

Dining

For Residents

All students living in a residence hall on campus are required to purchase a meal plan. Resident Life recommends incoming first year students to purchase The Ultimate Plan for their first semester. Students can add additional Flex Dollars to their account at any time in increments of \$25.

- 19 Meals per Week and \$100 Flex Dollars: This plan offers students the greatest value. Students can enjoy all 19 meals offered in Capital Commons each week. This plan is also supplemented with \$100 in Flex Dollars per semester to be used for snacks, beverages, and more in the Capital Commons and The Bistro.
- 15 Meals per Week and \$100 Flex Dollars: This plan is designed for students who are not on campus on the weekends. Students can enjoy up to 15 meals per week at Capital Commons. This plan is also supplemented with \$100 in Flex Dollars per semester to be used for snacks, beverages, and more at Capital Commons and The Bistro.

For Commuters

NHTI commuter meal plan options are specifically designed for students who want to enjoy the same privileges that resident students enjoy but do not want to commit to a meal plan.

Block Meal Plans

Block Meal Plans offer students the most flexibility as the amount of meals can be used throughout the semester in any manner. Students can use their block meals at our all-you-care-to-eat dining hall. Unlike the traditional meals per week plans available to resident students, meals on our block plans carry over from week to week. Students do not have to worry about losing their meals each week if they do not use them. With a Block Meal Plan, there are no restrictions and plenty of flexibility. Block Meal Plans come in these options:

- Block 50: 50 meal visits for Capital Commons Dining Hall and \$100.00 in Flex Dollars that can be used either at the Bistro or Capital Commons Dining Hall. \$450.00
- Block 25: 25 meal visits to Capital Commons Dining Hall and \$75.00 in Flex that can be used either at The Bistro or Capital Commons Dining Hall. \$257.00
- Block 10: 10 meal visits to Capital Commons Dining Hall and \$50.00 in Flex that can be used either at the Bistro or Capital Commons Dining Hall. \$125.00

Flex Dollars

Flex Dollars are accepted like cash in all our dining locations. Flex Dollars is a “declining balance account” that works like a debit card. Students can use their Flex to purchase beverages or snacks at The Bistro, or a full meal in the Capital Commons Dining Hall. Each time a purchase is made, the purchase amount is subtracted from the Flex Dollars balance. Flex Dollars carry over from semester to semester but not from year to year. Additional Flex Dollars can be added to student accounts at any time in increments of \$25. The more money put on the card, the more spending money that is added.

- \$500: Receive \$550 in Flex Spend
- \$400: Receive \$435 in Flex Spend
- \$300: Receive \$320 in Flex Spend
- \$200: Receive \$210 in Flex Spend

Credit or debit cards are accepted at both campus dining locations.

Unused Flex Dollars

Unused Flex Dollars carry over from Fall to Spring semester; however, unused block meals will not carry over. At the end of the Spring semester, all unused Flex Dollars are nonrefundable and will not carry over to the following school year. Students should select a meal plan according to their expected spending habits. Students can purchase additional meals and Flex Dollars at any time by contacting Aladdin Dining Services in Little Hall.