

YORKW!SE

YORKW!SE

Your Guide to Healthy Living



IT'S PRETTY OBVIOUS WHICH IS THE SAFEST CHOICE TO GET AROUND CAMPUS.

Choose goSAFE. York's new and improved evening shuttle service that ensures you arrive at your destination safely. We'll pick you up in a van or escort you by foot. For more information, including goSAFE hours of operation and a route map, call 55454 (416-736-5454 from a cell phone) or visit www.yorku.ca/gosafe. Remember, we all benefit from a better campus.

goSAFE

Are you YORKW!SE?

Yorkwise is a university-wide initiative to support sustainability and quality of life on campus. To learn about how you can be part of Yorkwise, visit www.yorku.ca/yorkwise. We can all benefit from a better campus.



the STUDENT COPY CENTRE is Moving....

This fall, printing on campus will become even more convenient

New location in York Lanes

To better serve the York community, The Student Copy Centre is moving from Central Square to York Lanes. Now printing will be even easier at York.

Services

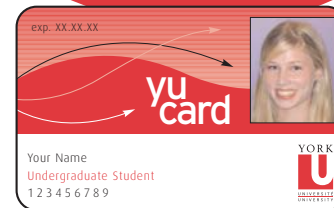
- ▶ Full-service copying
- ▶ Copying or printing in colour or black & white
- ▶ Poster printing
- ▶ Cerlox binding
- ▶ Lamination
- ▶ Send/receive faxes
- ▶ And much more!!

Student employees

The Student Copy Centre hires students to serve the York community and recognizes the importance of student support.

www.yorku.ca/printing

Do you commute?



The YU-card meal plan is for you too...

While the purchase of a meal plan is compulsory for most residence students, it also has many benefits for students living off campus.

Save money:

- Carry your card instead of cash and save on banking fees
- Load your YU-card with any amount of money, OR if you purchase a \$2,000 meal plan, your food purchases will be exempt from both federal (GST) and provincial (PST) sales taxes.

Enjoy the convenience:

- Set aside your "food fund" to make budgeting for the year easier
- Buy your food at any restaurant participating in the meal plan - 35 locations on campus
- View your meal balance and transactions on our Web Site

www.yorku.ca/yucard

Sign up for the YU-card meal plan today!

Something for everyone

Want to grab something hot between classes? Meet a new friend for coffee? Or let the family take you out for a well-deserved break? At York, you can enjoy fine dining at sit-down restaurants, have a break at a pub, meet friends at food courts, or relax on patios and courtyards.



Healthy options

York has more than 40 restaurants, coffee shops, and cafeterias on campus that provide snacks and meals to cater to everyone's needs and preferences. They offer a variety of foods including vegetarian/vegan options as well as an array of ethnic selections that meet Halal and Kosher requirements.



Walking trails

With over 185 hectares (457 acres) of property at the York University Keele campus, there is ample opportunity to incorporate walking into your daily routine. With 5 different user-friendly routes of various distances identified, you can easily walk your way to improved overall health and well-being.



Ontario's Healthy Restaurant Program
School Cafeteria Program
Workplace Cafeteria Program



Canadian Cancer Society
Société canadienne du cancer



You can eat healthy just about anywhere on campus. The choice is yours. Look for the Eat Smart! symbol. Eat Smart! is an exclusive program that awards restaurants and cafeterias that meet high standards in food safety, nutrition and non-smoking seating. For more information on the Eat Smart! Award of Excellence, visit www.toronto.ca/health.

MAKING THE MOST OF KEELE CAMPUS

HEALTHY LIVING

This guide will help you discover all the healthy options and variety of foods available on Keele campus. While most restaurants offer vegetarian menus, the symbols on the legend outline some particular food types, and LLBO licensed locations. Use these symbols and walking trail routes to navigate your way to healthy living.

WALKING TRAILS

Get fit while discovering the whole campus. With 5 different routes to choose from at various distances, you can easily incorporate walking into your day.

