



Photo credit: GW Hatchet

THE STATE OF DINING AT GW

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OVERVIEW

There is growing sentiment among students that the GW Dining Plan is insufficient to support their dining needs, as evidenced by social media posts on the GW student Facebook groups, articles written in the GW Hatchet, and information gathered from informal and formal surveys, as well as interviews with GW students.

Unlike most U.S. colleges, the majority of GW's dining plan is not made up by a dining hall. Depending on the student's year, a certain amount of money is loaded onto their Student ID (GWorld) cards each semester, which they can spend at various restaurants and grocery stores around campus. Most upperclassmen dorms are equipped with kitchens, and all rooms come with a refrigerator and microwave. Students are required to live in GW housing for three years, and during that time are required to purchase the GW dining plan.

In 2016, the GW dining plan changed as the only dining hall on the Foggy Bottom campus, J Street, closed. It was mostly utilized by freshmen and loathed by the majority of students at GW as it did not work on a meal swipe system, but rather students were still paying similar prices that they would at dining partners for lower quality food. In its place, a Panera Bread is opened in January 2018.

With the new dining plan, students can only spend their dining dollars on food, whereas before dining dollars could go towards textbooks or services at a nail or hair salon, for example.

In October 2016, GW opened The Store, a food pantry for GW students, joining more than 500 universities across the country that offer pantries to students. Currently there are 513 registered shoppers—a 65 percent increase from November 2016. Although The Store provides necessary relief to a great deal of GW's community members, we worry this is a temporary solution that is not looking at the root of the issue regarding food security on campus.

PART ONE: FACTS AND FIGURES

1A) THE CURRENT GW DINING PLAN BREAKS DOWN AS FOLLOWS:

2017-18 Academic Year Dining Cash Plan Rates (calculated at 3 meals per day):

First-Year Dining Plan: \$4,100 Dining Cash (\$2,050 per semester): \$128.12 per week, \$6.10 per meal/ per day

Second-Year Dining Plan: \$2,700 Dining Cash (\$1,350 per semester) \$84.37 per week, \$4.02 per meal/ per day

Third-Year Dining Plan: \$2,200 Dining Cash (\$1,100 per semester) \$68.75 per week, \$3.27 per meal/ per day

Fourth-Year Dining Plan: \$1,200 Dining Cash (\$600 per semester)\$37.50 per week, \$1.78 per meal/ per day

1B) MEAL PLANNING SUGGESTIONS

GW Dining has created tools on their website centered around helping students better plan their meals through budgeting tips and example sample meals of four "students" who eat differently, have different levels of

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exercise, and differing abilities to supplement their dining plans with additional funds. Although this information and tips are technically available to students, the nutrition benefits these sample meals offer do not reflect a healthy diet for students and pose budgeting concerns. For example, some costs GW Dining cites as being adequate for meals are not updated and would not reflect actually purchasing a meal at the given establishment. For a complete nutritional breakdown of the four sample students GW has created meals for, see **Appendix A**. Here is a sample day for a student who works out almost daily, and eats out quite a lot but tries to “balance his cravings with healthier foods”:

Breakfast	Calories	Protein	Carbohydrates	Saturated Fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch	Calories	Protein	Carbohydrates	Saturated Fat	Sodium
Cheeseburger from GW Deli	354	29g	3g	12g	369mg
Dinner	Calories	Protein	Carbohydrates	Saturated Fat	Sodium
Whole Foods salad bar (spinach, cherry tomatoes, red onion, carrot, cheese, crouton, red vinaigrette dressing)	272	11g	24g	0g	1,056mg
Total calories:	826				

This sample meal does not meet the United States Dietary Guidelines’ recommended caloric intake and it is also close to exceeding the levels of sodium a person should have in a day. Out of the 28 sample days GW Dining provided:

- Only 2 meet the recommended calorie requirements (for a sedentary lifestyle, a 19-20 year old male should eat 2,600 calories and a female should eat 2,000 calories).
- 15 exceed the daily recommended limits of 5-6% of total calories coming from saturated fat.
- 14 exceeded the daily recommended limit of sodium (2300 mg).

1C) RESIDENCE HALL KITCHENS

Time Magazine’s Money reports that undergraduate students who eat all of their meals on campus spend up to 85% more per day on food than they would likely pay if they cooked all their meals at home. However, most freshmen and some upperclassmen only have access to shared kitchens. Considering the nature of a shared kitchen, oftentimes it is difficult or less convenient to cook. Many freshmen who share one kitchen with a hundred to a thousand other students have commented that the kitchen is often occupied, missing kitchen tools, and/or is left untidy and unsanitary, rendering them unable to cook.

YEAR	DORM	STUDENTS PER KITCHEN
Freshmen	Thurston Hall	1,116:1
Freshmen	Potomac House	379:1
All year levels	West Hall	287:1
Freshmen	Somers Hall	246:1
Freshmen, Sophomores, & Juniors	Lafayette Hall	126:1
Freshmen	Cole Hall	50:1
Freshmen	Clark Hall	45:1
Freshmen, Sophomores, & Juniors	Mitchell Hall	45:1
Freshmen, Sophomores, & Juniors	Merriweather Hall	43:1
Freshmen	Hensley Hall	39:1
Freshmen	Madison Hall	37:1
Upperclassmen	Philip Amsterdam Hall	4:1 or 2:1
Seniors	South Hall	5:1 or 4:1
Upperclassmen	1959 E Street	5:1 or 4:1
Upperclassmen	District House	4:1 or 2:1
Upperclassmen	2109 F Street	2:1
Sophomores & Juniors	The Dakota	4:1 or 3:1
Sophomores & Juniors	Munson Hall	4:1 or 2:1
Sophomores & Juniors	Fulbright Hall	3:1
Sophomores & Juniors	Guthridge Hall	4:1 or 2:1
Sophomores & Juniors	International House	2:1 (some students in singles potentially without kitchens)
Sophomores & Juniors	JBKO Hall	4:1 or 2:1
Sophomores & Juniors	FSK Hall	4:1 or 2:1
Sophomores & Juniors	Mark Shenkman (Ivory) Hall	4:1 or 2:1

1E) NOTES FROM PREVIOUS SURVEYS ON THE STATE OF GW DINING:

A survey with 720 respondents in April 2016:

44% said that there has been a time when they did not have enough food to eat

Half of those students stated that this has occurred 4 or more times per semester

83% of students who expressed that they needed a food pantry would use it if created

2016 Graduation Survey:

59% of students stated that they struggled to have enough to eat at least once a month

12% of students noted that this was a reality for them 3 or more times a week

67% of first generation students did not have enough to eat at least once a month

19% faced this challenge three or more times a week

This information was gathered from an [online document](#) with information regarding The Store.

