

# Programming Ideas

## Fun Duty Nights

- Apples to Apples with Apples (maybe in Appleton?)
- Throwback night – old school cereal (luck charms, captain crunch, kix, etc.) and cartoons
- Breakfast Club and Breakfast Food (poptarts, mini muffins, fruit)
- Pick a theme and get a movie/game, and food to match! Themes are fun and draw people in! Themes can be anything from fruit to pirates to a movie or kids show to a place/decade to a color. Literally anything can be a theme!

## Other programming Ideas

- **Wants and Needs**
  - Your residents want food and they need community
  - If you are just providing food, you are only meeting wants, not the needs of your residents
  - **What do your residents need?** Think about the time of year, season, class year, etc. for your residents. How does that inform their needs? What did you struggle with or what things did you do for the first time in college?
- Brainstorming Questions
  - What is going on this month in the Bowdoin/Brunswick communities?
  - Are there sporting events you could watch or go to?
  - What do you like to do that your residents might enjoy also?
  - What are the deadlines or stress points that are coming up in the next month or so for your residents?
  - What did you go through (or are going through) that you wish someone would have reached out about?
- Other resources
  - DANIELLE! ☺
  - residentassistant.com or reslife.net – Not everything on these sites are inclusive or would fit for the Bowdoin community, however, they are great for brainstorming and getting ideas/materials.

## Smart Spending Examples

We want you to spend the money! There are many ways to get more out of the money therefore get more for your residents! Think about how many servings you get and if it is worth getting the name brand.

Apple jax	3.99	(17)
Cheerios	2.00	(9)
Trix	5.49	(20)
Gallon of Milk	3.59	
Gallon of Milk	3.59	
<b>Total</b>	<b>18.66</b>	
		<b>46 reg. servings</b>

Cupcake Mix	0.99	(30)
Cupcake Mix	0.99	(30)
Frosting	1.59	
Frosting	1.59	
<b>Total</b>	<b>5.16</b>	
		<b>60 reg. servings</b>

Wise chips @ \$2 versus Doritos @ \$3.50
Pepsi @ \$3.00 versus Hannaford soda @ \$0.89
Gushers @ \$3.79 versus Generic Fruit Snacks @ \$1.50

2 pizza's +tip	25.00	(18)
		<b>18 servings</b>

4 lbs apples	3.94	(25)
3 bags carrots	3.27	(20)
Hummus	3.29	
Peanut Butter	2.87	
<b>Total</b>	<b>13.37</b>	
		<b>45 reg. servings</b>

*You don't always have to buy the bargain brand but doing it for some things some of the time can add up to big savings!*