Believe it or not, walking can slow the aging process and even act as an anti-depressant. Other potential health benefits of walking include: reducing stress, improving mental sharpness, expanding lung capacity and efficiency, and strengthening the heart.

Walking can be safe. You must remember to start by walking slowly and be sure to stretch after your warm up. Drink lots of water before starting out, and, if possible, carry water with you while walking. Walk in well-lit areas with a partner. It's a good idea to carry ID, a cell phone, or money for a pay phone.

46 words on stretching: to avoid injuries, warm up by walking at a comfortable pace for 5-10 minutes, then do some gentle stretches targeting your calves, shins, and hamstrings. After your walk, use a slower walk to cool down and try finishing off with some of the stretches listed above.

FOOD OPTIONS

EAST OFFICE BUILDING CAFETERIA 6

A quiet café that caters mostly to staff, offers baked goods, soup, salads, deli sandwiches, and a variety of beverages.

STONG 13 & BETHUNE 11

COMPLEX 2 CAFETERIA

Lower level Stong/Bethune

Featuring home-style favourites and hearty meals to lighter snacks and vegetarian items. Also features daily salad bar, specials, Mr. Sub, Grill, Pasta bar and ongoing promotions.

E H V Y

ORANGE SNAIL PUB

Stong College

Specializes in Caribbean and North American cuisine. Daily buffet lunches with choice of meat, poultry or fish, vegetables and salad bar. All selections baked, steamed or roasted. 100% whole wheat or grain breads.

COMPUTER SCIENCE AND ENGINEERING BUILDING 19

MEGABYTES

Features Starbucks coffee and more traditional baked goods and quick menu items.

THE STUDENT CENTRE 23

JIMMY THE GREEK

Offers a variety of Greek food including souvlaki and salads.

KFC/TACO BELL

Finger Licking Good: Colonels 11 herbs and spices in chicken pieces, hot wings and sandwiches. Ask your server for halal options.

Taco Bell's grilled chicken, steak or beef Burritos and soft taco too!

PADOGA TREE

Offers a full selection of Asian cuisine including stir fries, sweet and sour, fried rice and homemade spring rolls.



SUBWAY

Subway, where you "eat fresh" made to order subs and salads on a variety of freshly baked gourmet breads.

THE ORIGINAL PANZEROTTO AND PIZZA

Gourmet pizzas and panzerottos, including a variety of pasta dishes, BBQ wings and BBQ chicken.

TREATS CAFÉ EMPORIUM

Specializes in muffins, cookies and cakes, floured coffees and espresso.

WENDY'S

Famous for juicy hamburgers, crispy fries and healthy options including baked potatoes, green sensation salads with a variety of low fat dressings.

