



WHEN YOU EAT HERE

YOU'RE

SUPPORTING LOCAL BUSINESSES



Some of the produce that we serve comes from PCC Learning Gardens.



PCC
Sustainability

WHEN YOU EAT HERE

YOU CAN

COMBAT HUNGER

Round up your total to the nearest dollar when you pay at the register and help classmates with food insecurity get something good to eat.

OTHER WAYS WE HELP

Learning Garden

Did you know you can earn free meal vouchers for the Rock Creek cafeteria from November to March by volunteering in the Learning Garden?

Panther Pantry (Food Bank)

This program is designed to help students struggling with food gaps. Many students experience hunger as they face the demands of juggling the expenses needed to achieve their educational goals.

Panther Picks

PCC's Panther Pick program is designed to combat food insecurity. Donations buy food insecure students a lunch or two and help them succeed in class.

Use the Round Up program or purchase a \$5.00 food voucher.



PCC
Sustainability

WHEN YOU EAT HERE

YOU HAVE

PLANT-BASED OPTIONS

Reducing your meat consumption makes a huge impact. A plant-based diet can cut your carbon footprint up to 50%!

JOIN PCC IN GREEN MONDAYS AND OPT VEG ONCE A WEEK OR MORE!

We work with a variety of local vegan businesses, including:



Although each campus offers a different variety of options based on their size, each campus does offer vegetarian and/or vegan options. Here are 10 of the numerous options available:

- 1 Veggie Breakfast Sandwich**
- 2 Very Veggie Bagel**
- 3 Veggie Hummus Wrap**
- 4 Veggie Falafel wrap**
- 5 Veggie Burger**
- 6 Vegetarian Sandwich**
- 7 Bean and Rice Burrito**
- 8 Vegetarian Wok Entrees**
- 9 Vegan Sandwich**
- 10 Vegetarian Soup**



WHEN YOU EAT HERE

YOU CAN

REDUCE WASTE & CARBON EMISSIONS

You can help eliminate single use disposable container waste by using an **OZZI** container.

1

Ask for a reusable **OZZI** to-go box when you order your food



2

Pay the cashier a \$3 refundable deposit (or an **OZZI** token)



3

Return the dirty to-go box to the **OZZI** machine in the cafeteria and retrieve a token



4

Repeat for a waste-free meal at PCC!





WHEN YOU EAT HERE

THERE ARE MANY

CHOICES UNDER \$5.00

- ◆ Panther Pick Meal bag
- ◆ Breakfast Sandwich
- ◆ Hard Boiled Eggs
- ◆ Oatmeal
- ◆ Peanut Butter and Jelly Sandwich
- ◆ Yogurt Parfait
- ◆ Bagel and Cream Cheese
- ◆ Soup
- ◆ Vegetable Stick and Hummus
- ◆ Panther Pick Chicken, Beans, and Rice Bowl
- ◆ \$5.00 Grill Specials
- ◆ Grilled Cheese Sandwich
- ◆ Bean and Cheese Burrito
- ◆ Bean and Rice Burrito
- ◆ Bean and Rice Bowl with Topping
- ◆ Panther Pick Rice, Teriyaki Chicken and Vegetables bowl
- ◆ Steam Bao
- ◆ Sandwich and Salad Bars
sold by the ounce
- ◆ Pizza

LOOK FOR MORE LOW COST OPTIONS THROUGHOUT YEAR.