

Winter Break Resources

Food Resources

Campus Food Pantry: Open during winter break except when campus is closed (December 23th - January 2nd)

Food Assistance Locator: The Idaho Food Assistance Locator is a great resource to search for within the area.

St. Mary's Food Bank: Open on Mondays and Fridays from 11am-2pm. Closed 12/25 & 1/1

Boise Rescue Mission River of Life: Food Pantry open 7 days a week 6:30am-12pm

Stores within walking distance of residence halls:

- Albertsons, Broadway Ave.
- Jacksons, Broadway Ave.
- Whole Foods, Broadway Ave.
- WinCo Foods, Myrtle St.



Mental Health Resources

Counseling Services: Counseling services at UHS will be open during winter break except for when campus is closed (December 23th-January 2nd).

Virtual Peace Room

Self-rescue Manual

Getting Started with Mindfulness

Boise State Rec's Virtual Workouts

Workout at home

**Idaho Suicide Prevention Hotline:
(208) 398-4357**

