

RU A GOOD NEIGHBOR?

WHO ARE WE?



We are Off-Campus Living & Community Initiatives. Our goal is to help students understand what their rights are as tenants and responsibilities are as community members. We assist students with their housing search, including education focused on legal issues, safety, security and respect. We work with students, parents, property owners, residents, local businesses, Chaplains, and city officials to establish priorities and create student programming that is reflective of community interests and concerns.

Be well,
Dean Willson, Caryn, Sgt. Correa, and Officer Lugo

WINTER SAFETY TIPS FOR OFF-CAMPUS COLLEGE STUDENTS

SNOW & ICE PRECAUTIONS:

- **Clear walkways and steps:** Use salt or sand to prevent slipping.
- **Wear proper footwear:** Choose boots or shoes with good traction.
- **Walk slowly and carefully:** Keep hands free for balance—avoid texting while walking.
- **Drive cautiously:** Keep extra distance between cars and avoid sudden braking.
- **Keep an emergency kit in your car:** Include a blanket, flashlight, snacks, and a phone charger.



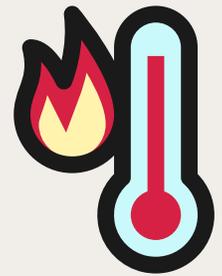
EMERGENCY CONTACTS :

- **Save local emergency numbers:** Police, fire department, and campus security.
- **Know your landlord or property manager's contact info** for urgent repairs (heat, water, etc.).
- **Program a tow service or roadside assistance number** into your phone.
- **Share your location** with a trusted friend when traveling in bad weather.



HOME SAFETY:

- **Check heating systems:** Report issues immediately.
- **Avoid space heater hazards:** Keep them away from flammable items and never leave them on unattended.
- **Test smoke and carbon monoxide detectors** regularly.



GROCERY HACKS FOR AFFORDABLE MEALS

1) Shop smart

- Buy store brands instead of name brands since they are often the same quality with a lower price tag.
- Check weekly flyers for sales. Many grocery stores also have apps that you can use to search for discounts and download coupons.



2) Plan ahead

- Decide on a meal plan for the week and only buy items on your shopping list. Avoiding impulse buys will help to keep you on budget.



- Cooks meals in batches so that you have meals for a few days. Things like pasta and soups are great choices.
- Try freezing leftovers so that you aren't wasting food and saving money in the process. It's great to have leftovers for times when you are just too busy to cook.



3) Stock up on budget friendly staples

- Some inexpensive items that can be used in many meals are rice, beans, pasta and eggs.
- Nothing beats having fresh produce, but frozen vegetables and fruits cost less and last much longer.
- Canned foods such as beans, tuna and tomatoes are also great staples to keep stocked as they can be used in many things.

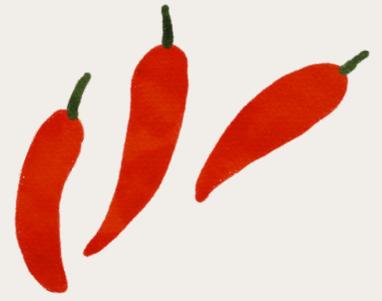


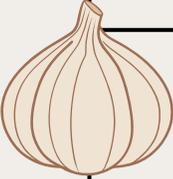
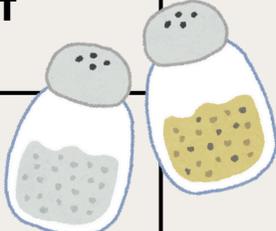
4) Skip the convenience foods

- Although it saves time, using things like pre-cut veggies, cost quite a bit more. Spend a few extra minutes doing your own prep as it will save you money.
- The same can be said for single serve items---buy in larger sizes and them portion out yourself.

COLLEGE SPICE STARTER KIT- SHOPPING LIST

Check off these essential seasonings as you shop!
Affordable and perfect for off-campus cooking.



CATEGORY	SHOPPING LIST
 <p>Must-Have Basics</p>	 <ul style="list-style-type: none">• Salt & pepper• Garlic Powder• Onion Powder
<p>Everyday Essentials</p>	<ul style="list-style-type: none">• Paprika• Chili Powder• Italian Seasoning
<p>Budget-Friendly Flavor boosters</p>	<ul style="list-style-type: none">• Cinnamon• Crushed Red Pepper Flakes• Soy sauce
 <p>Optional Upgrades</p>	<ul style="list-style-type: none">• Cumin• Oregano• Hot Sauce 

FROM OUR KITCHEN TO YOURS

RECIPE CORNER

There is no denying that a bowl of soup is so comforting on a cold winter's day. This tortellini soup is perfect when you need something warm and nourishing and it is surprisingly quick and easy to make.

