

EATING OUT

Here are some solutions to eat well and at low cost in Le Havre and in the area !

University Restaurants

University Restaurants offer full meals from 3.30 €, and from 1 € for scholarship students using the Izly card.

IZLY by Crous

With Izly, you can pay for your meal using either your Léocarte card or your CROUS card, but also with your smartphone, by using the Izly by CROUS app.

- > **Create an account at <https://mon-espace.izly.fr> (<https://mon-espace.izly.fr>)**
 - Sign in using your e-mail address and the temporary password received with the Izly by CROUS account activation e-mail. Within a few minutes, your account will be activated.
- > **Top up your account at <https://mon-espace.izly.fr> (<https://mon-espace.izly.fr>)**
 - You can also top up your account on the Izly by CROUS app, available on the App Store, on Google Play, and on the Windows Phone Store.

> Pay for your meal

- Use your CROUS card, Léocarte card, or your smartphone to pay for your meal. To pay with your smartphone, open the Izly by CROUS app and click on "Payer". Then, you just have to scan the QR code generated by the app to pay for your meal !

The Lieu Solidaire grocery store

The Lieu Solidaire grocery store offers a wide range of food, personal care products, and cleaning products, to persons in a temporary food insecurity situation. For eligibility criteria and applications, please refer to the City of Le Havre CCAS.

The Lieu Solidaire organises several workshops to help (re)discover little-known and hardly-consumed produce, cooking workshops to learn how to cook produce available from the grocery store (ugly fruit and vegetables, for example), but also tastings of recipes made from seasonal produce from the grocery store (soups, smoothies, cakes, verrines, etc.).



The grocery store is open from Monday to Friday, from 1 pm to 4 pm (closed on Wednesdays).

More information on the Lieu Solidaire grocery store.

The AMAP network

The AMAP network creates a direct link between local producers and consumers to guarantee minimum prices for small farmers and fresh and delicious seasonal local produce for all !

> Find an AMAP near you :

- [local AMAP website \(http://reseau-amap-local.com/\)](http://reseau-amap-local.com/)
More information on the [local AMAP website \(http://reseau-amap-local.com/\)](http://reseau-amap-local.com/)

- Find out more about short food supply chains in the area
(<https://www.monpanier76.fr/>)

> The “Graine en main” association offers “solidarity baskets”, that is to say organic vegetable baskets at a very attractive price for students.

Food aid

Several local associations offer food packages, including :



Les Restos du Cœur

Open on Thursdays, from 2 pm to 6 pm (student card required)

170, Boulevard Jules Durand – 76600 LE HAVRE

Phone : **02 35 24 53 50** / **02 35 2454 91**

Email : **Email**



Le Secours Populaire Français

Open from 3 am to 6.30 pm (also provides cinema discount cards and short-term computer rentals)

10, allée Georges Politzer – 76610 Le Havre

Phone : **02 35 45 73 69**



Student Chaplaincy

Open most Thursdays, from 6.30 pm to 7.30 pm (student card required)

99 rue de Bretagne – 76600 Le Havre



Le Havre & Pointe de Caux food bank

170, boulevard Jules Durand

BP 10346 – 76056 Le Havre Cedex

phone : **02 35 24 00 82**

Web :

balehavre.banquealimentaire.org

<https://balehavre.banquealimentaire.org>

E-mail : **Email**