

The Cheap Sheet

A Booklet of Thrifty Options for the Savvy McGill Saver! Now with options for Macdonald Campus!

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Food

Cheap Eats:

At / Near McGill Downtown

- Couche-Tard (Bronfman Building – 1001 rue Sherbrooke Ouest) offers affordable coffee and every 5th coffee is free with the card!
- Frostbite (McConnell Engineering) exists to meet all your ice cream needs! Open Monday to Friday 12 – 5 p.m. They offer ice cream for $1.50 per scoop if you bring your own cup (any cup works!), and on "Toonie Tuesday" they offer $2 small cups of frozen deliciousness. They also offer free ice cream to those who received a grade of less than 30% on a midterm weighted more than 15%. They also offer free ice cream on Rowdy Day (aka Free Ice Cream Day), which is the last academic day of school of the Fall, Winter or Summer semester.
- Japote (1000 Sherbrooke West, Concourse level) serves authentic Japanese food at affordable prices. Prices usually range from $6 to $14 for a full plate or bento (boxed lunch). Note: They are only open from Monday to Friday, 11:30am to 2:00pm, and are closed on the weekends.
- McGill Pizza (625 Milton) is a hidden gem around McGill. They offer any number of yummy comfort foods at ridiculously cheap prices. Two slices of pizza will run you $5.75 + tax, and they even offer a breakfast with 2 eggs, bacon/ham, home fries, toast and coffee for only $8.65.
- Pan American Pizza Located in the arts building basement, this new pizza place is quickly becoming a student favourite. Grab a slice and seltzer for just 8$. Open Monday-Thursday: 10:30am to 5:30pm and Fridays until 3:30pm.
- SNAX (Leacock Building) sells all kinds of, as their name suggests, snacks: pastries, cookies, candy, salads and even wraps from Aux Vivres. Their coffee is only $1 if you bring your travel mug, and if you forget it, take advantage of their Early Bird special before 10am, and get a small coffee and a muffin for $2. Cash Only.
- Tim Hortons (674 Sherbrooke Ouest / 2035 Stanley) is a Canadian legend. They offer cheap coffee, hot drinks, donuts and sandwiches, and you can barely walk 3 blocks in any Canadian city without walking into one. They're reliable, everywhere and open late. Find one on the John Abbott College side of Mac Campus (Casgrain Centre), open Monday-Friday, 7:30am – 7pm.
- Vinh's Café (Genome Building and Strathcona Music Building – not the Anatomy & Dentistry Strathcona) has delicious Bahn Mi Vietnamese sandwiches, as well as soups, noodles, steam buns and desserts. The Vinhs Classic sandwich will fill you up for only $3.45 and they have several vegetarian options too!
- The Yellow Door (3625 Aylmer) runs the Rabbit Hole Café every Friday, from 12:30 – 2:30 p.m. during the school year (except during exams), where they provide vegan lunches in their coffee house for donations of $2+. Cash only. The meals are always vegan and you are encouraged to bring Tupperware to take home some leftovers. They also have a small food bank, so bring your McGill ID.
- SNAC Student Nutrition Accessibility Club / The Good Food Box program (University Centre, downtown campus) SNAC is SSMU's newest service tackling food insecurity among students. Every Monday, we offer free, fresh, and local fruits/vegetables from TerraBella, a family-owned company.

Sign up every Friday on our website. Come retrieve your produce each Monday, 1-4pm, in Room 106 in the University Centre. Bring your own tote bag and McGill ID.

Around Montreal:

- Bao Bao Dim Sum (83 de la Gauchetière Ouest) is similar to Cocobun, but cheaper and yummier (in this humble writer's opinion at least). It may not be as conveniently located as Cocobun, but Chinatown is filled with sights to see, and other cheap food to eat, so it's definitely worth it. My favourite items are their mixed vegetable steamed buns ($2) and their red bean steamed buns ($2.50).
- Cachitos (3 Ste-Catherine Ouest) sells Venezuelan cachitos (croissant with filling) as well as other pastries and coffee. They have many different fillings of cachitos to try, and most are only $6.05 each. Open with reduced hours. Only accept Pay Pass and take out option.
- Cocobun Bakeries (Guy-Concordia or Atwater metro stops) offer a variety of Chinese baked goods at super reasonable prices. From BBQ pork buns ($2.80) to mochi ($3.00) to custard buns ($2.80) they've got a bit of everything at several convenient locations.
- Joe's Panini (1404 Drummond) is the Super Sandwich of Concordia. They offer a variety of sweet and savory grilled sandwiches for $9.50 each and are open 24 hours to help you with those hungry all-nighters!
- Montreal Chinese Crêpes and Dumplings (37 Westminster Ave N, Montreal West) has affordable and delicious dumplings and Chinese crêpes with pricing ranging from $6.95 to $11.75 for their crêpes, and $11.99 to $14.49 for their dumplings. They also offer a student discount.
- Nouilles Star (1871 ste-Catherine W) specializes in dishes from China, Vietnam and Thailand, especially noodles and rice. Affordable prices with a very large portion Pho starting at $10.75. They also offer a $7.99 lunch special from Monday to Friday (11:00 a.m. to 5:00 p.m.) Cash only.
- Olly Fresco (located at Carrefour Industrielle Allience downtown) is a prepared food market that serves fresh and delicious food. They have vegan and gluten-free options. They have a hot sandwich bar, hot lunch buffet and a salad bar (prices for the latter two are determined by weight). If you want something quick, they have packaged lunches, starting at $3.79. An hour before they close, they have 2-for-1 specials on selected packaged lunches on Tuesdays through Fridays. On Fridays only, the 2-for-1 special also applies to their larger packaged meals. Be sure to get there early as the food sells out fast! Note: they are closed on the weekends.
- Patisserie Harmonie (85 de la Gauchetière Ouest) has similar pastries to Cocobun, but in my opinion tastier and for similar prices!
- Pushap (5195 Paré / 4777 Blvd des Sources – pick up only), the people who make all the McGill samosas for sales (known as "Samosa Gods") have a physical location and it is filled with CHEAP Indian food. Seriously, their entire menu is vegetarian (with quite a few vegan options) and all of the options are less than $6. Main meals are less than $13 for one person which include the combo, two samosas, tea, and dessert. Take-out and delivery options available.
- Yifang Fruit Tea (90 Rue De La Gauchetière O) provides the cheapest bubble tea in Montreal (around $6 which is $5 cheaper than most) and students get a 10% discount!