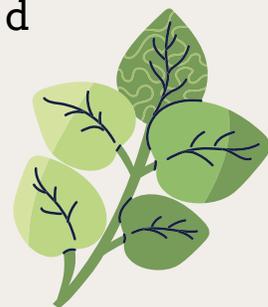
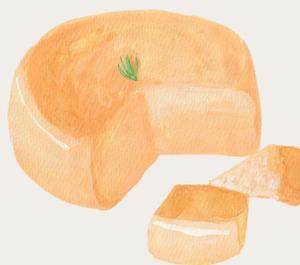
SIMPLE TORTELLINI SOUP

Ingredients:

- 2 14.5 oz cans of chicken broth
- 16 oz package of cheese tortellini
- 1 14.5 oz can Italian style diced tomatoes
- 1 15.5 oz can cannellini beans, drained and rinsed
- ½ zucchini, sliced
- 1 tablespoon red wine vinegar
- 1 teaspoon dried basil
- Ground pepper to taste
- ¼ cup grated parmesan cheese

Instructions:

1. In a large pot, bring chicken broth to a boil.
2. Add tortellini and cook until tender.
3. Stir in diced tomatoes, cannellini beans, red wine vinegar, basil and pepper. Cook until the zucchini is tender which is about 6 minutes.
4. Top with parmesan cheese and serve.

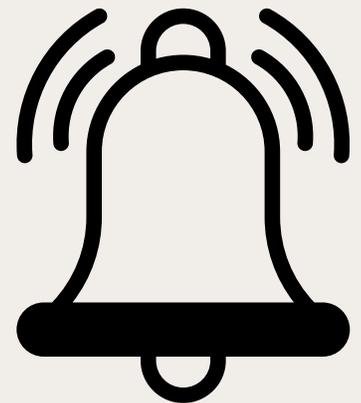


STAY CONNECTED – REGISTER YOUR OFF-CAMPUS ADDRESS

If you're a student renting in the local community, please take a moment to register your **local address** and **emergency contact information** with our office.



This helps us keep you **informed about important municipal updates, programming, emergency alerts**, and other useful information related to living off-campus.



Visit →

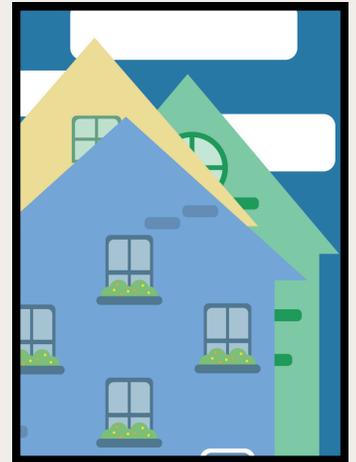
<https://go.rutgers.edu/offcampusreg>

LOOKING FOR A PLACE TO LIVE OFF CAMPUS?

WE'VE GOT YOU COVERED! THE OFF-CAMPUS HOUSING FAIR IS YOUR CHANCE TO EXPLORE ALL YOUR HOUSING OPTIONS IN ONE CONVENIENT EVENT.

Meet face-to-face with landlords and property managers and connect with campus and community resources that support off-campus living. Whether you're wondering about safety, need help understanding a lease, or just **want to see what's out there**—this is the place to get answers.

- Learn about available properties
- Ask your off-campus living questions
- Get guidance on safety, leases, and more



Date: Monday, March 2, 2026

Time: 1pm until 4pm

Location: College Avenue Student Center Main Lounge

Don't miss this opportunity to make confident, informed decisions!

**STUDENT BASIC NEEDS/RUTGERS
FOOD PANTRY—ALL STUDENTS**

At some point in a college student's education journey, they may face challenges in accessing adequate amounts of food, housing, financial or other resources.

To ensure that basic needs are met for all Rutgers students, on-campus resources and those available in the surrounding community are listed throughout the <http://basicneeds.rutgers.edu/> website including:

- Food Assistance
- Housing Assistance
- Emergency Aid
- Mental, Physical, & Spiritual Wellness
- Utility Assistance
- Internet & Technology
- Child Care Resources
- Faculty & Staff Resources

Website: <http://basicneeds.rutgers.edu/> website

Instagram: @RUBasicNeeds

Facebook: <https://www.facebook.com/RUbasicneeds>