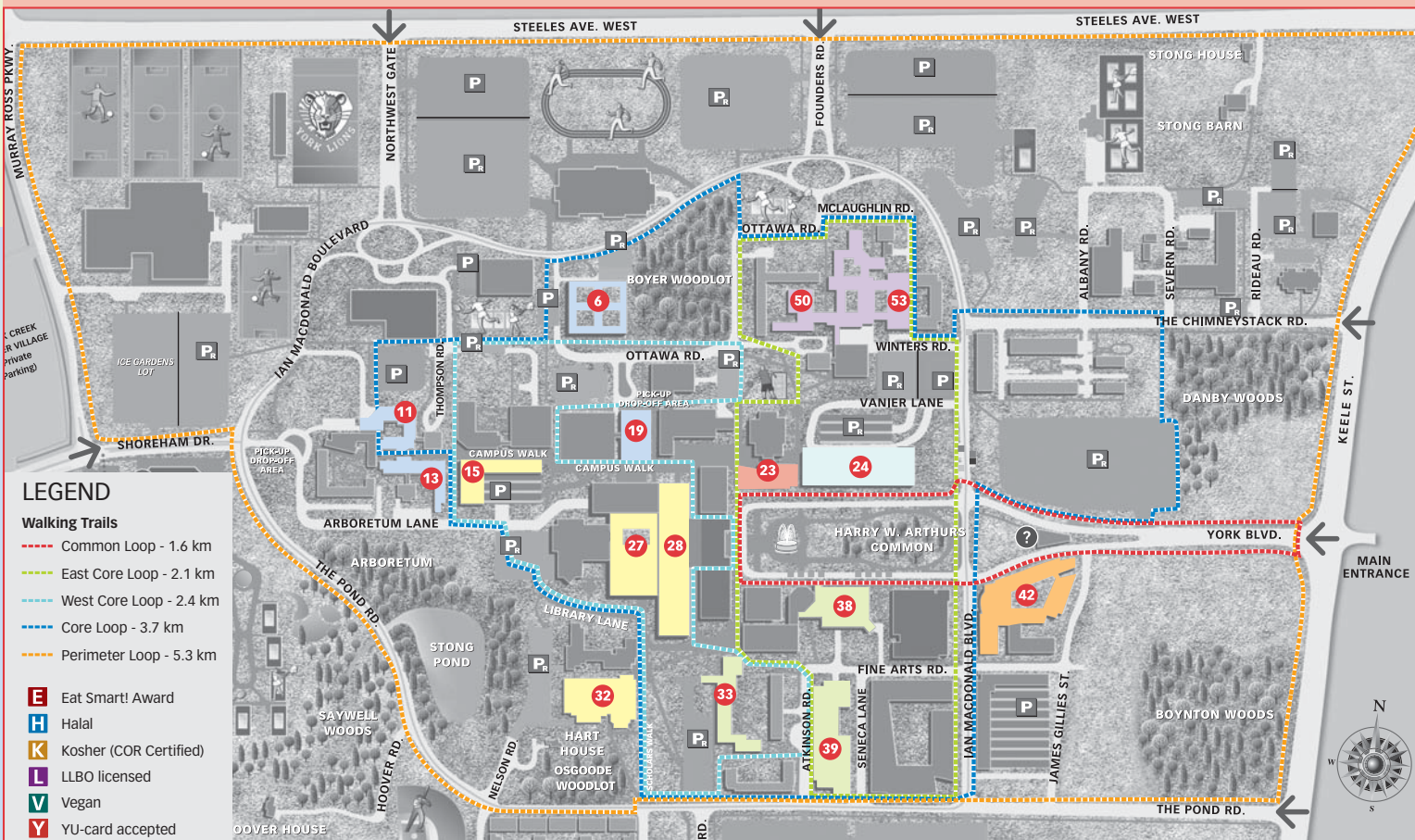
YOGEN FRUZ

Offers the finest frozen yogurt, healthy fruit and vegetable shakes, dairy and non-dairy smoothies.

THE UNDERGROUND

Lower level of the Student Centre

A full-service restaurant and bar featuring delights from the grill, fresh summer salads, deli-style sandwiches, and rotisserie specials. The Underground's executive chef offers daily specials.



WILLIAM SMALL CENTRE 15

TIM HORTON'S

Lower level William Small Centre

This full service location features the Always Fresh Program. Come by for your Tim's favourites, donuts, muffins, coffee and an Ice Cap, and have a quick lunch of soup and a sandwich.

CENTRAL SQUARE 27

Central square, at the heart of the campus, is a vibrant food court with a patio including Tim Horton's, Mr. Sub, and Pizza Pizza. The Central Square Cafeteria has a large variety of food from cooked-to-order delights, to grab and go options.



LAS NUBES

Featuring York's own sustainable coffee from the Costa Rican Rain Forest.

ROSS BUILDING 28



GRADUATE STUDENT LOUNGE

1st floor South Ross:

Features a wide variety of pub fare indoors and on their new patio. A great place to meet friends and colleagues.

OSGOODE HALL LAW SCHOOL 32

Lower level Osgoode Hall

A family-run business offering a selection of home-style foods including baked goods made on the premises, deli sandwiches and wraps, salads, all day breakfast and hot entrees which always include a vegetarian dish.