1F) GW DINING PLANS COMPARED TO OTHER CITY SCHOOLS

Though GW students cannot purchase three full nutritious meals per day with GW meal plans, it is not the only university putting students at a disadvantage when they try to put food on the table. 500+ other schools and universities have food pantries or food banks. A new report shows found that 48% of college students across the U.S. experienced food insecurity in the past 30 days. The data suggests that hunger is more common among college students than the U.S. population as a whole, in which 14% of households experience food insecurity each year, according to the government. [The College and University Food Bank Alliance](#) has quadrupled in growth between 2014 and 2016, and is still growing today. Although hunger is an issue at a variety of colleges across the nation, GW remains unique for its strict dining plan which lacks a variety of plan options for students to choose from.

SCHOOL	REQUIRED TO PURCHASE MEAL PLAN?	HOW MANY MEAL PLAN OPTIONS? IS THERE FLEXIBILITY?	DINING OPTIONS	HOW MANY MEALS PER DAY CAN FRESHMAN STUDENTS PURCHASE? (16 WEEK SEMESTER)
George Washington University	All students living on campus.	One mandatory plan for each year on a sliding scale depending on year.	A la carte (non-campus affiliated venues) and campus buffet (Pelham Commons).	1.5 meals per day on a \$2,050/ semester plan.
Northeastern University	All students living on campus.	A variety of 8 plans to choose from. \$3,780 (highest cost and most inclusive plan) through \$425 (most inexpensive and least inclusive plan). Freshman <i>must</i> purchase one of three plans priced at (\$3,025-\$3,780).	A la carte (non-campus affiliated venues) and campus buffet.	1.5 meals per day on a \$3,035/ semester plan.
Georgetown University	Required for freshman and sophomores, option for upperclassmen.	A variety of 8 plans to choose from. \$2,835 (highest cost and most inclusive plan) through \$1,140 (most inexpensive and least inclusive plan). Freshman must purchase one of four plans priced at (\$2,835-\$2,518).	A la carte and campus buffet.	2 meals per day on a \$2,518/ semester plan.
New York University	Required only for freshman, optional for upperclassmen.	A variety of 10 plans to choose from. \$2,790 (highest cost and most inclusive plan) through \$1,335 (most inexpensive and least inclusive plan). Freshmen must purchase one of 4 plans priced at (\$2,790-\$2,425).	A la carte and campus buffet.	2 meals per day on a \$2,425/ semester plan.

SCHOOL	REQUIRED TO PURCHASE MEAL PLAN?	HOW MANY MEAL PLAN OPTIONS? IS THERE FLEXIBILITY?	DINING OPTIONS	HOW MANY MEALS PER DAY CAN FRESHMAN STUDENTS PURCHASE? (16 WEEK SEMESTER)
Pennsylvania State University	Required for all students living on campus.	A variety of 3 plans to choose from. \$2,550 (highest cost and most inclusive plan) through \$1,985 (most inexpensive and least inclusive plan).	Buffet	.9 meals per day on a \$2,550/ semester plan.
Boston University	All students living on campus.	A variety of 6 plans to choose from. \$2,750 (highest cost) through \$2,915 (most inexpensive). All 6 plans are similarly priced but include different ratio of dining dollars to meal swipes.	A la carte and campus buffet.	3+ meals a day on a \$2,750/ semester plan.

1G) GW MEAL DEAL OFFERS

GW negotiated “Meal Deals” with dining partners to help students obtain affordable food on campus. The Meal Deal list indicates where students can get full meals for breakfast lunch and dinner at select vendors that accept dining dollars. Meals are priced at \$6 for breakfast, \$8 for lunch, and \$10 for dinner. If students were to use the Meal Deals to purchase every meal in one day, this would come to \$24 per day for three full meals, although freshmen are only allotted \$18 per day. Additionally, the majority of foods which are included in these meal deals lack fruit and vegetable options, while relying heavily on fried foods and sugar sweetened beverages. A full list of the Meal Deals offered are located in **Appendix B** with foods such as pizza, fries, soda, and sweets highlighted to bring attention to the number of unhealthy foods offered for these meals.

PART TWO: STUDENT SENTIMENT

2A) GW RANKING FOR CAMPUS FOOD

Notable Anonymous Online Reviews of GW’s Campus Food:

*“The variety of food at GW is not great; most options include sandwiches and salads, and it gets boring very fast. **Most food is very expensive and over-priced, which is difficult for students trying to manage budgets while staying healthy, as the healthier the food, the more overpriced the food.** A salad at a local healthy*

*joint costs more than a meal at a popular upscale restaurant in the city. The convenience isn't great either, and many restaurants are not open late enough for college students who are known for staying up late. It is very difficult as a student when studying for tests and finals to find any healthy late-night energy in food, as the only place open is Starbucks. It is very **frustrating and disappointing** for such a great city and school that there are so few options. There are no student discounts to my knowledge.” -GW Freshman*

“Not enough cheap and varied choices.” -GW Freshman

*“[Our second daughter] is a freshman at GW, living in Potomac and she has to watch her food budget. She is learning to be an adult of course, so she does have to watch her spending money - we just didn't expect her to have to watch her food budget as well. **Note many people have said they send their children many care packages to supplement their GW dining dollars.**” - Parent of GW Freshman*

2B) NOTABLE EXCERPTS FROM NEWS COVERAGE OF GW DINING AND THE STORE

The issue of food insecurity, hunger and lack of affordability of GW dining has been covered in various news outlets, from the Washington Post, NPR, and continuously by the GW Hatchet. Coverage ranges from the opening of The Store to the revised dining plan, as well as students discussing their struggle with feeding themselves on a day to day basis. For a detailed list of notable excerpts, see the **Appendix C**. Some highlights below:

“But more than a year into the new plan, students say running out of GWorld dining cash before the end of the semester is still the norm.” Cayla Harris and Kelly Hooper, GW Hatchet

“A year later, there are 513 registered shoppers—a 65 percent increase—and what started as an experimental pantry has evolved into something much more comprehensive.” Ruth Steinhardt, GW Today

“A survey in April of undergraduate and graduate students at GWU found 43 percent of respondents said they at some point had experienced not having enough to eat, and 52 percent said they were aware of others who were going hungry.” Nick Anderson, Washington Post

“Simply existing at GW is a financial struggle. The fact that our food plan leaves so many without food stability, and willing to steal, reflects on the continued failure of the University to be accessible to low-income students.” Jonah Lewis, GW Hatchet

2C) ONLINE STUDENT SENTIMENT

Memes are captioned photos that are intended to be funny by tapping into a universal experience. College-centric meme groups are a subset of the larger internet meme culture that exists on online forums like Reddit and Tumblr. Typical memes in these groups chronicle student life and create social commentary on everything from crippling student loan debt to university politics and school rivalries. The GW meme group (GW Memes for the 10th Most Politically Active Teens) on Facebook has over 10,782 members and counting. A chart

detailing the number of reactions (“likes” and comments) , as well as more examples of meme pictures related to GW dining can be found in **Appendix D**.

