

Food Science and Human Nutrition

Welcome to the
University of Illinois



Resources for you

The FSHNGSA is the graduate student association for the Food Science and Human Nutrition Department. Our mission is to promote graduate student development by providing academic, professional, and social events. All FSHN graduate students are welcome, and there are no dues!

Every year we help welcome in a new wave of students that join the FSHN department from around the world. There are always a number of very common questions, so we've put together this short guide to help!

Food & Restaurants

There are so many great places to get food in the area! You can find all restaurants through [Yelp](#), [UrbanSpoon](#), or [EatCU](#), among others.

Restaurant and coffee options near Bevier Hall:

Bevier Café
IGB's Array Café
The Bread Company
710 Mart
Manolo's Pizza & Empanadas
Red Herring Vegetarian
Intermezzo Café (in Krannert Center)
Subway
Basil Thai
Rosati's Pizza
Merry Ann's Diner
KO Fusion
J Gumbo's
Caffe Bene
Café Paradiso
Jimmy John's

Grocery stores: County Market

Schnucks
Meijer
Walmart
Amko Asian Foods
Aldi
Green Onion Market
Strawberry Fields

Check out some of the C-U Food Trucks:

Burrito King
Cracked
Pandamonium Doughnuts
Derald's
Dragon Fire Pizza
Fernando's

Helpful food Apps:

[Hooked](#)- get real-time deals at the best restaurants near you
[NoWait](#)- see current wait times for nearby restaurants and put yourself on the waitlist

Inside this guide

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For More information

Contact us at fshngsa@gmail.com
Check out our website: sites.google.com/site/fshngsa
Follow us on Twitter @FSHNGSA
Like us on Facebook (FSHNGSA)
Join our student-only Facebook Group (FSHNGSA @ UIUC)

FSHNGSA Student Recommendations

Student Recommendations

Students were asked to recommend their favorite local establishments. It turns out we have a wide array of tastes within the FSHNGSA, but some common trends clearly emerged from the 70+ recommendations provided.

Here we provide a partially curated list of some of our favorite restaurants, bars, and more.

Favorite Bar

Triptych Brewing is the clear favorite, this year. A small microbrewery in Savoy, their beers are top quality and made exclusively in-house, varying with the seasons and the whims of the brewmaster. Check their menu online to see what's on tap for the week. They don't serve food, but feel free to bring your own! Pick up some Black Dog on the way there and make everyone jealous!

Punch, they have the most exquisite cocktails in C-U varying with the seasons. They have limited space make sure to plan ahead.

For those not looking to head that far south, other favorites included **Quality**, **The Blind Pig Co.** and **The Blind Pig Brewery** in Downtown Champaign.

Favorite Restaurant

We don't have room to list all of our student's recommendations, but the clear favorite restaurant of this year's poll, with shout-outs in over half of the responses:

Black Dog Smoke & Ale House. Recommendations include their brisket, ribs, and burnt ends, but it's hard to go wrong with anything there. Check out their second location, now open in Champaign with more seating and shorter wait-times.

More Food

Favored spots to grab food and a drink also included **Cowbo Monkey**, **Big Grove Tavern**, **Seven Saints**, **Farren's Pub & Eatery**, **Dublin O'Neil's**, **Murphy's Pub**, and **Crane Alley**.

Favorite Asian cuisine included **Golden Harbor**, **Siam Terrace**, **Sakanaya**, and **KoFusion**.

Other classic CU institutions included **Zorba's Restaurant** and **Papa Del's Pizza**.

Restaurant Runners Up

Maize Mexican Grill is the favored spot for delicious authentic tacos, burritos, and more. #2 most-recommended food this year, Maize is best for take-out, but if you beat the crowd you may even get a seat at the counter!

Huarache's Moroleon came in a close second for favorite Mexican restaurant (and while also small, it features considerably more seating).

Favorite Coffee

Espresso Royal. Right across Goodwin, a block north of Bevier, you might even run across a GSA board meeting if you time it right!