THE ATKINSON RESTAURANT 33

Lower level Atkinson College

Cafeteria-style venue featuring an array of breakfast, lunch and dinner items. Specializes in homemade Italian cuisine. Enjoy a flavoured coffee or a cappuccino with a dessert to complete your meal.

CENTRE FOR FILM & THEATRE 38

Freshly baked muffins, croissants, cookies, deli sandwiches, hot entrees, gourmet coffees and breakfast specials.

TECHNOLOGY ENHANCED LEARNING 39

TEL CAFÉ

Food court including Tim Horton's, Pita Pit, Grill Works, Center Stage and Ben e Pizza. Also features stir fry noodles cooked to order, home made soups, to GO Express salads and sandwiches, and freshly-made sushi. Some special ethnic and dietary foods can be made upon request.

SCHULICH BUILDING 42

EXECUTIVE DINING ROOM

Offers an a la carte menu or buffet for breakfast, lunch and dinner. From entrée salads, house made burgers to grilled fresh fish. The perfect place to meet for fine dining.

TIMOTHY'S MARKET CAFÉ

Beside the Market Place

Offers take out service for coffee choices, tea, cold beverages, snacks and sandwiches.

TUCHNER'S

Lower level of the Seymour Schulich Building

This eatery offers a hot deli bar and variety of hot and cold stations, including soups, salads and pizzas.



FOUNDERS COLLEGE 50

THE BULL

The Bull is the place for a vibrant atmosphere to eat, meet friends, and watch your favorite sports on our wide screen projector TV while you enjoy a burger, sandwich and salad. Specializes in up-scale pub fare.

WINTER'S COLLEGE 53

THE ABSINTHE PUB AND COFFEE SHOP

Courtyard level of Winters College:

Relaxed atmosphere offering beverages and finger foods for meat-lovers and vegetarians alike.

COMPLEX 1 CAFETERIA

Winters Dining hall

A full-service breakfast, lunch and dinner venue with top-notch quality foods. Menu includes made to order breakfast, salad bar, deli bar, homemade breads and buns, pizza, pasta, and daily lunch and dinner combo specials.

COUNTRY STYLE KOSHER COFFEE

First Floor, Winters College

Our relaxed meeting-place atmosphere specializes in Kosher foods including fresh baked goods, salad bar, sandwiches, pizzas, pastas, and vegetarian food.

YORK LANES 24

BERRIES AND BLOOMS

Offers fresh-cut fruit and vegetables at an extensive salad bar and a variety of sandwiches.

BLUEBERRY HILL

The greatest burgers and fries on campus, including their famous Veggie D'Lite, healthy salads and soups.

COMPANY'S COMING BAKERY CAFÉ

Fresh baked croissants, danishes, cookies, combined with a great selection of coffees and teas.



FALAFEL HUT VILLAGE

Their renowned falafel and many vegetarian options. Check with your server for halal options.

THE GREAT CANADIAN BAGEL

Fresh bagels, 14 different cream cheeses and soup.

INDIAN FLAVOURS

Authentic foods ranging from veggie samosas, biryani to tandoori and halal meat.

MANGIA, MANGIA, MANGIA ITALIAN EATERY

Great pizza, pasta, salads and more! Add a cappuccino for the perfect meal.

POPEYE'S CHICKEN AND BISCUITS

Louisiana-inspired fried chicken and red beans and our low-carb naked chicken strips.

SAKURA JAPANESE RESTAURANT

Teriyaki, sushi, katsu and a wide variety of vegetarian options.

THE SECOND CUP

Featuring many unique coffees, lattes, and cappuccinos and a variety of decadent desserts.

TACO VILLA

Viva Fresh Mex! Fresh, healthy, vegetarian options.

TASTES HEALTHY FOODS

A large variety of fresh sandwich options; add a soup for \$1.00. Refreshing frozen yogurt.