Overheard at GW Facebook Group: This Facebook group has 18,545 members and counting. The group contains pictures, videos, quotes, etc. that are bizarre, funny, or thought-provoking and relevant to GW and its campuses. Below are some notable posts, however more can be found in **Appendix D**.

Shannen Bazzi ▶ Overheard at GW
November 25, 2012 at 10:30pm · Washington · 🌐

After dropping a bagel on the ground on F street then picking it up and eating it: "I just ate a bagel off of the sidewalk because I ran out of GWorld"

👤 Jasmine Baker and 213 others 6 Comments

Lindsay Ryan
April 25

Accepted Students Tour guide STRAIGHT lying today: "Yeah GWorld is great! It works at almost all the restaurants in DC, and super markets like Whole Foods and Trader Joes ... GWorld is included in tuition for all 4 years, even when you move off campus. The money will roll over every semester which is great, since I dont know anyone who has run out of their colonial cash." LOL

👍 Like 💬 Comment ➦ Share

👤 Thomas Toman, Joshua Sawyer and 470 others

GWorld dining options



👍 Like 💬 Comment ➦ Share

👤 Kayla Williams, Cj Sivulka and 442 others

View 45 more comments

GW ALERT to GW 5:29 PM ⋮

INCIDENT/LOCATION: Attempted armed robbery at 616 23rd Street NW, Potbelly's Sandwich Shop.

Marissa Soltoff ▶ GW memes for The 10th most politically active teens
May 3 · 🌐

You know it's that time of the year when GWorld starts running low when

👍 Like 💬 Comment ➦ Share

👤 Melanie Lerch, Jan Nowak and 558 others

View 18 more comments

- Holly Zimmerman Harsha Jha** Like · Reply · May 4 at 10:04am
- Giulia Ricca Laura Cloutier** Like · Reply · May 4 at 10:36am
- Alex Carroll Savannah O'Sickey** Like · Reply · May 4 at 12:27pm
- Andreja Radovic Miren Lopez** Like · Reply · May 4 at 12:33pm

When you run out of GWorld so you have to go to sleep for dinner



Brendan Breen ▶ GW memes for The 10th most politically active teens
April 26 · 🌐

👍 Like 💬 Comment ➦ Share

👤 Nahyan Khan, Jan Nowak and 13k others

View previous comments

- Dabby Battino Marisa Mantovani Abby Wade** Like · Reply · April 27 at 10:25am
- Brandon Flores-Lewis Jose Roman** Like · Reply · April 27 at 11:5am
- Kristen Dahlberg Virginia Krystin Marie** Like · Reply · April 27 at 7:58am
- Brinda Temburi Priya Seetharaman when you find it only one 111 time** Like · Reply · April 27 at 7:52pm
- Kyle Maxwell Seamus Malley you're not hungry. You're just thirsty** Like · Reply · May 1 at 12:02am
- 4 Replies
- Sauripriya Kumar Sruthia Rathnam** Like · Reply · May 1 at 12:25am

Write a comment...

2D) GW'S STUDENT LED EFFORTS FOR AFFORDABLE FOOD

To increase access to affordable food, in particular local and sustainably grown produce and protein, students have successfully started a CSA program, brought GWorld acceptability to the farmer's market, and partnered with Hungry Harvest a produce delivery service that focuses on reducing food waste, set to begin the Spring 2018 semester.

CSA: Students can use their GWorld Dining Dollars to purchase locally grown produce from a CSA. The CSA model allows students to pay a farmer directly to get a weekly bag of local produce delivered right to campus. Students pay for the entire semester up front and pick up a weekly delivery of local, sustainable produce at the GroW Garden.

Farmer's Market: Students can use their Dining Dollars to purchase tokens at the entrance of the Foggy Bottom and Dupont Circle FRESHFARM farmers market. The tokens act as currency and can be spend at any of the vendors at the market.

Hungry Harvest: This new partnership between the Student Association and Hungry Harvest will allow students in early February to sign up at tables around campus to participate in the program. For \$60, students will receive boxes of fresh produce on a biweekly basis over the course of two months.

This is an issue on GW students minds daily. In an institution as established as GW, students juggle classes, extracurricular activities, unpaid internships, and sometimes second jobs; we should be looking for solutions to alleviate some of the stress surrounding affordable and healthy food in order to provide students the most opportunities as possible to thrive and succeed.

Appendix

A. NUTRITION FACTS*

Dan is active at least four times a week and tries to “balance his cravings” with healthier foods. The total spent for one week (including restaurants and groceries): \$103.00.

DAY ONE					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cheeseburger from GW Deli	354	29g	3g	12g	369mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Whole Foods salad bar (Spinach, Cherry Tomato, Red Onion, Carrot, Cheese, Crouton, Red Vinaigrette Dressing)	272	11g	24g	0g	1,056mg
Total calories:	826				
DAY TWO:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Hummus and veggie pita with chicken from the Perfect Pita	668	51g	62g	16g	1685mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
2 slices of a large 3-topping carryout from Domino's (pepperoni, mushroom, green pepper)	580	24g	72g	9g	1320mg
Total calories:	1,448				
DAY THREE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
3 slices of leftover Domino's pizza (pepperoni, mushroom, pepper)	870	36g	108g	13.5g	1980mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Turkey and avocado sandwich from FoBoGro	582	27g	48g	9g	1297mg
Total calories:	1,652				