Favorite Desserts

Jarling's Custard Cup – ice cream
Cocomero – frozen yogurt
Courier Café – milkshakes

Not just Food!

One of the more common questions from incoming students regards finding a new dentist! The most common amongst FSHNGSA students appears to be **West Main Dental**, but we received recommendations for **Hessel Park Family Dentistry**, **Aspen Dental**, and **Drs. R Benjamin Scott**, **Kathy Eaton**, and **Skip Binch**.

Top picks for beauty services: **H2O Salon & Spa** and **Dazzling Nails**

Have a car? Recommendations included **Mone's Auto Repair**, **Tatman's Car Care**, **Meineke Car Care**, **Express Car Care**, and **Car-X Tire & Auto** (on Neil St.)

Ride a bike? Check out **Neutral Cycle** or **The Campus Bicycle Center**.

To/From Campus Airports

[UIUC Willard Airport](#)

(Savoy, IL)

Parking only \$5/day.

Very conveniently located.

Only a few flights in/out per day; only direct service to Chicago and Dallas.

Usually more pricey than flights from a larger airport. Because it's small, it's more impacted by the winter weather and there is a greater likelihood of cancellations.

[Central Illinois Regional Airport](#)

(Bloomington, IL)

Usually more pricey than flights from a larger airport, but not always.

Free long-term parking and WiFi.

[Indianapolis International Airport](#)

(Indianapolis, IN)

Economy parking only \$9/day.

Free WiFi.

NOTE: This airport is in the Eastern Time Zone, which should be taken into account when booking travel.

[Chicago Midway International Airport](#)

(Chicago, IL)

A Southwest Airlines hub.

Economy parking \$15/day.

Can take [Peoria Charter](#) bus from campus to airport.

[Chicago O'Hare International Airport](#)

(Chicago, IL)

Economy parking as low as \$9/day.

Can get to airport by [Peoria Charter](#) or [Illini Shuttle](#) buses, or can take [Amtrak](#) from Champaign to Union Station, then take Blue Line subway to O'Hare.

Trains

[Amtrak](#)

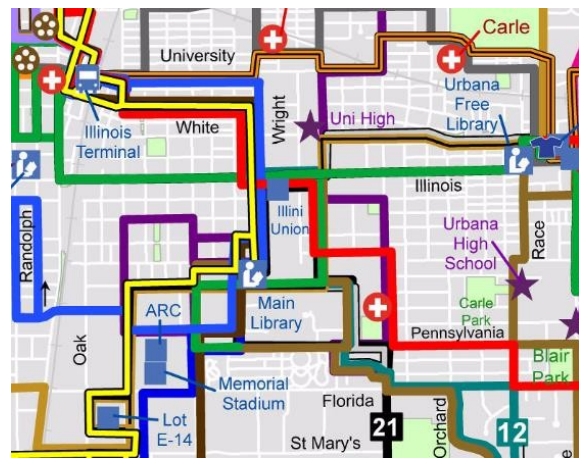
Go from Champaign north to Chicago, or south all the way to New Orleans.

Buses

[Greyhound](#) – To many US locations.

[Peoria Charter](#) – To Chicago airports and Union Station.

[Illini Shuttle](#) – To O'Hare Airport and Chicago suburbs.