At / Near Mac Campus

- Annie's Sur Le Lac (76 Ste-Anne) offers great pub food at great prices. On Tuesdays, they have a $6 special on burger and fries or 6 chicken wings. They also have $3 taco special on Thursdays (open during the summer months).
- Crème de la Crème (152 Ste-Anne) is an ice cream stand conveniently located right off the boardwalk in Ste-Anne-de-Bellevue (open for summer only).
- Cunningham's Pub (75 Ste-Anne) has a Wing Night on Tuesdays, which is a 20% special on their signature chicken wings. Online ordering for pick up or delivery.
- Studio 77 (271 Lakeshore Road) is a trendy café located in the Pointe-Claire Village. They have a wide range of delicious meals. Every Monday, they have $3 lattes!
- Wild Willy's Ice Cream (20 Cartier) is one of the most popular and tastiest homemade ice cream places, located in the Pointe-Claire Village! They have a wide selection of flavours, and they even sell frozen yogurt and ice cream sandwiches! Open seasonally.

Free Food:

- Happy Belly is a club at Mac Campus that provide healthy food options for students. They collect food from nearby grocery stores and farms, and are in partnership with Macdonald Student-Run Ecological Garden to provide students with locally grown food. They cook and serve free vegan-friendly healthy lunches. Volunteering at Happy Belly will also get you some free food. They offer free, online bi-weekly talks about waste reduction and eco-friendly tips on their Facebook page.
- Soup and Science is held for one week at the start of the Fall and Winter semesters for undergraduate science students. Each day, professors speak briefly about their research and current projects. Following these talks, all attendees receive free soup and snacks. You can also mix/mingle with the professors and ask questions.

Cheap Groceries:

- Bonanza Lalumière (6852 Rue Jean-Talon E, Saint-Léonard) is a cheap supermarket where you can buy any food you like. They directly import worldwide food thus they have the best prices. New discounts come weekly. They have a space with almost perished products but still eatable at a lower price (up to 50% cheaper). I have never seen any fruit and vegetable cheaper than there on the Montreal Island. That address is very popular, near Les Galeries d'Anjou and others famous wholesalers less crowded than downtown.
- Buy Your Own Bulk is a non-profit organization that sells affordable and organic food in bulk at Mac Campus. They sell foods from grains to legumes and flour! You would pay anywhere between $0.26 to $3.40 per 100g. A list of their products and prices are posted on their Facebook Page (academic year only).
- Bulk Barn (5445 des Jockeys / 1616 rue Ste-Catherine) Bulk snacks and ingredients. Healthy, cheap and filling ideas: chickpeas (salads, hummus, roasted), lentil (soup, curry), kidney beans (soup, enchiladas, chili), nuts and dried berries (whole cranberries = best). They have a 15% student discount on Wednesdays and offer 15% off your order on Sundays when you bring a re-useable container.
- Costco Purchase in bulk with a friend/roommate and share the value! Open during regular hours. Have a 2-day delivery option for members. Non-members can shop but may have a delivery

surcharge. Costco also has a free delivery service with a minimum purchase so if you all combine what you need to meet that requirement, you can have it brought right to your door for free.

- Food apps can help you save money on groceries
    - Flashfood is an app where you can buy groceries that are approaching their expiration date (but are still good) up to 50% off. The idea behind it is to rescue foods that grocery stores would throw out just because the food's expiration date is approaching (within two weeks). Once you've placed your order on their app, you can pick up your food at a participating grocery store.
    - Flipp lets you add your local stores (grocery and other) to see all their flyers and announced sales for the week. You can also create a shopping list directly in the app!
    - FoodHero offer great discounts on items at local grocery stores that are near their best before date, or have been frozen. This can save you a lot of money on items you would plan to consume quickly or freeze anyway.
    - Metro& Moi app lets you collect points on purchases! Be sure to clip your coupons every week where you can get bonus points (35 points when you buy bananas). These add up quickly and can be redeemed.
    - Sauvegarde is an app where you can save on food and cut down on your carbon footprint! Restaurants, stores, and bakeries around Montreal use the app to make sure that day-old pastries or food that's near its expiration date doesn't go to waste. They post items at discounted prices, and often they have surprise boxes for half-off the usual cost of the items, so you can explore new foods, save money, and save the environment at the same time!
    - Too Good To Go is an app that was developed to help prevent food waste from restaurants and grocery stores. Prices vary from $4-8 for a surprise bag of food. Usually, they contain leftovers that were not sold during the day (pastries, cookies, pre-made sandwiches/salads, empanadas…) or things that will expire soon from grocery stores (produce, boxed goods, meats, cheese…).
- Fruiterie Vert Pomme (4324 rue Wellington) has affordable grocery options. They also have a discounted fruits and vegetable section.
- Kitchen Collectives are groups of people that pool their money, time and food to cook together. It allows you to meet new people and get portions of food you don't know how to, or don't have time to, cook in exchange for portions of something you can.
- Maxi (2925 Sherbrooke Est / 6381 Transcanadienne) offer price match, so it saves you time from hunting down deals in multiple stores. Show them the sale item at the other store at checkout and they will match the price.
- Mac Market is open from July to November and sells fresh fruits and vegetables at Mac Campus (at a lower price than grocery stores!). They offer a student vegetable basket every Friday (from the end of August to end of October) for $20/basket. The baskets are large, and best shared with a friend or family. Check their Facebook page for updates.
- Marché Adonis (2173 Ste-Catherine Ouest / 4601 Blvd des Sources) is another discount market (10% off with a student id). Check their weekly flyer for their best deals. Consider coming here especially if you're looking for specialty Greek ingredients.
- Marché Newon (1616 rue Ste-Catherine Ouest, Suite 302) is located close to the Guy-Concordia Metro and is hidden on the 2nd floor of the building. It is so close to where many students live and

offers a very wide variety of Asian products at reasonable prices. Despite it being on an upper level it really is a massive store!