DAY FOUR:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Large meatball sandwich from Potbelly with chips	793	41g	89g	13g	1346mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
3 slices of leftover Domino's pizza (pepperoni, mushroom, pepper)	870	36g	108g	13.5g	1980mg
Total calories:	1,863				
DAY FIVE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Whole Foods salad bar (Spinach, Cherry Tomato, Red Onion, Carrot, Cheese, Crouton, Red Vinaigrette Dressing)	272	11g	24g	0g	1056mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Half-smoke sandwich and medium side salad	525	36g	19g	9g	2830mg
Total calories:	997				
DAY SIX:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Chicken parm sandwich and chips from FoBoGro	628	25g	70g	7g	1110mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Chicken burrito with guacomole from Chipotle	1070	54g	116g	8g	1680mg
Total calories:	1,898				

DAY SEVEN:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Kind bar	200	6g	17g	1.5g	15mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Four topping pizza (pepperoni, spinach, mushroom, red pepper) at DC Pizza (comparable to &pizza)	900	33g	110g	15g	1975mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sushi rolls (California Roll & Salmon Roll w/ Cucumber) at Kaz Sushi Bistro	627	4.5g	94.5g	1.5g	574.5mg
Total calories:	1,727				

Logan cooks her food to stay on budget, "doesn't mind eating the same foods every week and prepares recipes that are easy, healthy, filling, cost-effective and what she knows she likes" The total spent for one week (including restaurants and groceries): \$112.27

DAY ONE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Eggs (2 scrambled) and toast	217	14g	6g	4g	376mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No lunch					
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
2 slices frozen pizza	652	11g	66g	6g	7mg
Total calories:	869				

DAY TWO:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cereal	203	3g	30g	1g	398mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sandwich with turkey, lettuce, cheese on wheat bread with a banana and grapefruit	511	20g	84g	6g	976mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Quesadilla with mushrooms, onions, peppers, black beans, cheese	250	22g	31g	2g	0mg
Large light roast coffee from Starbucks	5	1g	0	0	10mg
Total calories	1,087				

DAY THREE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cereal	203	3g	30g	1g	398mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sandwich with turkey, lettuce, cheese on wheat bread with a banana and grapefruit	511	20g	84g	6g	976mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Curried cauliflower, potatoes, jalapenos, toast and over-easy eggs	389	19g	65g	2g	262mg
Large light roast coffee from Starbucks	5	1g	0	0	10mg
Total calories	1,108				
DAY FOUR:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cereal	203	3g	30g	1g	398mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sandwich with turkey, lettuce, cheese on wheat bread with a banana and grapefruit	511	20g	84g	6g	976mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sausage, peppers and cheese on a flatbread	320	18g	14g	6g	790mg
Large light roast coffee from Starbucks	5	1g	0	0	10mg
Total calories	1,863				
DAY FIVE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cereal	203	3g	30g	1g	398mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sandwich with turkey, lettuce, cheese on wheat bread with a banana and grapefruit	511	20g	84g	6g	976mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Tuna melt on wheat	300	32g	11g	0g	0mg
Large light roast coffee from Starbucks	5	1g	0	0	10mg
Total calories	1,019				

DAY SIX:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Cereal	203	3g	30g	1g	398mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Sandwich with turkey, lettuce, cheese on wheat bread with a banana and grapefruit	511	20g	84g	6g	976mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
2 slices frozen pizza	652	11g	66g	6g	7mg
Total calories:	1,898				

DAY SEVEN:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Eggs, toast and breakfast potatoes	364	13g	36g	7g	239mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No lunch					
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Chicken sausage with mushrooms, peppers, onions and rice	584	37g	36g	9g	1019mg
Total calories:	948				

Alex is able to add funds to his dining plan, however he only eats two meals a day. He's also a frequent runner. The total spent for one week (including restaurants and groceries): \$146.55

DAY ONE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No breakfast					
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Turkey and cheese sandwich, yogurt	500	76g	55g	3g	1785mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Crazy 88 from Buredo	510	15g	67g	6g	1100mg
Total calories:	1,010				

DAY TWO:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Peanut butter and preserves sandwich, yogurt	790	56g	89g	6g	1935mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Falafel on a pita w/ a side of falafel	789	25g	108g	6.5g	1560mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No dinner					
2 large hot coffees	5	1g	0g	0g	10mg
Total calories:	1,889				
DAY THREE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Oatmeal and applesauce	190	4g	43g	0g	75mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No lunch					
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Altar rock salad from Jettie's	575	47g	9g	11g	1055mg
2 large coffees	5	1g	0	0	10mg
Total calories:	770				
DAY FOUR:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Peanut butter toast, yogurt	330	32g	35g	3g	425mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Hickory BBQ burger w/ potato salad, cole slaw and fountain drink from Brown Bag	689	28g	81g	30g	1236mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No dinner					
2 large coffees	5	1g	0	0	10mg
Total calories:	1,024				

DAY FIVE:

Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Oatmeal, yogurt	220	26g	28g	0g	160mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No lunch					
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Steak burrito w/ chips and guacomole from Chipotle	1,580	50g	190g	11g	2090mg
2 large coffees	5	1g	0	0	10mg
Total calories:	1,805				

DAY SIX:

Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Two peanut butter and jelly sandwiches	920	26g	120g	6g	1060mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
No lunch					
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Extra large pepperoni pizza from Manny and Olga's (6 slices)	1,620	78g	174g	36g	3420mg
Large coffee	5	1g	0	0	10mg
Total calories:	2,545				

DAY SEVEN:

Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Toast and yogurt	340	28g	49g	0g	465mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Leftover pizza (6 slices)	1620	78g	174g	36g	3420mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Turkey and cheese sandwich, applesauce, rice cakes	600	29g	91g	3g	2100mg
Large coffee	5	1g	0	0	10mg
Total calories:	2,565				

Annette is able to add some money to her dining plan, but she tries to stay on budget so she's a member of a lot of rewards programs. She follows a vegan diet. The total spent for one week (including groceries and restaurants): \$138.25.