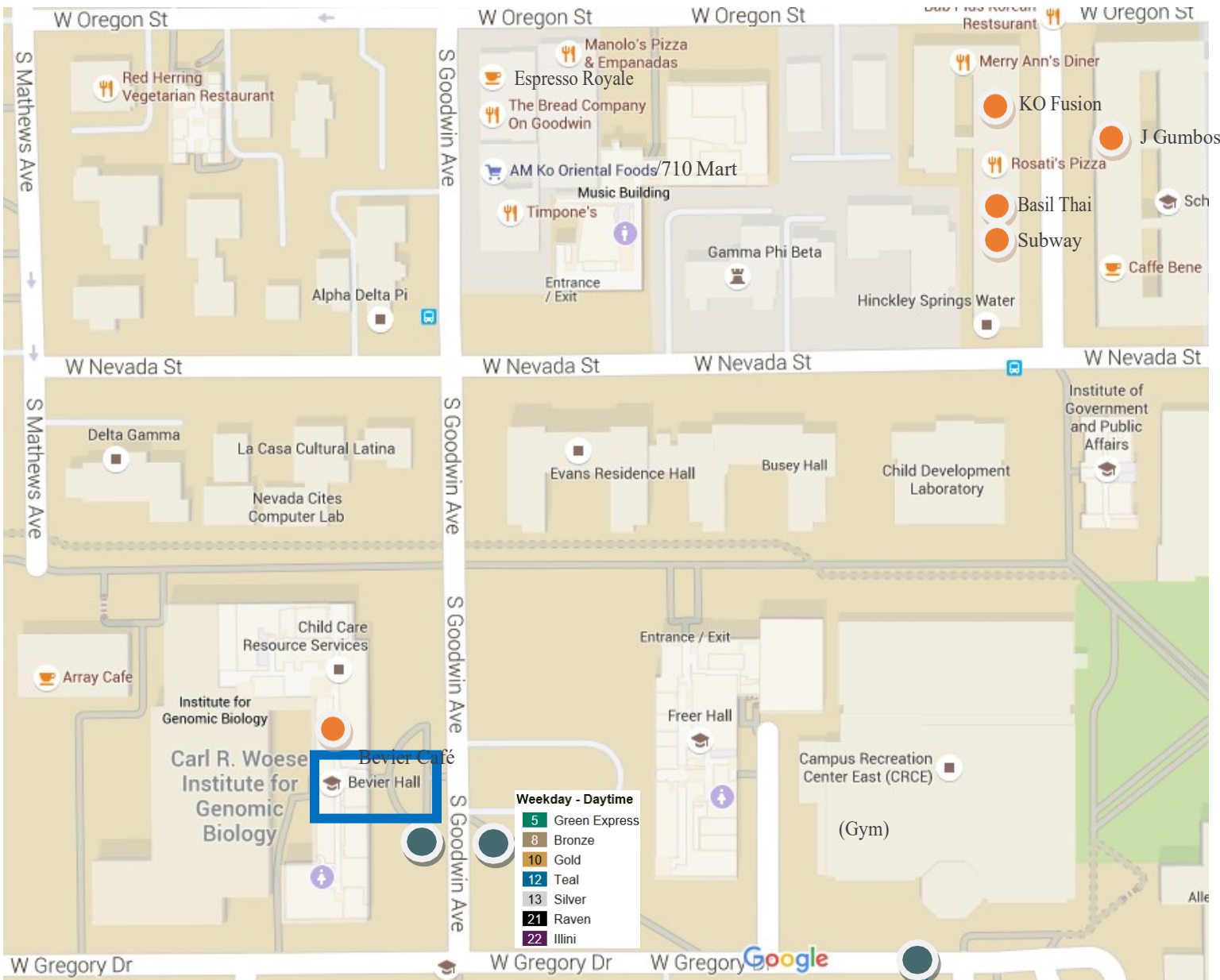
Champaign-Urbana
Metro Transit






WWW.CUMTD.COM

- All MTD buses are free with a student ID (iCard).
- To plan a trip from one location to another, use the [Trip Planner](#) for route suggestions and timing.
- To get real-time information about departure times at a particular bus stop, use [Bus Stop Lookup](#). It will show you the expected departure times of all buses at that stop for the next 30-50 minutes, taking delays into account.
- There are various mobile [apps](#) available that can help you use the bus system effectively, with Trip Planner, Bus Stop Lookup, real-time bus tracking, and more. **Highly Recommended.**
- [Saferides](#) help you get home safely at night if there is no bus that runs on or near your route. [SafeWalks](#) are also offered by campus Student Patrol.
- Buses can take you almost anywhere you need to go in Champaign-Urbana - everywhere on campus, downtown Urbana, downtown Champaign, all the movie theaters - Beverly, Savoy, and the Art Theater, Marketplace Mall, the Walmarts in Urbana, Champaign, and Savoy, the Meijers in Urbana and Champaign, Parkland College, DMV, Willard airport, etc.
- Bus service is quite limited at certain times - Sunday evenings, breaks, etc. Be sure to check the time for the last trip during such times, you don't want to find yourself stranded anywhere.
- Some buses are designated "Hoppers" for their route (e.g. "5 GREENhopper"). [Hopper trips](#) cover the most heavily utilized portions of their parent route, but not the full west/east or north/south portions. This allows MTD to provide more service to the places of greatest demand, but be careful to catch the proper bus if you wish to continue the route past that of its respective "Hopper".
- Carsharing available through [Zipcar](#); reserve a car in the area, discounted for students, faculty, and staff.
- [Uber and Lift](#) are available on campus! Download the app and get a ride in minutes.

Map of the area

Bevier Hall is where the FSHN department is headquartered and the central location to where most of your classes would be. Many of the restaurants and nearby buildings are highlighted below! Bus stops are located right at Goodwin and Gregory! See the [Campus Map](#) for the full view of the campus.



- Bus Stops:  or 
- Restaurants:  or 
- Coffee Shops: 



Housing

The UIUC Tenant Union (<http://www.tenantunion.uiuc.edu/>) is home to numerous resources to assist with your search for housing. Their “[Quick Guide](#)” brochure provides some helpful information for your housing search, including checklists, tips, and renter’s rights, as well as an overview of Tenant Union services, which include lease reviews, landlord complaint records, and conflict mediation.