- Marché Oriental (7101 Saint Denis at Jean Talon) Best coconut water price - $3 for 1L pure 100% no additives. Stay hydrated! Also has a good selection of cheap Asian ingredients and snacks.
- McGill's Farmers' Market (available from July to October) Vegetable Basket delivers fresh veggies every week. In the summer, it's an 8-week commitment of $208 for the small basket, $312 for the large basket or $156 for a bi-weekly large basket. In the fall, it's a 9-week commitment of $234 for the small basket, $351 for the large basket or $175.50 for a bi-weekly large basket. You can pick up your basket at the Farmers' Market on McTavish Street on Thursdays between 11:30 a.m. and 4:30 p.m.
- McGill Student Run Ecological Gardens (available in from June to October) is what I use for fresh veggies during the off times of the Good Food Box. They offer two programs a year: a 10-week in the summer and an 8-week in the fall. Their boxes are about enough food for a household of 2 people, but I effectively fed 3 people on it this summer. The 10-week summer box is $245 for students ($27 per week) and the 8-week fall box is $220, which is much less than buying the same veggies at a store. Plus, they're local, organic and the people are really nice.
- MTLK Food (1829 Ste-Catherine W) is a Korean and Japanese grocery store and offers a wide variety of affordable Asian items. Also offers ready-to-eat meals, triangle kimpab starting at 2.25$
- PA Supermarché (1420 du Fort / 5242 Av du Parc) is a chain of supermarkets with products considerably cheaper than Provigo or Metro.
- Sami Fruits (1505 Legendre Ouest / 3000 de Marche) is a grocery store specializing in fruits and vegetables and their prices are relatively lower than regular grocery stores.
- Segal's Market (4001 Blvd St-Laurent, near Duluth) is a small, cheap grocery store with a good, quality selection. Segal's is great for cheap produce, dairy, and organic products. Good for stocking up in bulk for less. Get hemp milk for the best price. However, their meat/poultry selection is limited.
- Super C (147 ave Atwater / 44 Blvd de la Cité-des-Jeunes) is a discount grocery store chain that offers small discounts on all items and large discounts on their weekly sale items. Check out their flyer to find out when they have the best deals. If you're ever making a bulk beer or wine purchase, go here! They regularly have great deals on big cases of beer and large bottles of wine.
- Various ethnic supermarkets offer the best option if you're looking for foods specific to any one culture. For Asian foods check out Marché Eden (3575 avenue du Parc), Jang-Teu Asian Supermarket (2109 Ste-Catherine Ouest) or almost any grocery store in Chinatown.

SCHOOL SUPPLIES

Cheap Textbooks:

- AbeBooks is a partner to Book Depository and often has some better deals if you're shipping to Canada. Prices are in US dollars so be careful with the conversion. Shipping can take 1-2 months sometimes, so order early!
- Amazon offers new and used textbooks, sometimes at amazing discounts, sometimes at full price. They tend to be fairly hit or miss when it comes to textbooks, but it's always worth looking! If you have Prime and are buying a book through Amazon, check for free 1-day or 2-day delivery.
- Book Finder is a wonderful resource for online textbook (and non-textbook) buying! This site will search all online book-selling websites, across all different countries, and show you the cheapest prices after factoring in shipping to wherever you are. This site is 100% your best bet at finding the best deals online and has personally saved me hundreds of dollars.
- Direct Textbook offers much the same service as Book Finder, but specializes in textbooks. I've had it turn up some offers that Book Finder missed, so it's definitely worth a search before you buy.
- General Bookstores: used or loose-leaf copies are available as a last resort. They are sold at close to full price but will save you at least some money over their new and hard-cover counterparts.
- John Abbott College Book Sale & Exchange is a sell and buy Facebook group. Many of the textbooks are also used at Mac Campus.
- McGill Textbook Exchange is a good first stop when looking for any textbooks. Chances are there are students who took the same class last term who are looking to offload their barely used, no longer needed textbooks for a steep discount.
- Slugbooks.com is a website where you can buy, sell, or rent textbooks. You can search for textbooks using the ISBN so you can find the exact version required by your prof. The site will compare book prices over several sellers to save you time and money. You can use it not only to compare prices to buy online, but to compare prices if buying from another McGill student (Don't get ripped off). Be sure to change the country to "Canada" in the drop-down menu before you begin.
- The Word Bookstore (469 Milton) is a used bookstore. They sell used textbooks and novels, and also buy back used books.

School Supplies:

- Dollarama has school supplies at prices up to $4. They also offer a wide variety of goods such as house décor, arts and crafts, snacks, and much more.
- Giant Tiger (6877 boul. Newman / 3374, boulevard Taschereau) Giant Tiger is a short bus, train, or bike ride from campus. It's a great place not only for cheap food, but also for clothing, small appliances, toys, and much more.
- McGill Clubs and services like Student Wellness Hub, and The Sexual Assault Centre of the McGill Students' Society (SACOMSS), as well as Campus Life and Engagement. Office Supply Stores are always the better option for buying school supplies. Places like deps (convenience stores), grocery stores and even the McGill Bookstore usually charge much more than a store like Bureau en Gros for pens and pencils. If it's an item you know you will use (highlighters, white-out, tape etc.), then buy the bigger pack; it's almost always a better deal. Consider skipping the brand-name supplies for the

generic brands (all yellow highlighters are yellow) and make sure to evaluate your actual need of supplies (do you really need five different colours of pens or will three do?). Check Amazon.ca and Walmart too for office supplies.

- Other University Libraries' Wi-Fi – Cafes can get expensive if you need a change in study environment. You can connect to Wi-Fi on many university campuses throughout the world using eduroam with your McGill email and password.

PERSONAL ITEMS

Cheap Clothing:

- Thrift McGill (3473 University, University Hall) McGill Thrift is an innovative sustainability initiative managed by Student Housing and Hospitality Services in collaboration with the Sustainability Projects Fund (SPF). All items are available for free with a valid McGill ID card. This donation-based thrift store serves both students and staff.
- Ardene Liquidation store (5455 Rue des Jockeys) is an Ardene outlet that sells clothing, shoes and accessories at prices lower than others, it is always on 70% discount.
- Montreal Swap Collective hosts monthly (or so) clothing swaps, for used and new clothes of all types. For every bag of clothes you bring, you can leave with a bag of clothes. Swaps are usually free, or less than $10 to attend and offer great chances to revitalize your wardrobe for cheap. If none of the locations or dates of these events work for you, consider hosting one yourself!
- Thrift Stores: Montreal has a lot of these, as well as used clothing stores called friperies. You can find clothes, accessories, furniture and household items at many of these stores. Some well-known ones include:
  - L'Actuel: Thrift Shop (88 rue Adele in Vaudreuil-Dorion) is a non-profit volunteer centre that provides services to the community. They sell clothing, shoes, books, dishes, electronics, appliances, and much more. They also have a food bank although are currently serving by appointment only.
  - Boutique Les Petits Frères des Pauvres is a great thrift shop in the plateau that has lots of fall jacket options, formal, and casual attire at a very affordable cost.
  - Le Coffre aux trésors du Chaînon is a second-hand store has clothing, shoes, books, home items and more. The revenue goes to Le Chaînon, which is a women's shelter.
  - Église Ste-Anne-de-Bellevue has a bazaar every Tuesday between 12:30pm and 5pm!
  - Eva B (2015 Blvd St-Laurent) has grown into a Montreal institution. They offer second-hand, stylish and vintage clothes for reasonable prices, and are a great place to find some trend-setting pieces. They also have a cute (and cheap!) café in their store, boast the cheapest cappuccino in Montreal ($2.25), have an impressive 3 story patio with an apiary and garden and, all things considered, are a place that needs to be experienced by everyone.
  - Fripe-Prix Renaissance (1330 ave Mont-Royal E / 7250 St Laurent) It has everything that Value Village would have from books, clothes, pots and pans, to electronics, and more! You could find hidden gems like cross country and downhill skis. There are multiple locations including one near De L'Eglise station, and another one in the Plateau near Parc Lafontaine.