DAY ONE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Protein shake	277	31g	23g	2.5g	305mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Vegan cheese pizza from DC Pizza	290	10.5g	51g	1.5g	575mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Noodle bowl	490	15g	88g	0.5	830mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Grapes	41	0g	11g	0g	1mg
Pizza leftovers	290	10.5g	51g	1.5g	575mg
Oreos	270	2g	41g	3g	220mg
Total calories:	1,658				
DAY TWO:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Bagel w/ hummus	312	11g	57g	0g	460mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Large lentil soup from Devon & Blakely	525	23g	64g	0g	0mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Noodle bowl	490	15g	88g	0.5	830mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Trail mix	130	3g	17g	3g	90mg
1/2 chocolate bar	105	1.5g	13g	4g	17.5g
Protein shake	277	31g	23g	2.5g	305mg
Total calories:	1,839				

DAY THREE:

Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Bagel w/ hummus	312	11g	57g	0g	460mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
2 slices of vegan pizza from Washington Deli	421	6g	58g	2g	759
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Veggie bowl (Eden) w/ avocado from Beefsteak	350	10g	28g	3.5g	410mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Trail mix	130	3g	17g	3g	90mg
Veggie straws	130	0g	15g	1g	200mg
Beefsteak leftovers	350	10g	28g	3.5g	410mg
Total calories:	1,693				

DAY FOUR:

Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Instant oatmeal w/ margarine and sugar	360	26g	38g	0g	160mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Spinach and chickpeas w/ rice from Rasoi Indian Kitchen	148	11g	24g	4g	199mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Rasoi leftovers	148	11g	24g	4g	199mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
Veggie straws	130	0g	15g	1g	200mg
Snack bar	120	2g	24g	1g	125mg
Total calories:	906				

DAY FIVE:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Instant oatmeal</u>	220	26g	28g	0g	160mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Veggie bowl (Eden) w/ avocado from Beefsteak</u>	350	10g	28g	3.5g	410mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Large lentil soup from Devon & Blakely</u>	525	23g	64g	0g	0mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Grapes</u>	41	0g	11g	0g	1mg
Beefsteak leftovers	350	10g	28g	3.5g	410mg
<u>Bagel chips</u>	128	3g	19g	2g	66mg
Total calories:	1,614				
DAY SIX:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Bagel w/ hummus</u>	312	11g	57g	0g	460mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Vegan meatball parm from Washington Deli</u>	607	29g	53g	3g	1470mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Vegan chik'n sliders w/ veganaise</u>	532	20g	51g	2g	540mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Grapes</u>	41	0g	11g	0g	1mg
Total calories:	1,492				
DAY SEVEN:					
Breakfast:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Bagel w/ hummus</u>	312	11g	57g	0g	460mg
Lunch:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Daiya vegan mac and cheese</u>	450	7.5g	73.5g	5.25g	900mg
Dinner:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>Whole Foods salad bar (Spinach, Cherry Tomato, Red Onion, Carrot, Cheese, Crouton, Red Vinaigrette Dressing)</u>	272	11g	24g	0g	1056mg
Snacks:	Calories	Protein	Carbohydrates	Saturated fat	Sodium
<u>1/2 chocolate bar</u>	105	1.5g	13g	4g	17.5g
Leftover mac and cheese	450	7.5g	73.5g	5.25g	900mg
Total calories:	1,589				

* The nutrition facts from these meals were gathered using the information that was provided either by the restaurant or by using MyFitnessPal and manually inserting ingredients which would be a part of the meal. We tried to make the nutrition information as accurate as possible with the information we had available from GW Dining.

B. GW MEAL DEALS

	\$6	\$8	\$10
Beef n Bread	Sandwich and coffee	Southern Sandwich and Bottled Water	Southern Turkey Sandwich and House Juice
Beefsteak		Beefsteak Tomato Burger with Juice	Veggie Bowl and Juice
Cafe Aria	Bagel and Juice, Stromboli and Juice	Garden Salad and Soda, Stromboli and Soda	Spaghetti and Soda, Bibimbap and Soda
Carvings	Sandwich and coffee	Burger or cheesesteak with Fries and Soda	Chicken wrap or Quesadilla, Fries and Soda
Chick Fil A	?	?	?
DC Pizza		Cheese pizza and Soda	Four topping pizza and Soda
Gallery Cafe	Free coffee with breakfast purchase	Cold sandwich with drink	Chicken wrap with Fries and Soda
Gallery Market	Cliff or Kind Bar and Naked Juice w/ Banana or Quest Bar with Tropicana Juice and Banana	Vegan sandwich, water and chips	Bagel Bite or Totino's pizza 40t with King Size Hershey Chocolate Bar and Dasani Water
GRK Fresh Greek	Omelet and OJ	Yeero and fountain drink	Orzo bowl with soup or fountain drink
GW Hospital Cafeteria	Eggs, potatoes and bacon or cheese omelet	Beef or Fish Entrée with 1 Side; Chicken or Pork Entrée with one side, Vegetarian Entrée; (W) Philly Cheesesteak, (Th) 6 Chicken Wings with Fries	
House of Falafel	Egg, Sausage, Cheese Bagel with Coffee		Protein Bowl with Soda; Sandwich with Soda; Pita Wrap with Soda

	\$6	\$8	\$10
Juan Valdez	Coffee And "Complement" (Yogurt Parfait, Almojabana, Butter Croissant)		
Lindy's Red Lion	French Toast with Bacon or Two Eggs; Egg and Cheese Sandwich with Bacon or Sausage and Home Fries; Belgium Waffles with Bacon, Sausage or Two Eggs, All With Juice	Greek Salad; Single Burger with Fries; Chicken Sandwich with Chips, all with Soda	Double Burger with Fries; Fish and Chips Platter; Six Buffalo Wings with Fries, all with Soda
Papa Johns		Small one topping pizza With 20 oz Drink	Two Topping pizza With Two 20 oz Drinks
Pelham Commons		Pizza; Chicken Tenders; Hamburger; Sandwich; Cheeseburger; Chicken Sandwich; all with Fries or Whole Fruit and Soda	
Point Chaud		Grilled Chicken With Cheese; Tomato with Pesto; Cheese, Avocado, Tomato; Spinach Salad, all with Soda/Water and Chips	Chicken with Veg and Cheese; Tuna with Veg; all comes w/ Dessert Crepe and Soda or Water
Rasoi Indian Kitchen		Daily choice of Meat or Vegetable Curry with Rice and Soda	Daily choice of Meat or Vegetable Curry With Rice And Soda
Sol Mexico	2 Tacos and Soda or Coffee	2 Tacos and Soda	Nachos and Soda
Subway	Sandwich and Cookie and Coffee/Soda/Juice	Sandwich and Chips, Cookie, 21oz Soda	Foot Long Sub With 2 Cookies, Chips and 21oz Soda
Uptowner Cafe	Breakfast Burrito or Sandwich with Meat, Tropicana OJ or Coffee	Cheesesteak with Chips and Soda	Wrap or Sandwich, Chips and Soda
Washington Deli	Egg Sandwich with Meat and Cheese, Coffee	Two Slices of pizza and Fountain Drink	

