

HI HIGHLAND!

Did you know you can get groceries - on campus! Save that Lyft for another time and get all your essentials at Highland Grocery! With grocery store prices, you can get produce, meals, snacks, bulk items, drinks, toiletries, and more. Grab breakfast, lunch, and dinner at the all-you-care-to-eat hot and cold bars and don't forget to grab a famous Highland Burrito at their evening grill from 8PM to 1:45AM. See, this grocery isn't just for your early morning runs - it's also open for those evening trips after "studying" so hard on a Saturday night. Whatever your plans, Highland Grocery has you covered.

Meal Plan Update

Grocery Shop With Swipes!

Now that Highland Grocery is your new bestie, let's talk about how you can use your Swipes to shop! Here are some tips to remember:

You can use up to 5 swipes in one single transaction per day - think of it as \$50 for groceries since each swipe has a \$10 value.

It may be best to plan a bulk grocery shopping trip in the middle of the month to make sure you've used up all your remaining swipes before they expire!

Here's a sample **grocery list** with staples like produce and bulk items. Feel free to swap or drop the things that make you - you're welcome.



Calling all Swipe Meal Plan Holders! Don't forget that your Swipes expire monthly. Check out your monthly swipe allocations [here](#).

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FREE FOOD? WEIGHING PUMPKINS?! HERE'S YOUR OCTOBER EVENTS:

Arizona Dining Hispanic Heritage Celebration

In case you didn't know, October is Hispanic Heritage Month and Arizona Dining is celebrating by introducing you to our main restaurants featuring Hispanic dishes! Enjoy two whole weeks of free sides with the purchase of two tacos from Más Tacos or à la carte tacos or a burrito from Sabor. There will also be some fun festivities for you to participate in - check it out:

CELEBRATION @ MAS TACOS & SABOR

Más Tacos | Oct 2-6
Free Sides Week (when you buy 2)

Sabor | Oct 9-13
Free Sides Week (when you buy à la carte or a)

On The Mall | Oct 10 at 12-2PM
Coke Photo Booth - FREE AGUA FRESCA!!

GIVEAWAY @ GLOBAL MARKET

Global Market | Oct 11 - 18

Check out our pinned post and follow these easy steps to win a Fanta cooler with Global Market goodies!

- Follow us @uazunions
- Like our post
- Comment your fav Hispanic snack at Global Market

Want an extra entry? Tag someone you'd share that snack with!

HIGHLAND GROCERY DAILY RECIPES

Highland Grocery | Oct 16 - 20

As you know, we've been showing Highland Grocery some love. So why not show some more with exclusive fall recipes? On October 16 - 20 you can shop prepackaged Arizona Dining creations ready for you to create!

Grab ingredients to build:

- Pico de Gallo
- Guacamole
- Pasta Dinner for 2
- Vegetarian Chili
- Soaked Oats

The best part? The first 50 people to spend \$25+ get a free Highland Grocery tote!

GUESS THE WEIGHT OF THE GREAT PUMPKIN

'85 North | Cactus Grill | Radicchio | Oct 16 - 31

Who will be the pumpkin king this year? Jack Skellington or not, we know you've got it in you to guess how much the pumpkin weighs!

Starting Oct 16, make your guesses (one guess per day).

Every guess is one more entry to win a Fanta Cooler.

Last day to guess the pumpkin weights will be Oct 31st. Good luck!

Be sure to follow us @uazunions to be the first to know about events, giveaways, and updates! Look out for Coke Surprises in lockers and rovers during the month of October.

2023 TOUR DATES

DON'T MISS OUT ON THESE DATES

Más Tacos Free Sides Celebration - @ Más Tacos, Oct 2-6
Sabor Coke Photobooth - @ Sabor Tent on UA Mall, Oct 10th 12-2PM
Highland Grocery Recipe Week - @ Highland Grocery, Oct 16-20

'85 North
Arizona Market
Bánh Mì @ the Roadrunner
Cactus Grill
Catalyst Café
Chick-Fil-A
Core
Core+
Cork & Craft
Einstein Bros. Bagels
Global Market
Highland Grocery

Ike's Coffee & Marketplace
IQ Fresh
Más Tacos
Nrich Urban Market
Nrich Urban Market Express
On Deck Deli
Panda Express
Papa Johns Pizza
Radicchio
Red & Blue Market
Sabor Mexican Fare
Saffron Bites @ Global

Saffron Bites @ SUMC
Scented Leaf
Shake Smart @ Campus Rec
Shake Smart @ North Rec
Sichuan Kitchen
Slot Canyon Café
Starbucks Bookstore
Starbucks Global
Starbucks Library
Sushi with Gusto
The Den By Denny's