- Hadio thrift store (308-314 Mont-Royal Ave E) for cheap clothing. They have a large section of items for $5, or 3 for $10.
- Salvation Army Thrift Store is a chain of thrift stores throughout the island of Montreal.
- Thrift Shops for Nova (43 Ste-Anne / 449 Beaconsfield Blvd) is a not-for-profit organization sells second hand furniture, clothes, linens, etc. at an affordable price!
- Value Village (2033 Blvd Pie-IX / 4906 Jean-Talon Ouest) is a large used clothing and household item store, part of whose proceeds go to benefit local charities. Consider bringing your old items to donate here, as for every bag you donate, you get a discount on your future purchases!

- Winners (Place Montreal Trust and other locations) Clothes and home items of good quality and brand names for lower prices. Sometimes/often deals on designer/brand names.
- The Winter Coat Project: As of 2019, McGill's World University Services Canada (WUSC) has taken over the project. If you're an international student, you can pick up a used winter coat for free. This is also a great program to donate your used jackets to when you upgrade or move back home. More information will be available on their Facebook page.

Toiletries:

- Buy in Bulk, or at least in the biggest size available, for products you know you will use (shampoo, tampons, face wash, etc.). Travel size, or smaller sized products are never the cheapest option in the long run.
- Condoms are given out for free in many public McGill locations by Healthy at McGill, and can also be found in the offices of The Sexual Assault Centre of the McGill Students' Society (SACOMSS) , Queer McGill or the Union for Gender Empowerment (UGE). Contraception, sex toys and menstrual products can also be ordered through the McGill Shag Shop.
- Dollar Shave Club offers packages delivered monthly with 4 cartridges for as low as $4.50 / month for twin blade cartridges (shipping included!). This site might market primarily to men but their razors work just as well for other genders and I'd be personally stunned if you could ever find a cheaper price for a month of razors.
- Drug Stores (like Pharmaprix or Jean Coutu) offer cheaper prices on toiletries than grocery stores or deps. Pharmaprix does have a good points system that when used appropriately can save you money in the long run.
- Consider investing in reusable period products like a period cup or washable pads. These can be reused for a long time and ultimately save you money compared to purchasing a new box of pads/tampons every month.
    - Menstrual Cups (divacup.com, mooncup.co.uk or others) are money- and environment-saving alternatives to tampons and pads. They market for around $40 and can be used for years at a time, saving you $100+ /year in disposable menstrual products. PutACupInIt.com has a quiz to help you figure out which cup would suit you best. The McGill Shag Shop also sells them.
- Tampons and Maxi Pads are available for free in the women's bathrooms in the SSMU building and in the Brown Building as well as other buildings on campus. You can pick up free menstrual products through the SSMU's Menstrual Hygiene Project. The Student Wellness Hub has free tampon samples. This is a great option if you find yourself on campus without one or just grab a few to take home with you. The McGill Shag Shop also sells them too.

- The McGill Union for Gender Empowerment offers a variety of gender empowerment and safe sex products like packers, lube, sea sponges, breastfeeding supplies, clean needles and gaffs. They also offer a female undergarment ordering service for those who feel uncomfortable or unsafe making these purchases themselves or have a limited financial capacity. All of their services are on a pay-what-you-can basis.

Everything Else:

- Facebook Marketplace – Find textbooks for your classes for a fraction of the original price, and re-sell them once the semester is finished to make the money back and help another student out. You can also buy school supplies and other second-hand items.
- Free and for Sale and Mac Free and For Sale are Facebook Groups for past and present McGill students to buy, sell or giveaway their unwanted items. From furniture to workout equipment to food and everything in between, this group gets a bit of everything (and always for cheap!). You are especially likely to find what you need for cheap if you time your search to the end of terms (December or May)—when students are leaving, and suddenly realize they can't take so much stuff home—or July 1 (moving day in Quebec)!
- Groupon offers tons of discounts on activities, travel, goods, and food.
- IsThereAnyDeal.com is your one-stop-shop for buying video games online, mainly for PC games. Simply enter the game you're looking for, and they search through 34 different online video game retailers to find the cheapest price. For each game and site, they also offer historical low prices so you know that you're getting a good deal. You can even sync your Steam, Gamersgate or GOG wish lists and set the site to email you when good deals arrive.
- McGill Computer Taskforce offers free printing to Science and Arts and Science students, in the Burnside basement. Otherwise, check out Copi-EUS in McConnell Engineering for cheap printing.
- Montreal Used Book Swap (private group) hosts monthly book swaps where you can bring your already read books and exchange them for ones that are new-to-you. Entrance is free, and books of any language are welcome!
- Steam – everyone's favourite online video game retailer, has massive sales a few times a year. Prices usually drop by 10-90% on almost every game in store, so it's usually worth it to wait, if you can, before buying a new game. They have summer and Christmas sales every year and have been known to have Easter, Thanksgiving and even Chinese New Year sales too.
- The Kijiji "Free Stuff" and the Craigslist "Free" sections can have some awesome hidden deals. Kijiji and Craigslist are also great places to look for cheap furniture, household items, bikes, and apartment listings. Make sure you buy and sell safely and always arrange to meet in a public place.
- The PC Optimum Card allows you to accumulate points at Provigo, Esso and Pharmaprix and you can redeem your points for food and other essentials.
- Unidays- Current students in higher education can sign up to get discounted deals on products and services. I have it and it works for McGill students.
- The SPC Card is a student discount card. It's 10$ for the card annually and you get discounts on 450+ brands all year long. Some brands include Amazon.ca, Apple, Thai Express, and many more!