	\$6	\$8	\$10
Wiseguy Pizza		1 pizza slice cheese, Salad, Water	2 pizza slices and Water
7-Eleven	Sausage Biscuit with Fruit Cup and Coffee	Cheeseburger or Chicken Sandwich with Potato Wedges and Big Gulp or 2 Pieces of pizza and Big Gulp	Whole pizza and 2 Liter Coke

C. NOTABLE EXCERPTS FROM NEWS COVERAGE OF GW DINING AND THE STORE

“A single mother left a note on lined paper [at the Store]: ‘You cannot imagine how much relief this gift has brought me on so many levels. Yes, we go to GW. Yes, we sometimes can’t afford food. Thank you for hearing our voice and caring. I love you, too.’ Kasia Kovacs, Inside Higher Ed

“One of the things we found nationally was the College and University Food Bank Alliance had done a survey, and they found that 48 percent of their respondents did experience food insecurity. And we found that our results were very similar to that. We have a number of students who really don’t have enough to eat every week.” Tim Miller, on NPR’s All Things Considered

“67 percent of first-generation college students [at GW] who responded to the survey said they did not have enough to eat at least once a month.” Ruth Steinhardt, GW Today

“It is truly impossible to keep under the budget unless you eat the same terrible Subway sandwich every day,” Matt Goldstein, GW Hatchet

“President LeBlanc expressed concern that the student dining plan might not be enough to cover the high cost of eating in Foggy Bottom. Although he hadn’t reached a final conclusion, he said it appeared dining was a large strain on students’ budgets. ‘If you try to spread it out three meals a day, seven days a week, it’s very tight,’ he said.” Andrew Goudsward and Meredith Roaten, GW Hatchet

“GWorld partners inflate their prices to afford the 8 to 10 percent commission fee and the 10-cent swipe fee to the University. Major credit cards charge between 2 and 5 percent in surcharges. With 10,000 undergraduates, each student pays \$800 extra to GW in hidden tuition, based on the price they wouldn’t have to pay if GWorld prices weren’t inflated. The University accrues more than \$2 million a year from this practice.” Chloe Sorvino, GW Hatchet

D. ONLINE STUDENT SENTIMENT

Date	Caption	Reactions	Appendix
11/29/2017	When you find out you have \$147 left on your GWorld	109	1
11/28/2017	GWorld at the end of semester be like...	82	2
11/16/2017	When you run out of GWorld	223	3
11/12/2017	Filling a gallon Ziplock bag with chili at the Inauguration Brunch/Me/Budgeting money for food	175	4
11/1/2017	When you run out of GWorld and your friend buys you food	367	5
10/31/2017	GWorld Dining Options: Eat Sweetgreen or 3,000 calories a day	489	6
10/1/2017	When you're 1 month in and have \$6 left on your GWorld	348	7
6/23/2017	When the GWorld gets low: "If you sleep till noon you only have to pay for 2 meals instead of 3"	834	8
5/4/2017	GWorld alternative to BTS [Burger, Tap and Shake] during finals	316	9
5/3/2017	You know it's that time of the year that GWorld starts running low when...	578	10
4/28/2017	When you're out of GWorld but the holographic meatloaf comes through	421	11
4/25/2017	When you run out of GWorld so you have to go to sleep for dinner	1351	12

Date	Caption	Reactions	Appendix
4/20/2017	When you outta GWorld and see an Elliott talk with free food	502	13
4/17/2017	When you run out of GWorld and remember you drunkenly bought a whole pizza that'll last you at least 3 meals	115	14
4/12/2017	When you're out of GWorld and you make eye contact with the Whole Foods security guard	884	15
4/12/2017	When you run out of money on GWorld so you've gotta get creative	356	16
4/11/2017	When you realize it's halfway through April and you need to spend the rest of your GWorld at the only dining hall	475	17
4/9/2017	Me: Has \$5 on GWorld Also me: You deserve Captain Cookie	475	18

1.

When you find out you have \$147.00 left on your GWorld...

DECEMBER 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

GW

i don't have enough money for chicken nuggets

Like Comment Share

98

Mia Isabella Saponara Faith Morey 147.
Like · Reply · 2 · November 29 at 10:04pm
1 Reply

Nicole Mintz \$1.47?? Breesa Druonna
Like · Reply · 2 · November 29 at 11:07pm

Breesa Bennett \$38
Like · Reply · November 29 at 11:22pm

Breesa Bennett whats even the point of gworld
Like · Reply · November 29 at 11:22pm

Breesa Bennett what're we gonna gain from it
Like · Reply · November 29 at 11:22pm

Breesa Bennett is it even real
Like · Reply · November 29 at 11:22pm

3.

When you run out of GWorld

11-03-2017 01:00

COLUMBIA, MD

NOW THIS

SOURCE: Howard County Police Dept

Someone climbed into a McDonald's drive-thru window, and left with \$1,400 and a lot of food

Like Comment Share

Jan Nowak, Charles Christonikos and 206 others

View 15 more comments

2.

Gworld at the end of the semester be like...

My debit card is starting to feel more like a gift card... "not sure how much is on here but we'll give it a try"

SEE MORE

Like Comment Share

81

Libby Lukens Donna Armstrong
Like · Reply · 1 · 14 hrs

Jamie Rose Kleiner Alec Snyder

4.

GWorld dining options

Eat Sweet Green

3000+ Calorie Day

JAKE-CLARK TUMBLR

Like Comment Share

Kayla Williams, Cj Sivulka and 442 others

View 45 more comments

5.

Joyce Wang
November 1 at 3:36pm

when you run out of gworld,
and your friend buys you food.

Like Comment Share

Anyu Silverman, Saumya Khanna and 320 others

View 45 more comments

Cooper Ebersbach Beatrice Mount
Like · Reply · 1 · November 24 at 10:22am

6.

Kyle Parker
November 12 at 1:18pm

Outdated format but w/e

Like Comment Share

Thomas Toman, Jan Nowak and 161 others

View 8 more comments

Cooper Pearson Emma BoguskiRichie BeckSamantha HortonKara Ognibene
Like · Reply · 2 · November 13 at 11:25pm

1 Reply

Katie Zetkulić Haley Rand
Like · Reply · November 14 at 1:56am

7.  **Adam Swerling**
October 1

When ur one month in and have \$6 left on your GWorld



Like Comment Share

 Katie McLane, Amber Prince and 316 others

8.  **Gavin Coble**
June 23 · Canby, OR

When the GWorld gets low.


