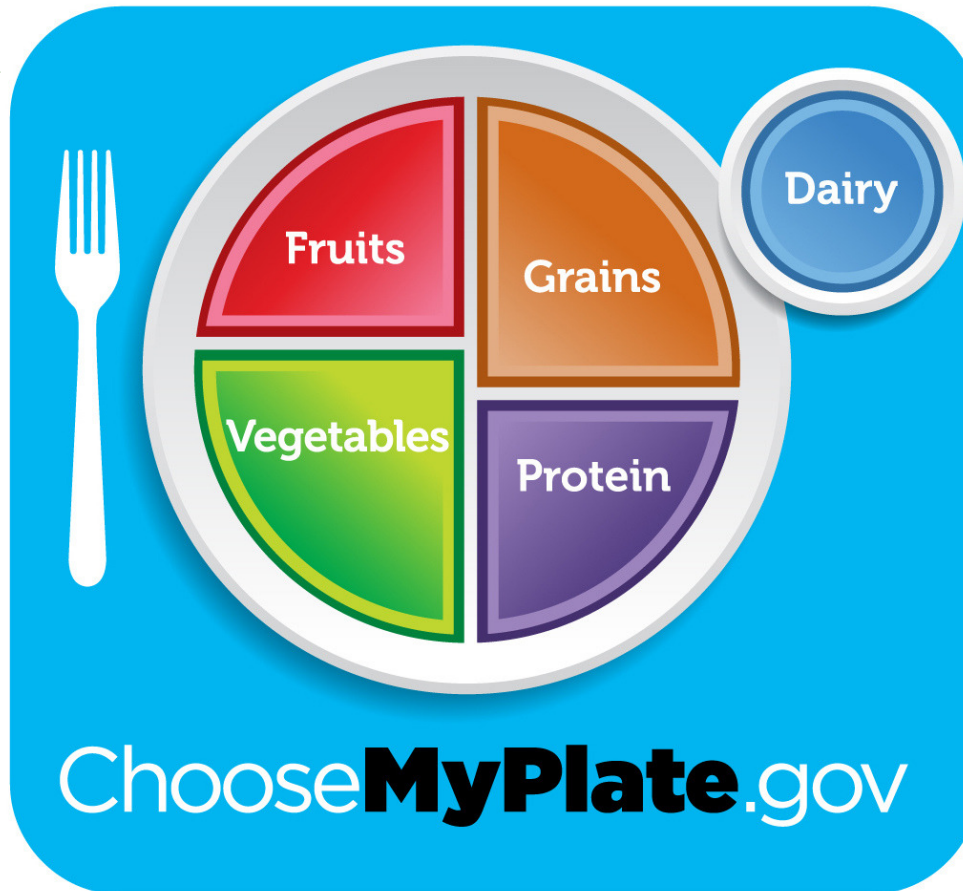
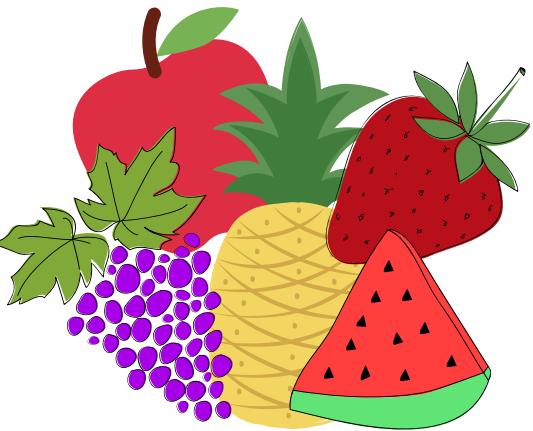
4/20

Food Pantry Distribution
(Merced Tri College 10AM-2PM)

4/27

**Critical Dialogue Luncheon:
Sexual/Dating/Domestic
Violence and Stalking**
(SAAC 211)

WHAT SHOULD YOUR PLATE LOOK LIKE?



BENEFITS OF EATING HEALTHY

- Reduce the risk for heart diseases like heart attacks and strokes
- Protect against certain types of cancers
- Reduce the risk of obesity and type 2 diabetes
- Foods rich in potassium may lower blood pressure and the risk of developing kidney stones



HEAR FROM SSHA ADVISING ABOUT WHAT THEY DO TO STAY HEALTHY

Peer Mentor



Amandip Singh:

I make it a priority to take some time out for myself and work out at least 3 to 5 days out of the week!

Student Assistant



Gabriel Michael:

I make sure to eat a ton of watermelon and continue to backpack in Yosemite! (Once the weather allows!)



BASIC NEEDS HUB UC MERCED FOOD RESOURCES

* Services provided during office hours

CalFresh (KL 117)

Drop In: Mondays 2:00-5:00 p.m.
Appointment: Thursdays 9:00-12:00 p.m.
Link: <http://heroes.ucmerced.edu>
CalFreshoutreach@ucmerced.edu

UC Merced Food Pantry

Tri-College Center
Third Friday of every month
10:00 a.m. - 2:00 p.m.

Fresh Fruit Wednesdays

SSM 130 & KL 117

iCare

On campus student-to-student
meal assistance

CropMobster

<https://merced.cropmobster.com>

UC Merced Community Garden

Periodic harvests throughout the year.