SERVICES

- Académie de Coiffure Hilda (4621 de Salaberry Suite #1) is a hair school offering their students' services for cheap ($15 for a haircut for women, $7 for a haircut and beard trim for men) located in the northern part of Montreal.
- Académie de coiffure Tornade is a chain of hair styling schools. The closest location to campus is on St. Denis at St. Joseph. You can get your hair cut by a hair styling student or a certified stylist. Price: $12.17+ for a haircut (male or female).
- The Bunz's Facebook Group is a barter only community where you can make trades depending on what the other person is looking for. Some people post furniture, clothing, or stuff they just want to get rid of. Sometimes people also offer advice or services as they are looking to improve their skills like doing nails, tattooing, dying hair, etc. It is a wonderful and sustainable way to save money!
- École de Coiffure International (4755 ave Van Horne Suite 107) offers cheap haircuts done by their students. Starting at $11 for women and $8 for men, it's hard to beat their prices. They also so colour, highlights, and styling. Just be aware that it may take longer than usual as it will be a student cutting your hair!
- Gordon Robertson Beauty Academy (240 Beaurepaire Drive) is a school offering their students' services for cheap (ranging from $10 - $15) – just a short bus ride or bike from Mac Campus.
- Haircuts for Anyone (390 St-Zotique Est) is committed to giving people of all genders, sexes, sexualities and ethnicities haircuts without judgment. They charge $30 - $70 depending on your income, making them a wonderful project to support.
- SubTech Repairs 757 Beaubien Est, 2 minutes from Beaubien metro. Phone, laptop, computer, etc repairs. 10% off repairs with a valid Student ID, Free diagnostics, no appointment needed. 1-year warranty on all repairs. Open 7 days a week 8:30 to 21:00. Service in English and French

Transport around Montreal

- Communauto is a car rental service. If you have a driver's license, you're 18 or older, and you are going somewhere far, this is definitely the best alternative to Uber. It is hourly rated, and $56 for a whole day and they even pay for gas.
- BIXI is a bike sharing program that is incredibly popular in Montreal. They have 460 stations throughout the city and offer several options for people looking to use their bikes. A single trip of 30 minutes or less costs $2.99 and a full day's access (with unlimited 30 minute trips) costs $5.25. If you have a Photo OPUS card, a single 30-minute trip will cost $2. Through McGill, students can receive a 10% discount on an annual BIXI membership which takes the price from $97 to $82.45 and allows the user 45-minute trips instead of 30-minute trips. BIXI stations are open from April 15 to November 15 annually.
- Drivesafe and Walksafe are two great student services. Drivesafe (514-398-8040) is a free transportation service operating on Thursdays-Saturdays from 11pm to 3am that will drive students anywhere on the island of Montreal. Walksafe (514-398-2498) is a free walking companion service operating Sunday - Thursday 9pm to 12am and Friday-Saturday 9pm to 3am that will walk with you anywhere on the island of Montreal.

- Self-Serve Bikes Service (Laird Hall room 101) is a free bike rental serviced offered at Mac Campus only. The service is available from 6am to 11pm and you could rent it for a maximum of 3 hours. A valid McGill ID card is required.
- STM Montreal (Metros, trains and busses) offer significantly reduced fares to students. A student OPUS card costs $15 and you can now apply for it through Minerva, avoiding the yearly line at Berri-UQAM. The best option for a student who will use transit every day or many times a week is the 4-month pass, which was designed, with students in mind, to be the length of one term. Monthly student rate for Zone A (Montreal) is now $58, and 4 month pass is 226 $ (which comes down to 56.50$/month).
- Expedia is a great one-stop shop when booking flights or hotels. They search through all airlines and hotel companies to find the cheapest rates for you. Be sure to search in a private browser session, as many airlines and hotels will raise their prices if they see you looking multiple times on their pages.
- McGill Rideshare is a Facebook group to help past and present McGill students organize ride-sharing. The group is especially active around the holidays (when many students are travelling home) and splitting gas is usually cheaper than buying a ticket on a bus, train or plane. Always be safe, however, as there is a greater risk when travelling with other students than when using official transport.
- Megabus offers the cheapest option to anyone travelling to Ontario or the USA. If booked months in advance. Consider reserving a seat when you book. It only costs a few extra dollars and guarantees you the aisle or window seat you prefer.
- Porter is a discount airline service for most major Canadian cities and major northern U.S. cities. Their service is excellent, and their tickets are often hundreds of dollars cheaper than their competitors, so they're always worth a look when booking flights.
- Via Rail is potentially the most comfortable option for travelling, with on-train Wi-Fi, food and drink service, and large bathrooms. Their tickets tend to run more on the expensive end but can be reasonable if you book in advance. They have sales every Tuesday on last minute deals and offer the youth rate to all students under 25 (or present a valid student ID card or an ISIC card for students 26 or older). On top of the student discount, you can get the McGill discount when travelling for university-related activities. For more information, visit McGill Travel Services.

Bicycle Repair or Purchase:

- Les Bicycletteries J.R. (928 Villeray) offers a $49.99+ tune up for your bike in the Plateau.
- Golden Sports (428 Beaconsfield Blvd Suite 101) is a sports store that also specialize in bike repairs and tune-up, but they also offer ski and snowboard tune-ups!
- The Flat Bike Collective (SSMU Basement – currently at 3480 McTavish Basement) is open most evenings and offers tools and aid in fixing your own bike. This is not a repair service, but people who are willing to help you learn to help yourself. It is free to use.

Utilities

- Hydro Quebec has some useful tips videos on how to reduce consumption, which ultimately you save on hydro. If you're facing some financial difficulties in making your payments to Hydro, you may contact them to make payment arrangements.