 **Colten Harris**
@HarrisColten

If you sleep till noon you only have to pay for 2 meals instead of 3

Like Comment Share

 Melanie Lerch, Kayla Williams and 832 others

10.

 **GW ALERT**
to GW 5:29 PM

INCIDENT/LOCATION: Attempted armed robbery at 616 23rd Street NW, Potbelly's Sandwich Shop.

 **Marissa Soltoff** · GW memes for The 10th most politically active teens
May 3 · 🌐

You know it's that time of the year when GWorld starts running low when

Like Comment Share

 Melanie Lerch, Jan Nowak and 588 others

View 18 more comments

-  **Holly Zimmerman** Harsha Jha
Like · Reply · May 4 at 10:04am
-  **Giulia Ricca** Laura Clouter
Like · Reply · May 4 at 10:36am
-  **Alex Carroll** Savannah O'Slickey
Like · Reply · May 4 at 12:27pm
-  **Andreja Radevic** Miren López
Like · Reply · May 4 at 12:33pm

9. 

 **Emily Milakovic** · GW memes for The 10th most politically active teens
May 4 · 🌐

Gworld alternative to BTS during finals (colored) 2017

Like Comment Share

 Kathrin Treichel, Jan Nowak and 309 others

-  **Nada Ahmed** Sara Tohamy
Like · Reply · May 4 at 10:26pm
-  **Andrew Demeter** Josue
Like · Reply · May 5 at 12:37am
-  **Emily Brodsky** Hannah Stoik
Like · Reply · May 5 at 12:17pm
-  **Devon Fitzgerald** Supriya Mazumdar
Like · Reply · May 5 at 6:25pm

1 Reply

11.



Danielle Schultz • GW memes for The 10th most politically active teens
Follow • April 28 • 48

when you're out of gworld but the holographic meatloaf comes through

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Melanie Lerch, Jan Nowak and 399 others

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- Claudia Zurita Nina Meli
Like · Reply · April 28 at 11:57pm
- Jonny Montano Alex Baum
Like · Reply · April 29 at 2:39pm
- Kimia Zarabian Phuong at least it's better than grass
Like · Reply · April 29 at 2:42pm
- Nikita Shah Conor Drony
Like · Reply · April 29 at 6:19pm

12.

When you run out of GWorld so you have to go to sleep for dinner



Brendan Breen • GW memes for The 10th most politically active teens
April 25 • 48

Like Comment Share

Nahyan Khan, Jan Nowak and 1.3K others

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- Gabby Battino Maria Martovani Abby Wade
Like · Reply · April 27 at 12:26am
- Brandon Flores-Lewis Jose Roman
Like · Reply · April 27 at 1:15am
- Kristen Dahlberg Virginia Krystin Marie
Like · Reply · April 27 at 7:58am
- Bhinda Tembani Priya Seetharaman when you tried it only one (1) time
Like · Reply · April 27 at 7:52pm
- Kyle Marant Stamus Malley you're not hungry. You're just thirsty
Like · Reply · May 1 at 12:02am
- 4 Replies
- Gauripriya Kumar Sruthia Rathnam
Like · Reply · May 1 at 12:25am

13.



Hannah Hassani • GW memes for The 10th most politically active teens
April 20 • 48

When you outta gworld and see an Elliott talk with free food

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Kathrin Treichel, Keiko Tsuboi and 473 others

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- Ambika Nair Natalie Kreitzer Jan Moduszewski
grogg living his best life
Like · Reply · April 20 at 10:58pm
- Elizabeth Jensen Taylor Dumaine Elaine HermanOREG BRAZINSKY
Like · Reply · April 21 at 12:06am
- Lauren Forrer Natalie Colangelo
Like · Reply · April 21 at 1:11am
- Nadiyah Hilmi Lara Balq
Like · Reply · April 21 at 3:04pm
- Monica Kavathekar Anika Raju
Like · Reply · April 21 at 10:49pm

14.



Kelli Josette Smith · GW memes for The 10th most politically active teens · April 17 near Arlington, VA · 🌐

When you run out of gworld and remember you drunkenly bought a whole pizza thatll last you at least 3 meals 🤔

Like Comment Share

Nahiyen Khan, Carmen Collins and 113 others

Emily Harrison Chris M. BohorquezNatasha GonzalezTom Reisman · Like · Reply · 2 · April 17 at 1:00pm

Write a comment...

15.



Rounak Vyragam · GW memes for The 10th most politically active teens · April 12 · 🌐

When you're out of GWorld and you make eye contact with the Whole Foods security guard

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Melanie Lerch, Kayla Williams and 862 others

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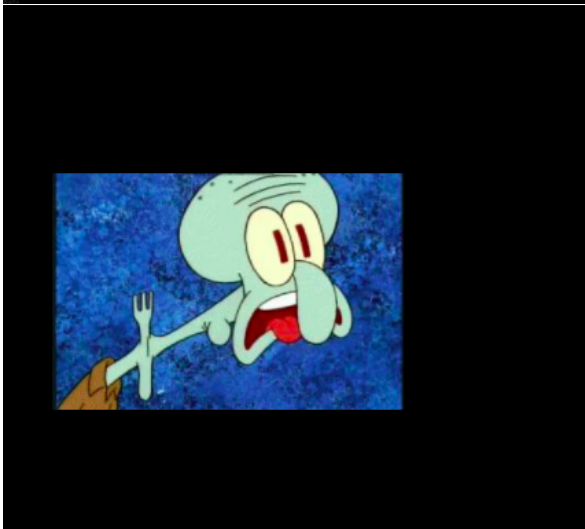
Peyton Swift Gaby Panduro · Like · Reply · 2 · April 13 at 9:29pm · 1 Reply

Brandon B. Navon Joshua Peace · Like · Reply · April 13 at 11:54pm

Maryam Nuha Alhassani Kei Pritsker · Like · Reply · 1 · April 14 at 12:35am

Avner Goldstein-Mittag David Giordano you

16.



John Miller · GW memes for The 10th most politically active teens · April 12 · 🌐

When you run out of money on GWorld so you've gotta get creative.