Pop Up Produce

Offering FREE fresh produce to
students twice a month!
Scholars Lane 10 a.m. - 12 p.m.
Spring 2018 Dates: Feb. 8 & 22,
March 8 & 22, April 12 & April 26

Produce on the Go

Every Tuesday & Wednesday
Location: COB2 Quad
10:00 a.m. - 3:30 p.m.

Community Microwaves

KL 117
SSM 130
Outside the ASUCM Office

Emergency Food Boxes

KL 117 and SSM 130

Merced Produce Map

Locations in Merced where fruits and
vegetables are sold.
Link: <http://heroes.ucmerced.edu>

Merced County Food Bank

Open 7:00 a.m. - 3:00 p.m.

Resource Centers: SSM 130 and KL 117

Emails: basicneeds@ucmerced.edu
foodpantry@ucmerced.edu
heroes@ucmerced.edu



**BASIC NEEDS
SECURITY**
UNIVERSITY OF CALIFORNIA, MERCED

ON/OFF CAMPUS FOOD RESOURCES



A Resource for Students

UC Merced Food Pantry Distribution
10AM-2PM | Location: Merced Tri-College

February 16th
March 16th
April 20th
May 18th

Sign Up at: <http://studentlife.ucmerced.edu/content/uc-merced-food-pantry>

NEED A RIDE? Want to Volunteer?
For More Information Email: foodpantry@ucmerced.edu

EVENTS ON CAMPUS

FREE FOOD!
Enroll in CalFresh to receive money to
buy groceries every month

CalFresh Action Day

Gallo Recreation Center
April 17, 2018
11AM-3PM

 [FACEBOOK.COM/UCMERCEDCALFRESH](https://www.facebook.com/ucmercedcalfresh)  [@UCMCALFRESHOUTREACH](https://www.instagram.com/ucmcalfreshoutreach)

 **BASIC NEEDS
SECURITY**
UNIVERSITY OF CALIFORNIA, MERCED

 **HEALTH
PROMOTION**
at UC MERCED

 **Blum Center**
University of California, Merced

SAVE THE DATE!

UndocuBobcat Graduation Reception 2018

11 MAY FROM 4:30PM -7:00PM
SSB COURTYARD

QUESTIONS: UNDOC@UCMERCED.EDU



THE VAGINA MONOLOGUES

Hosted by VOICES Benefiting Valley Crisis Center



April 13th @7pm
April 15th @7pm
April 22nd @5pm
in COB 102
Shows are \$5

For more information email: voices@ucmerced.edu
ADA Accessible | Find us @UCMVagMons

 **CARE**
CAMPUS ADVOCACY
RESOURCES & EDUCATION
UC MERCED

 **WOMEN'S PROGRAM**

 **UNITED CENTER FOR THE
HUMANITIES**

Chancellor's Advisory
Committee on the
Status of Women

EVENTS ON CAMPUS

 Business Society at UC Merced  Thesociety_ucm
 business_ucm  ucmbusinesssoc
BUSINESS SOCIETY 🔥

FINANCIAL LITERACY WEEK

FINANCIAL LITERACY TABLING FAIR

Monday: April 16, 2018
10:00AM-2:00PM
Scholar's Lane

H&R BLOCK "TAX CONSULTING"

Tuesday: April 17, 2018
3:00PM-4:00PM
Bobcat Lair
(KL 169)

WELLS FARGO

"BUDGETING 101"

Wednesday: April 18, 2018
3:00PM-4:00PM
Alpine Room

PROFESSOR JASON

LEE

"INVESTING IN STOCKS"

Wednesday: April 18, 2018
4:00PM-5:00PM
Alpine Room

&

PROUD TO BE A
California
BLOOD DONOR



**DONATE AND RECEIVE A CA
BLOOD DONOR HAT.***

*REDEEMABLE AT MY.BLOODSOURCE.ORG

BE AUTOMATICALLY ENTERED INTO A WEEKLY
DRAWING FOR A \$200 AMAZON GIFT CARD!



UC Merced BLOOD DRIVE

Thursday, April 19th
9am – 3pm

Located in the Gym

All participants will receive a
promo code for a CA Blood Donor Hat
PLUS be entered to win a
\$200 Amazon Gift Card!

For eligibility information or to volunteer:
call/text Felicia 916-531-9442

*Please eat & drink plenty of
water prior to donating

Are you interested in
VOLUNTEERING
 for the 
BLOOD
DRIVE???

NO EXPERIENCE NEEDED

**JUST EMAIL
UCMBLOODDRIVES@GMAIL.COM
FOR MORE INFORMATION**

SSHA ADVISING CONTACT



**ANNABEL VU | JOSELYN LOPEZ |
AMANDIP SINGH
SSHAPEERMENTOR@UCMERCED.EDU**

WALK-IN HOURS: APRIL 16-APRIL 27
MONDAYS: 9:15AM-12:00PM; 1:00PM-4:00PM
TUESDAYS: 9:15AM-10:45AM; 1:00PM-4:00PM
WEDNESDAYS: 9:15AM-12:00PM; 1:00PM-3:00PM
THURSDAYS: 9:15AM-12:00PM; 1:00PM-4:00PM
FRIDAYS: 9:15AM-12:00PM



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Click on an icon to stay connected!