Sports and Recreation

- Cap-Saint-Jacques Nature Park (20099 Gouin Blvd Ouest) it is one of the largest parks in Montreal, with plenty of hiking trails and a public beach (with a $5 admission fee).
- Macdonald Stewart Athletic Complex – Has online fitness classes available. They have a $70 summer pass from May 1st to August 31st for students. There is also outdoor gyms available to use, free of charge, and an outdoor sand volleyball court (reservation required).
- McGill Clubs – Almost every other sport has some form of club at McGill, so whether you're into dragon boat racing, badminton or running, there's probably a club for you—most of which offer subsidized ways to participate in your favourite activities! Mac Athletics also has a wide range of recreational activities from skating to the Woodsmen/ Woodswomen Competition!
- The McGill Fitness Centre (open at limited capacity) offers bar none the cheapest option for those looking for a gym membership. Access and use of the sports complex is included with student fees in the fall and winter semesters (so change rooms and the indoor track, amongst other things, may always be used) and access to the fitness centre is only $52.99 a semester for undergrads and $62.99 for graduate students. The fitness centre also offers classes in everything from swimming to martial arts to tennis. Each class lasts around 7 weeks and they vary in price from about $55 - $249.
- Morgan Arboretum is a 245-hectare forest reserve on Mac Campus. It's open all year long from 9am – 4pm. They have beautiful hiking trails in the summer and fall, and nice skiing trails in the winter. They had various types of trees, including one of the oldest living maple stands on the island of Montreal, and the home of 200 or more species of birds. They also hold nature events. A one-year full-time student membership is $46 (memberships are limited due to the increase in demand), and a one-time student visit is $5.50.
- **Local Parks** are usually free and they are open year-round. It's a great way to escape the everyday hustle and bustle of school life:
    - Mount Royal is located on Montreal's famous mountain in the heart of downtown.
    - Jeanne-Mance Park is a little park located in front of Mount Royal.
    - La Fontaine Park is another park located downtown
    - Jean Drapeau Park is a small island park off of the island of Montreal (it's visible from the Old Port). They have free firework viewings in the summer and countless festivals throughout the year.
    - The Lachine Canal has a 13.5 km walking path and bike path located in the southwest of Montreal, stretching from the Old Port to Lake Saint-Louis (near the West Island).
    - Angrignon Park is located near Angrignon Metro in LaSalle. There's a bike path, walking paths that go around a lake and through the woods, and a good place to have a picnic.
    - Bois-de-Liesse Park is located in Pierrefonds and it has tons of hiking trails.
    - Ste-Anne-de-Bellevue Canal is located in the historical district of Ste-Anne-de-Bellevue and has a riverside boardwalk.
- Paddle Mac Take advantage of Mac Campus' waterfront location and rent a paddle board, kayak or canoe! Seasonal membership costs $145, or hourly rentals are $18/hour and up.
- Quinn Farm (2495 blvd Perrot in Notre-Dame-de-l'Île-Perrot) They grow plenty of seasonal vegetables. Admission prices for everyone 2 years and over: $8 on weekdays, $10 on weekends and holidays, $12 on festivals days (September 16, 17, 23, 24 and 30 / October 1, 7, 8 and 9). You can go and pick your own apples, pumpkins, strawberries, or whatever is in season. There is an additional cost depending on how much you pick measured in weight.

- Shakti Rock Gym (175 St Viateur E) has $11.75 entrance on Sundays and Mon-Fri before 10a.m, and $15 for students otherwise.
- **Skating** is incredibly popular during the many winter months in Montreal. There are hundreds of small, local rinks, some offering skate rentals. The Ville de Montréal lists information on outdoor skating rinks. There's also a few outdoor skating rinks in Ste-Anne. Here are a few of the more special rinks in the city:
    - Beaver Lake (2000 Remembrance) sits atop Mont Royal and offers the city's most popular outdoor skating rink. With gorgeous views of the city, it offers free admission, $9 for 2 hours' skate rental and $7 skate sharpening.
    - **Parc Jeanne-Mance** (av du Parc and av du Mont-Royal) offers a large and beautiful rink at the base of the mountain with free admission. They do not offer skate rentals.
    - **Parc Jean-Drapeau** (Île Notre-Dame) offers a 1.5 km skating path through the woods. Admission is free.
    - Pierrefonds-Roxboro Public Skating (14700 blvd de Pierrefonds) There's a $3 admission fee to skate during the designated times. Free admission during the winter holiday and on spring break!
- Swimming pools – throughout the summer, there are many free public outdoor swimming pools you can go to. There are also indoor pools available to use throughout the winter months. Some have free open swim.
- Tennis courts – there are many free outdoor tennis courts around Montreal. Bring your own equipment!
- YMCA has various locations throughout Montreal. The student membership goes for $19.99 per month (plus you could apply for financial aid that would further bring down membership fee) and enjoy sports classes for very less fees throughout the year!! The also have free open swim to all residents of the city on certain days.
- **Yoga** – some studios offer $10 community classes. Volunteering at yoga studios like Akasha yoga may earn you free yoga classes! There are some hot yoga studios like Enso yoga, Modo Yoga Montreal and Modo Yoga West Island that also have volunteering in exchange for free yoga.

Museums and monuments

Art museums/Galleries:

- La Galerie de l'UQAM (1400 Berri) exhibits contemporary Quebec art as well as contemporary art from Canada and abroad. They host a variety of interesting events that are definitely worth checking out and admission is free to all!
- The Guild (1356 Sherbrooke Ouest) is a museum specializing in First Nations and Inuit art. Entrance is free and their collection is unmatched in most of Quebec.
- The Montreal Museum of Fine Arts (1380 Sherbrooke Ouest) is one of the most famous, and large, museums in Montreal. It has a tremendous number of artifacts to discover, and they offer free admission for people under 20, $16 for people between 21 and 30. The first Sunday of the month is free admission (excludes certain exhibitions) to their collection and discovery exhibitions for all people under 30.
- The Musée d'art contemporain de Montréal single price admission is $10. Free for ages 18 and under with proof of identity. Free for people with disabilities and for their companions. offers half-price admission on Wednesday evenings from 5pm to 9pm.
- The Musée des métiers d'art du Québec (615 ave Saint-Croix) formerly known as the Musée des maîtres et artisans du Québec, works to showcase individual creators within Quebec. They want to raise awareness about both traditional and contemporary craftsmanship in Quebec, and allow artists a place to show their work. Student admission is $10. The first Sunday of the month is free admission.
- Phi Foundation for Contemporary Art (451 & 465 St-Jean), formerly known as DHC/ART, is an art museum specializing in contemporary art of many different media types. Admission for all is free and their exhibits change quite frequently.

History museums:

- The Canadian Centre for Architecture (1920 Baile) is a collection on Canadian architecture, both modern and ancient. Entrance for students is free and their exhibits change quite frequently so this museum never gets boring. The first Sunday of the month is free admission.
- Centre des mémoires montréalaises (Open in Summer 2023) formerly known as Centre d'histoire de Montreal, is a gorgeous museum focusing on the history of Montreal. The main exhibits focus on the founding of Montreal, and its development through the ages. Entrance for students is only $10.90 with a valid ID.
- Château Dufresne (2929 av Jeanne-d'arc) is a historical residence that was owned by the Dufresne Family in the 20th century became an important part of Quebec's history. It's now a museum that has some exhibits and events throughout the year. Student admission is $13 with valid ID. They also have free admission the first Sunday of the month!

