

Did you know you can get groceri<mark>es - on c</mark>ampus 🥍 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 "study<mark>ing" s</mark>o hard on a Saturday night 😉 . Whatever your plans, Highland Grocery has you covered.

Meal Plan Update



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.



expire monthly. Check out your monthly swipe allocations here.

Calling all Swipe Meal Plan Holders! Don't forget that your Swipes



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:

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

CELEBRATION @ MAS TACOS & SABOR

Sabor I Oct 9-13

Free Sides Week (when you buy à la carte 🌮 or a 🎻)

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

Global Market I Oct 11 - 18 Check out our pinned post and follow these easy steps to win

GIVEAWAY @ GLOBAL MARKET

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

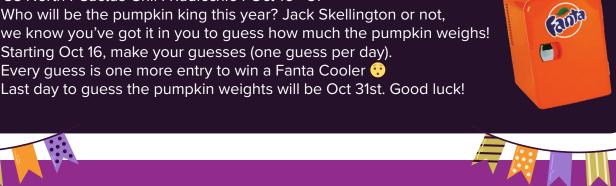
Highland Grocery I Oct 16 - 20 As you know, we've been showing Highland Grocery some ♥ So why not show some more with exclusive fall recipes? On October 16 - 20 you can shop

- 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 I Cactus Grill I Radicchio I Oct 16 - 31

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!

Who will be the pumpkin king this year? Jack Skellington or not,



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

Bánh Mì @ the Roadrunner Cactus Grill Catalyst Café Chick-Fil-A Core Core+ Cork & Craft

Einstein Bros. Bagels

Global Market

Highland Grocery

'85 North

Arizona Market

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

Ike's Coffee & Marketplace

IQ Fresh

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