



## FLU BUDDY PROGRAM

2016-2017

In cases where it is advisable that you not come to the dining halls, it is recommended that you designate a Flu Buddy. A Flu Buddy is someone who does not show Flu symptoms and can pick up a meal for you.

The following two options are available to you:

1. At Top of Lenoir or Rams Head Dining Hall during normal operating hours, you may authorize your Flu Buddy to pick up a meal. Simply fill out the [CDS Flu Buddy Authorization Form](#). Your Flu Buddy presents this to the cashier at Top of Lenoir or Rams Head authorizing the cashier to charge your account. For students with a meal plan this will count as a meal, as long as you still have meals available. Otherwise your student Flex or Carolina Convenience will be charged the door rate, plus tax:
  - Breakfast: \$8.50
  - Lunch: \$11.00
  - Dinner: \$11.25
  - Late Night: \$10.25

**Note:** For flu-like symptoms, it is recommended that you eat a bland diet. Avoid alcohol, caffeinated drinks, and spicy or fried foods; a bland diet is typically soft and low-fat foods with little to no seasoning.

If you need help or are in doubt, please contact the Carolina Dining Services (CDS) Registered Dietitian, Kelli Wood at [kmwood@aux-services.unc.edu](mailto:kmwood@aux-services.unc.edu) or [919.830.3733](tel:919.830.3733).

2. Carolina Dining Services has pre-packed a three (3) day supply of shelf stable prepackaged food items and beverages.

Each kit contains:

- 3 bottles of 20oz water
- 3 bottles of additional fluids - \$1.89 or less (juice, tea and Gatorade)
- 3 microwavable cans of 10.75 oz soup – tomato soup, vegetable soup, and chicken noodle soup
- 2 hummus cups with pretzels

- 2 Chobani yogurt cups
- 2 fresh fruit – apples, Woot Froot, and/or oranges
- 2 microwavable oatmeal bowls
- 2 trail mix or nut blends – Planters Tubes

The Pre-Packaged Dining Kits are available at Rams Head Market during normal operating hours. As in option one, simply fill out the Dining Authorization Form and sign it. Once the authorization form is filled out, your Flu Buddy presents this to the cashier at Rams Head Market authorizing the cashier to charge your account. For students with a meal plan this will count as 4 meals, as long as you still have meals available. Otherwise your student Flex or Carolina Convenience will be charged \$40.00. If you do not have Flex / Convenience, you can pay \$40.00 cash / credit for this Pre-Packaged Kits.