SSHA UPDATE

April 16, 2018
### Timeline of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>4/9</td>
<td>Fall 2018 Continuing Student Registration Opened</td>
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<tr>
<td>4/19</td>
<td>Non-UC Summer Courses Workshop (COB1 279 1:30-2:30PM)</td>
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<td>First Gen Success: Redefining Your Strengths (KL 169 5-5:50PM)</td>
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<tr>
<td>4/20</td>
<td>Food Pantry Distribution (Merced Tri College 10AM-2PM)</td>
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</tbody>
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To learn about more info, click on an event you want to attend!
WHAT SHOULD YOUR PLATE LOOK LIKE?

ChooseMyPlate.gov
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
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.cropsmobster.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

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-maced-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

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 @UCMVagMom
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

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

EVENTS ON CAMPUS

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
SSHAPERMENTOR@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!