

# **Carbo Centre**

---

**In between classes and searching for something to Grab & Go?**

**Head for the Carbo Centre. The staff at Valsetz have it well stocked with milk (plain, chocolate & soy), cereal, coffee, bottled juices and water.**

**Serve yourself some frozen yogurt or grab an espresso or a fountain drink.**

**Still looking?**

**Try yogurt, a candy or nutrition bar, a bag of chips or a toasted bagel with your choice of butter, cream cheese or peanut butter & jam.**

**The possibilities go on and on. The idea is, if you are looking for something to eat or drink on the run, this is the spot for you. If Valsetz is open, so is the Carbo Centre!**