- Château Ramezay (280 Notre-Dame Est) is an experience like no other. This heritage home offers a window into the past with exhibits inside the house and a beautiful garden outside. They also offer many opportunities to engage in activities of the era. Student entrance is $10.
- Écomusée du Fier Monde (2050 rue Amherst) is a working class and industrial history museum. It focuses on the impacts of the Industrial Revolution on Quebec, especially on its working-class populations, and tells many stories that other museums may miss. Tickets are $4 on Wednesdays from 5-8pm. If that doesn't work for you, student admission is reasonable at $6. They also have free admission on the first Sunday of the month. 50% off per person or on the family plan upon presenting valid transport fare.
- The McCord Museum offers free admission on Wednesday evenings from 5pm-9pm. Extra fees for major exhibitions still apply. The first Sunday of the month is free admission for Quebec residents (proof of residence required
- Montreal Holocaust Memorial Centre (5151 ch de la Côte-Ste-Catherine) offers a unique perspective on this great tragedy. Their museum is filled with exhibits on the life of Jewish individuals before, during and after the war. Admission for students is $8 with valid ID.
- The Musée des Hospitalières de l'Hôtel-Dieu de Montréal (201 av des Pins Ouest) offers a history of the founding of Montreal by Jeanne Mance, and stories of the founding of major Montreal hospitals, hotels and other landmarks. The building the museum is situated in is simply stunning and student admission is only $10 (cash only).
- Pointe-Claire Village (319 Bord-du-Lac Lakeshore road) is a historical area dating back to the 17th century. Located along the river in Pointe-Claire, there are some charming shops, cafes, and bars. Many events held in the Pointe-Claire village, especially during the summer months.
- Pointe-du-Moulin (2500 Blvd Don Quichotte) is a historical site and is famous for its 300-year-old windmill. It's open every day during the summer months from 9:30am – 5pm, and it's free for residents of Île-Perrot, Pincourt, Terrasse-Vaudreuil, and Notre-Dame-de-l'Île-Perrot. If you're not from the area, it's $5.74 for a day pass (or $11.49 for a season pass unlimited visits) for students (with valid ID). It's closed during the winter months.

Others:

- Barbie Expo (1455 Rue Peel) is the largest permanent exhibition of Barbie dolls in the world. It's has free admission.
- The Cinémathèque Québécoise (335 de Maisonneuve Est) is a museum of movies, television and media. They work to preserve and present the audiovisual history of Quebec, and offer both exhibits and film and TV screenings. Students are admitted for free to the permanent and temporary exhibits, and for $11 to regular screenings and $12 for new releases. Currently have daily film recommendations on their Facebook page.
- Ecomuseum (21125 Sainte Marie Road) is an outdoor zoo next to the Morgan Arboretum! It features Quebec's wildlife in a natural setting and is open 364 days a year. Admission is $19 per visit during the peak season (late-March through October) or $16 during the off-peak season. The first Sunday of the month has free admission.

- Espace pour la vie Montréal consist of 5 different museums. Student entrance is $13.25 (for those who live in and around Montreal), and there are a few discounts you might want to take advantage of if you are going to several museums in a day:
    - **Biodome** has five ecosystems of the Americas. You can also see various animals and plants of those ecosystems.
    - **Biosphere** is an impressive structure that houses exhibits on environment, climatology, water and air quality. It was built for the famous Expo 67, and has become a Montreal landmark.
    - **Insectarium** is a museum that displays various sorts of insects. They also have a room where butterflies roam free!
    - **Jardin Botanique** has beautiful cultural gardens and greenhouses filled with various plants and flowers.
    - Planétarium Rio Tinto Alcan has many shows and exhibitions on science, space and astronomy.
- La Grande Bibliothèque (475 de Maisonneuve Ouest) is Montreal's biggest library and one of its most beautiful modern buildings. As well as housing hundreds of thousands of books (in many languages) they also offer some displays put on by the Quebec government. Whether you're looking for somewhere new to study or just something to explore, the library is definitely worth a trip (entrance is free!).
- McGill's Redpath Museum is free for all individual visitors. The Museum also runs cool events and workshops including nighttime flashlight tours and guest speakers.
- The Saint Joseph Oratory (3800 Queen Mary) is a stunning part of the Montreal landscape and Canada's largest church. Even though visiting this monument to look around and take photos is free, donations are encouraged. They also offer a museum, which depicts the church's history.

Entertainment

Movies and theatre:

- Cineplex Tuesdays all Cineplex theatres have discounted admission tickets on Tuesdays and SCENE members enjoy special benefits such as redeeming 100 points for $1 towards movie tickers. There are many Cineplex theatres in and around the Montreal area, including some near Mac Campus!
- **Free Movies**: during the summer/early fall, there are various free outdoor movie screenings around Montreal.
- **Free Theatre** is offered by Repercussion Theatre. They host by-donation, Shakespeare-in-the-Park plays across different parks in Montreal.
- McGill Library McGill students have free access to some movie and music streaming services.

- Kanopy is a great movie streaming service with many great movies and it's free for McGill students.
- Peel Street Cinema is a student run organization that helps enjoy movies and other entertainment at significantly lower price than movie theatres.
- TOHU is a Montreal organization that specializes in circus and performance arts. Their roster is always changing, from mini-horse shows to aerial stunts above Place des Arts. They do a bit of everything!

Festivals:

Festivals are hosted year-round in Montreal, especially during the summer months. Check out the Quartier des Spectacles Montreal to see lists of upcoming festivals. Many offer free entertainment, food and drink. It's a safe bet that Place des Arts will be closed off for a festival every weekend in the summer.

- L'International des Feux Loto-Québec is an international fireworks competition hosted at Parc Jean-Drapeau every summer. As the fireworks can be seen from across much of the city (especially from high vantage points) there is little reason to pay park admission.

Other:

- **Check student discounts with student societies at McGill.** The Students' Society of McGill University (SSMU), Post-Graduate Student Society (PGSS) has discounts for McGill students.
- **McGill has hundreds of clubs** both downtown and at Mac Campus. Many have no entrance fees, most offer free or cheap events and all offer great ways to meet people interested in the same things as you.
- **SSMU Mini Courses** are a cheap option for those looking to pick up a new skill or hobby. Courses usually run for 8 weeks, once or twice a week, and can be on anything from yoga to ballroom dancing, to learning coding, to bartending. Costs vary but expect to pay somewhere in the ballpark of $50-$80.
- **Signing up at local libraries** is free for all residents of the City of Montreal and the membership is valid for 2 years. It's a good extra study space and to access books. To become a member, you need to bring a piece of ID and proof of residency in Montreal at any library that is part of the Montreal Libraries. If you live in Ste-Anne's, check out their website. TIP: The McGill Library has many fiction and non-fiction (non-academic) books and e-books that you can borrow to read at home. You will be surprised to see all your favorite genres and authors there!
- The Schulich School of Music sometimes offers free music concerts and classical music recitals by McGill music students.