Some FSHN Graduate students live right by campus, others live throughout Champaign (to the West), Urbana (to the East), or even Savoy (to the Southwest). Each hosts a variety of environments suitable to a diversity of tastes. Many Grad students avoid living in/around “[Campustown](#)” (along Green Street, West of campus), due to its robust undergraduate population and more boisterous nature, but some enjoy the energy, the proximity to campus, and the array of shops and restaurants.

Campus Parking

www.parking.illinois.edu

Parking in University lots is free on University Holidays, weekends, and after 5pm on weekdays (4pm from about NOV to MAR except where metered).

All facilities are restricted from 2:00 am - 6:00 am on all days. Limited [overnight weekend parking](#) is available.

Bagged Meters: \$20 per day
Don’t park at broken meters. Fines are \$10-\$20 (depending on city or University parking).

University [Parking permits](#) are available for purchase, but many grad students forgo these due to their cost and instead walk, bike, or use the extensive CU-metro bus system.

Student permit parking for lots and parking garages runs about \$660/yr.

Permits for the shuttle lot (park just off-campus, take a bus in) runs about \$130/yr.

Motorcycle permits cost about \$70/yr.

Download the [PayByPhone](#) smartphone app to park at meters owned by the UIUC via phone.

- University Housing information can be found at (<http://www.housing.illinois.edu/>).
- Various rental search services can help narrow down the hunt:
 - <http://www.apartmentfinder.com>
 - <http://www.apartments.com>
 - <http://hotpads.com/>
 - <http://www.rentjungle.com>
- Several local rental agencies are listed on the right.
- Locations vary throughout Champaign/Urbana/Savoy, many with options for furnished or unfurnished locations.
- Most leases begin in the beginning of August, or right before classes begin, and last 12 months, but some may be more flexible than others.
- Be careful when reading listings, as some locations list prices per bedroom/per renter instead of per unit, regardless of unit size.
- When looking for a place to live, it’s usually a good idea to keep an eye on what bus routes run nearby. Similarly, consider how well insulated the building is and whether it has AC – our winters are cold and windy, our summers get hot!
- Looking for a roommate? Join our Facebook Group (FSHNGSA @ UIUC) to connect with other current and incoming students and inquire about housing opportunities.