Like Comment Share

Nahiyen Khan, Nick Zmudzinski and 334 others

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Virginia Lazariclu Nassim Touil me next week · Like · Reply · 1 · April 12 at 4:56pm · 1 Reply

Erin Kidwell Hanady Rudich · Like · Reply · 1 · April 12 at 4:59pm

Mike Battiato John Brown Scott LaRochelle · Like · Reply · 1 · April 12 at 6:17pm

Avery Wu Caroline Bland or find yourself a sugar

17. When you realize it's halfway through April and you need to spend the rest of your GWorld at the only dining hall.



Henry Klapper ▸ GW memes for The 10th most politically active teens
April 11 · 🌐

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Mia Dortenzio and 74 others

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Tom Rowland Henry Klapper this belongs in overheard
Like · Reply · April 11 at 5:39pm

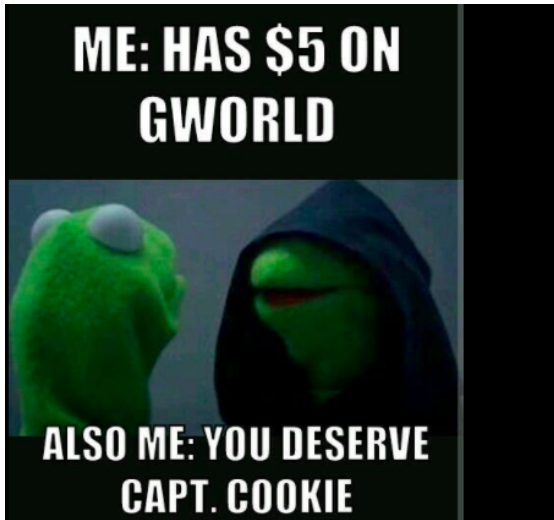
Victoria Gonçalves Henry if you're saying you still have gworld money somehow pls buy me food 🙏🙏
Like · Reply · April 12 at 12:22pm

Amanda Somtochukwu Okaka LMFAO this post wins the group!!
Like · Reply · April 12 at 12:33pm

Amanda Somtochukwu Okaka *so reliable
Like · Reply · April 12 at 12:33pm

Quinton O'Connor

18.



Andrew Myslik ▸ GW memes for The 10th most politically active teens
April 9 near Washington · 🌐

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Nahyan Khan, Vivi Ren and 473 others

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Faith Morey Mia Isabella Saponara
Like · Reply · April 10 at 12:17pm

Linsey Mathew Kelechi Ihejeto
Like · Reply · April 10 at 12:59pm

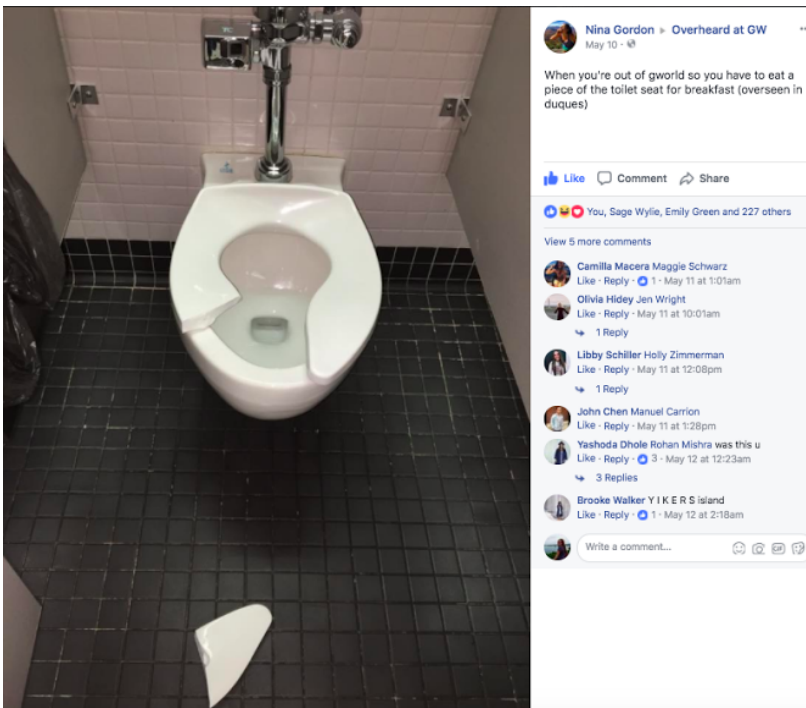
Samuel Chan Paulin Kim
Like · Reply · April 10 at 1:03pm
3 Replies

Brooks Young Jeremy Pinson
Like · Reply · April 10 at 1:08pm
1 Reply

Write a comment...

Date	Caption	Reactions	Appendix
5/10/2017	When you're out of GWorld so you have to eat a piece of the toilet seat for breakfast (Overseen in Duques)	235	19
5/25/2017	Accepted students tour guide STRAIGHT lying today: "Yeah GWorld is great! It works at almost all the restaurants in D.C., and supermarkets like Whole Foods and Trader Joes... GWorld is included in tuition for all 4 years, even when you move off campus."	472	20
8/19/2013	Apparently you can't buy Visa gift cards with GWorld at CVS anymore? Good thing we have a meal plan on campus where we can buy reasonably priced things.	48	21
11/25/2017	After dropping a bagel on the F Street then picking it up and eating it: 'I just ate a bagel off of the sidewalk because I ran out of GWorld.'	220	22

19.



20.



Lindsay Ryan

April 25

...

Accepted Students Tour guide STRAIGHT lying today: "Yeah GWorld is great! It works at almost all the restaurants in DC, and super markets like Whole Foods and Trader Joes ... GWorld is included in tuition for all 4 years, even when you move off campus. The money will roll over every semester which is great, since I dont know anyone who has run out of their colonial cash." LOL

Like Comment Share

Thomas Toman, Joshua Sawyer and 470 others

21.



Brittany Crosby

August 19, 2013

...

Apparently you can't buy Visa gift cards with GWorld at CVS anymore? Good thing we have a meal plan on campus where we can buy reasonably priced things. Thanks GW, GWorld money is now just as useless as J Street money.

Like Comment Share

48

22.



Shannen Bazzi ▶ **Overheard at GW**

November 25, 2012 at 10:30pm · Washington · 🌐

After dropping a bagel on the ground on F street then picking it up and eating it: "I just ate a bagel off of the sidewalk because I ran out of GWorld"

Jasmine Baker and 213 others

6 Comments