Frugal Living

Here are some general frugal living tips that could help you save money during your studies!

General Tips

- **Define your wants and your needs.** Like, before spending money on something, ask yourself whether you want it, or you need it. It'll help you make more intelligent choices.
- **Make a budget** so that you know what your monthly expenses are and how much money you can spend/save and see if anything needs to be adjusted. Here's how to start.
- **Do it yourself –** Pinterest has many recipe ideas as well as home decoration and crafting ideas. YouTube also has tons of how-to videos on pretty much anything from knitting to cooking.
- **Use less energy** – turn the lights off when you're not in the room and use less heating/air conditioning when you're sleeping or away from home. Unplug small appliances that you are not using. Hang your clothes up to dry instead of using the drying machine (super useful if in Rez when each cycle is $2!).
- **Run your washing machine/laundry machine outside of peak hours** to save money on your hydro bill.
- **Dilute cleaning products or hand soap** with water to stretch out the product and make it last longer.
- **Check bills and statements** for mistakes or overcharges, and get errors corrected.
- **Be careful if you have set up automatic payments** of any kind - some services and subscriptions can keep deducting money from your account even if you have stopped using them. If this happens, call them to make sure that they cancel it. It is important that you always know what you are paying for and where your money is going.
- **Mend your own clothing--** If you lose a button or have a small hole in your clothes these can be really easy to fix. Just get a needle and thread and follow along on a YouTube video. This can save a lot of clothes from needing to be replaced too soon.
- **Negotiate on rent when looking for an apartment**. Usually the rent listed in apartment advertisements is not set in stone. It's always worth trying to negotiate price with the lesser. This worked for me recently and I managed to reduce the advertised rent by $25/month.
- **When living with roommates, you can opt for the smallest/least desirable room** and negotiate that you pay less than the others.
- **Doing home workouts** is a good way to save money and stay in shape. YouTube also has tons of free fitness videos.
- **Compare prices** on Uber, Lyft, taxis, before booking a trip. Often times one is way cheaper than the others.
- **Biking in the summer** saves you a lot of money and often gets you places faster than the bus depending on where you live.
- **Get creative and think of how you can re-purpose items** that can both save the planet, and money in your pocket. Reuse, reduce, and recycle whatever you own, and re-purpose it to serve another purpose other than it's original one. If you need storage containers for anything, re-use packages or containers from cheeses, cookies, or pastries to store other food!

Shopping Tips

- **Check flyers** to buy items on sale. You can usually find flyers near the store entrance. You can also check publisac.ca, which lists flyers from different retailers in your surrounding area.
- **Ask for Student Discounts** – When shopping at the mall or even at a food court, always ask if there is a student discount available. Sometimes student discounts are available, but not always advertised and cashiers forget to ask. Be sure to bring your student ID.
- **Bring reusable shopping bags** whenever you go shopping. Many stores charge for plastic bags, so it's a way to save money and to be ecofriendly.
- **Consider buying generic/store brand products** (like Great Value or No Name). They're cheaper and taste identical to name brands.
- **Buy things second-hand** from sites like Facebook Marketplace and Kijiji when you're decorating/furnishing your apartment.
- **Stalk up on items** you use on a regular basis when they're on sale (e.g., pantry items, cosmetic products).
- **Going grocery shopping at certain days of the week** – you can get student discounts, like shopping at Provigo only on Mondays because you can get the PC optimum card for free, and when you show your student ID, you get 10% of the total purchase as points you can cash in later.

Food Tips

- **Prepare your own meals** – Eating out is expensive and you can save some extra cash by shopping for groceries and cooking meals at home. There are many YouTube videos dedicated to meal prepping on a tight budget.
- **Plan your meals** before grocery shopping. It's easier to stay on track and not to overspend when you shop with a list.
    - The Tiny Budget Cooking website offers a free downloadable cookbook that includes meal plans and recipes for breakfast, lunch, and supper. They also have meat and vegetarian options and ingredient swaps.
- **Cook in batches** and freeze meals which will save you time and make your food last longer.
- **Cook with your roommate(s), if possible,** so you can buy a larger quantity of groceries including bulk purchases which can make grocery shopping cheaper.
- **Bring a lunch** – cafeteria food and eating out is expensive. Whenever possible try to bring a lunch and/or snacks along with you.
- **Make your own coffee or tea** at home. It can save you money versus ordering a $4 latte at a coffee shop.

- **Grow your own herbs –** Stores tend to charge a lot for fresh herbs. Dried herbs are a great alternative but if you're set on using fresh, consider growing your own. If you have a sunny window many herbs are super easy to care for and will save you money in the long run.
- **Make sure to wash, cut, and store veggies after you buy them!** If you cut the veggie right after shopping it guarantees that you will actually eat it and that it won't go bad. Make sure to store fruit and veggies wrapped in paper towel and in an air-tight container. Your food will stay crisp for over a week! Freeze what you can't eat in the next 3 days.
- **Buy frozen veggies**. Cheap and last longer.
- **Save veggie scraps (onion, carrot garlic, etc.**) to make your own broth! Boil scraps in a pot with water and add spices.
- **Use canned ingredients**: bean salad, tomato chickpea curry, etc. Eating foods legumes and beans is high protein which keeps you full and is the cheapest way to eat.
- **Reward cards** – if you must have Starbucks or Second Cup, they offer a reward system where each dollar you spend earns you points, and after a certain number of points, you earn free drinks.
- **Free beverages/food on your birthday** – some cafes and restaurants will give you free food and/or drinks on your birthday if you sign up for their rewards program in advance and with proof of ID. Some cafes/restaurants include Starbucks, Harvey's, Baskin & Robbins, and Tim Hortons.
- **Free Cone Day** – a day in early April where Ben & Jerry's ice cream stores give out free ice cream.

Event Tips

- **Be involved on campus** and attend events to get free or cheap food.
- **Plan your activities ahead of time** and to see what free events are taking place. Montreal has tons of free festivals and events throughout the year.

HAPPY SAVING!

The Frugal $cholar