<http://advantageproperties.com/>
<http://apartments.jsmliving.com/>
<http://campustownrentals.com/>
<http://nogleproperties.com/>
<http://ppmrent.com/>
<http://ramshaw.com/>
<http://smithapartments-cu.com/>
<http://www.baileyapartments.com/>
<http://www.bankierapts.com/>
<http://www.cuparkside.com/>
<http://www.gillespicapts.com/>
<http://www.greenstrealty.com/>
<http://www.hunsingerapts.com/>
<http://www.jts-properties.com/>
<http://www.mhmproperties.com/>
<http://www.roland-realty.com/>
<http://www.roysebrinkmeyer.com/>
<http://www.shlensapts.com/admin/>
<http://www.stoneridgesquare.com/>
<http://www.tricountymg.com/champaign.html>
<http://www.ugroupcu.com/>
<http://www.wamplerapartments.com/>

Campus Recreation

Illini Union – www.union.illinois.edu

[Calendar of Events](#) - Friday Night Films, open mic nights, gaming tournaments, and more!

- Go bowling, shoot some pool, or play games at the [Rec Room](#).

Campus Rec Facilities - www.campusrec.illinois.edu

- [The Activities and Recreation Center](#) (the ARC) is one of the country's largest on-campus recreation centers, at 340,000 sq ft, featuring an indoor track, two swimming pools, various courts, machines, and multi-purpose areas, professional massage, a sauna, a 35-ft climbing wall and more.
- [Campus Recreation Center East](#) (CRCE – pronounced 'sir-see') is just a block from Bevier hall, features an indoor track, aquatic center, racquetball/basketball courts, and more.
- [The Ice Arena](#) offers public skating in addition to housing the Illini hockey teams.
- Stay active with [Intramural Activities](#), [Club Sports](#), and [Group Fitness](#), whether you fancy hockey, martial arts, tennis, lacrosse, fencing, ultimate frisbee, zumba, yoga, pilates, or much, much more.

There is a mind-boggling array of [student organizations](#), something for everyone!

Theater, music and more at the [Krannert Center for Performing Arts](#) is incredibly affordable for students (generally only \$10). See plays, operas, concerts, circuses, and more! Various music ensembles, performance arts groups, and community theater can be found through: (<http://illinois.edu/arts/arts.html>).

Varsity Sports

www.fightingillini.com

Student tickets are discounted for admission to football, basketball, and volleyball games. Admission is free to regular season home events for numerous other Fighting Illini sports including baseball, wrestling, gymnastics, soccer, and more.

Feeling the Illini Pride? [Join Orange Krush](#) to support and cheer on the Basketball team or tailgate at the [Grange Grove](#) for Fall Football games!



Off-campus recreation

Community Events

[Urbana Sweet Corn Festival:](#)

FRIDAY, AUGUST 24 5PM – 12AM

SATURDAY, AUGUST 25 – 11AM – 12AM

[Farmer's Market](#)

[Curtis Orchards:](#) Apple picking and more July-December

[Ebertfest: Roger Ebert's Film Festival:](#)

Music, Theater, Cinema

[The Virginia Theater](#)

[The Art Theater](#)

[Carmike 13 Cinema](#)

[Goodrich Savoy 16 IMAX Theater](#)

[Harvest Moon Drive-in](#)

[Canopy Club](#)

The Great Outdoors & More

[UI Arboretum](#)

[Allerton Park](#)

[Kickapoo State Park](#)

[Lake of the Woods Forest Preserve](#)

[Hardy's Reindeer Ranch](#)

[Prairie Fruits Farm & Creamery](#)

[Ludwig Farmstead Creamery](#)

[Alto Vineyards and Winery](#)

[Urbana Farmer's Market](#)

[William M. Staerkel Planetarium](#)

Other Area Resources & Events

Whether you're on the lookout for a dance, karaoke/trivia/open mic night, festivals, or museum exhibits, these community calendars and sites present a constantly changing array of events.

<http://smilepolitely.com>

<http://www.news-gazette.com/calendar/index.cfm>

<http://www.dailyillini.com/calendar>

<http://www.visitcampaigncounty.org/calendar>