

Connection Corner

Connection Corner is a pantry for international students in need. It holds shelf-stable food and hygiene items.

Find the Connection Corner at 1938 Liacouras Walk, 2nd floor. Open Mon-Fri, 9am-3pm

Connecting you to resources

This booklet is an extension of the Connection Corner made to provide you with tips and resources on living in Philadelphia on a tight budget.

Contact intl@temple.edu for more info. We are here for you.

Apps to use

For budgeting

Being aware of your budget throughout the month helps you stay in control.

Record transactions and build a budget with apps like: **YNAB**, **Buddy** (iOS only), **Mint**, **Goodbudget**



For shopping

Sometimes the best product is not the most expensive.

Yuka app uses its database to evaluate the quality of food and cosmetics based on ingredients. **TooGoodToGo** app lets you buy cheap fresh leftovers from nearby stores and restaurants.



Shopping tips

Aldi and **Shop Rite** are some of the cheapest chain grocery stores in Philadelphia. Local Asian markets also provide good quality produce for lower price. Look into Chinatown, **New Spring Garden Market**, and **H Mart**.

Try to buy store's own brand. It is cheaper and often of equal quality to brand products. Compare price per ounce of weight for the best deal.

Enroll into rewards programs like CVS ExtraCare for bigger savings.

Shop at thrift stores and discount stores like **Ross** or **TJ Maxx**, but still be mindful of prices.



Pantries

Where to get free food

Cherry Pantry (Temple)

Philabundance

Philly House Meals for All

Bebashi

Saint Mark's Church Food
Cupboard and Saturday Soup
Bowl

Old Pine Community Center

Lighthouse Christian Center Food
Pantry

Mazzoni Center Food Bank
(LGBTQ people)



Visit our Connection Corner
page at global.temple.edu/isa
for more information

Online

Reddit

Though Reddit may not be your first guess, some of its communities are full of useful info and support. Try looking into:

r/budgetfood

r/budget

r/cookingforbeginners

r/mealprepsunday

r/veganmealprep

r/eatcheapandvegan

r/eatcheapandhealthy



Cheap or free textbooks

Use Charles Library, it often has digital textbooks. Check **free online libraries** and databases too!

Use **SlugBooks** to compare prices. Find used books at **Thiftbooks**.



Useful links

Strategies, explanations, recipes:

<https://goodcheapeats.com>

<https://phillyfoodfinder.org/guide>

Instagram accounts to follow:

@visitphilly, @discover_phl,

@phillyfoodbabe,

@phillymagicgardens,

@campusphilly



Cooking tips

See if "**meal prep**", a system for preparing meals for a week ahead, works for you.

Conserve energy by cooking **simple meals**, but make sure it is good food (you deserve good food). Use **myfridgefood.com** to see what you can make with what you have.

