



BEGIN TOWER DINING CENTRE

HEALTHY EATS. POCKET FRIENDLY.



Fresh – Enjoy healthy and comforting food for every palate. Daily culinary adventures with our worldly features alongside your favourite staples.



Convenient – Located on the main floor of Begin Tower, the Dining Centre is just a few steps away. Designed with students in mind, we offer both dine-in with a variety of seating, as well as to-go options.



Sustainability – SAIT's new dining centre is committed to having a positive impact on the environment while avoiding waste and without compromising the taste and quality of our products.



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HOW IT WORKS

Get cozy and gain access to our newly renovated dining centre based on your preferred plan. Semester and Apprentice meal plans available based on a \$30 per day rate. Choose from our five or seven day option. Day rates and drop-in door rates are also available for non-resident guests.

IT'S MORE THAN DINING

Located in Begin Tower at SAIT Residence, this new student dining concept will offer a comfortable space for you to eat, meet and study throughout the day — breathing new life and energy to the Residence community while maximizing your student life experience. Meal plan holders can expect daily culinary adventures and worldly features alongside home-style favourites.

ENHANCE WELLNESS

This concept is proven to enhance the wellness of students as it provides a space for networking and peer engagement, balancing a learning environment with the ease of healthy food options — all under the same roof. The Begin Tower Dining Centre is aligned with SAIT's rigorous health and safety standards, and follow all local public health regulations.



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MEET AND SOCIALIZE

The new student dining concept offers opportunities for you to gather and connect. The space promotes socialization, from gaming spaces to community tables, while encouraging interaction and collaboration. Fun designs, multi-functional lighting, sound control, access to technology, and flexible furniture will create a “kit of parts” that can be readily reconfigured to transform the lounge according to students’ needs.

COMFORTABLE STUDY SPACE

Both levels are highly adaptable with smartly-designed environments. More than just a place to eat, it is a dining centre that offers a range of social opportunities, while also providing shared space for gatherings and work groups. Designated areas allow students to comfortably study and complete group assignments with minimal distractions.

AFFORDABLE DINING

With rising food prices, the Begin Tower Dining Centre offers students like you affordable and healthy dining options during your time at SAIT Residence. With the choice between 5-day, 7-day and apprentice plans, you can select the plan that best fits your program and dining needs.



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HOURS OF OPERATION

Hours are subject to change. Listed are the peak times for each respective meal period.

Monday - Friday:

Breakfast | 7 am – 9:30 am

Lunch | 11 am – 1:30 pm

Dinner | 4 pm – 8 pm

Grab & Go | 7 am – 8 pm

Weekends & Holidays*:

Brunch | 8 am – 1:30 pm

Dinner | 4:00 pm – 7:00 pm

Grab & Go | 8:00 am – 7:00 pm

ALL-DAY ACCESS

SAIT Residence all-day access student dining will offer a diverse cuisine made fresh each day with a focus on healthy and nutritious foods. Our chef-inspired meals are designed to suit the needs of our diverse student body by catering to students' dietary restrictions. Focus on school, while we focus on food.

TERMS

The meal plans are non-refundable unless the student completely withdraws from SAIT, then the refund will be issued at a prorated amount. Meal plans cover unlimited access to the dining centre during operating hours.

*Statutory holidays & campus closures.



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2022 - 2023 RATES*

SEMESTER MEAL PLANS

Semester	7-Day Plan Amount	5-Day Plan Amount
Fall Semester	\$3,390	\$2,400
Winter Semester	\$3,150	\$2,250

APPRENTICE MEAL PLANS

Program Length	7-Day Plan Amount	5-Day Plan Amount
Four Weeks (26 days)	\$780	\$600
Six Weeks (40 days)	\$1,200	\$900
Seven Weeks (47 days)	\$1,410	\$1,050
Eight Weeks (54 days)	\$1,620	\$1,200
Ten Weeks (68 days)	\$2,040	\$1,500
Twelve Weeks (82 days)	\$2,460	\$1,800

DROP-IN DOOR RATES**

Meal

Breakfast	\$13 + tax
Lunch	\$17 + tax
Dinner	\$18 + tax
Full Day Rate	\$42 + tax

*Meal plans are GST exempt. Limited plans available.
Fall Semester: August 27, 2022 - December 17, 2022.
Winter Semester: January 7, 2023 - April 22, 2023.

**Drop-ins are subject to availability



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FREQUENTLY ASKED QUESTIONS

Are there restrictions on what time each meal is offered or picked up?

Begin Tower Dining Centre is open from 7 am to 9 pm during the week and 8 am to 7 pm on weekends — hot entrée-style meals are available during designated meal periods noted on page 2. Hours are subject to change. Arrangements for pick-up meals can be made for students who need to pick-up their meal earlier than the designated meal period.

Are there options for students with special dietary needs?

If you have allergies and/or specific dietary needs, please speak with our team prior to applying for your meal plan to ensure that we can fulfill your nutritional needs.

Can I bring visitors/friends/parents to eat in the Dining Hall?

Yes – door rates for each meal period will apply for each entry and will be based on availability.

Can I bring my friends into the Dining Centre to study or hang out with me?

The Dining Centre is exclusively for students with meal plans or for visitors who have purchased a door rate for entry.

Can I take food to my room?

Yes – you will be required to bring your OZZI container with you to the Dining Centre to take food to your room.



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Are there limits on the amount of food per meal, is it all pre-portioned?

Yes – food is pre-portioned, however, a second entrée is permitted; two snack periods are offered from the Grab & Go bar.

Are snacks and beverages unlimited all day long?

Yes – snacks and coffee/tea are unlimited.

Is my meal plan refundable?

The meal plan is not refundable unless you completely withdraw from SAIT before the end of the academic year. The refund is issued at a prorated amount. Some cancellations are handled on a case-by-case basis.

What happens if I forget my card?

You must present your eCard to the cashier in order to access the Dinner Hall. If you forget your card, you'll need to check-in with the front desk to receive documented temporary access.

What happens if my card is lost or stolen?

If your eCard is lost or stolen, please report it immediately to the eCard office. The cardholder is responsible for all charges made to their card until it is reported lost or stolen, and is required to replace it.

Is there a designated area or way for students to have access to snacks 24/7? And will the lower level of the Dining Centre be open 24/7?

Snacks are only offered in the Dining Centre during business hours. The lower level also reflects these hours.

Are there payment deadlines to register for the meal plan?

Plans are based on availability as we offer a limited number. We recommend signing up in advance to ensure that you have access to a plan during your semester. [Refer to payment schedule here.](#)

Can I switch to a seven day meal plan or vice versa?

Yes, you simply need to connect with the eCard office directly by email card.office@sait.ca to make the change.

To connect with a member of our team regarding food specific questions, please email us at mealplans@hotelarts.ca.

For general questions about purchasing a meal plan and fee related inquiries, please connect with us at residence@sait.ca.



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