

The Cheap Sheet

A Booklet of Thrifty Options for the Savvy McGill Saver! Now
with options for Macdonald Campus!

To Access our links, please go on our [website](#)

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At / Near Mac Campus

- Annie's Sur Le Lac ¥ -

- [Costco](#) Purchase in bulk with a friend/roommate and share the value! Open during regular hours. Have a 2-day delivery option for members. Non-members can shop but may have a delivery surcharge. Costco also has a free delivery service with a minimum purchase so if you all combine what you need to meet that requirement, you can have it brought right to your door for free.
- Food apps can help you save money on groceries
 - [Flashfood](#) is an app where you can buy groceries that are approaching their expiration date (within 1-2 weeks). Once you've placed your order on their app, you can pick up your food at a participating grocery store.
 - [Flipp](#) is an app that offers daily deals and flash sales for the week. You can also create a shopping list directly in the app!
 - [FoodHero](#) is an app that offers daily deals and flash sales for the week. You can also create a shopping list directly in the app!
 - [Metro& Moi](#) app lets you collect points on purchases! Be sure to clip your coupons every week where you can get bonus points (35 points when you buy bananas). These add up quickly and can be redeemed.
 - [Sauvegarde](#) is an app where you can save on food and cut down on your carbon footprint! Restaurants, stores, and bakeries around Montreal use the app to make sure that day-old pastries or food that's near its expiration date doesn't go to waste. They post items at discounted prices, and often they have surprise boxes for half-price so you can explore new foods, save money, and save the environment at the same time!
 - [Too Good To Go](#) is an app that was developed to help prevent food waste from restaurants and grocery stores. You can get a surprise bag of food for \$5-8 for a surprise bag of food. Usually, they contain leftovers that were not sold during the day (pastries, cookies, pre-made sandwiches/salads, empanadas...) or things that will expire soon from grocery stores (produce, boxed goods, meats, cheese...).
- [Fruiterie Vert Pomme](#) is a grocery store with a large selection of discounted fruits and vegetable section.
- [Kitchen Collectives](#) are groups of people that pool their money, time and food to cook together. It allows you to meet new people and get portions of food you don't know how to, or don't have time to, cook in exchange for portions of something you can.
- [Maxi](#) is a grocery store that offers daily deals and flash sales for the week. Show them the sale item at the other store at checkout and they will match the price.
- [Mac Market](#) is open from July to November and sells fresh fruits and vegetables at Mac Campus (at a discounted price).

SCHOOL SUPPLIES

Cheap Textbooks:

- [AbeBooks](#) is a partner to Book Depository and often has some better deals if you're shipping to Canada. Prices are in US dollars so be careful with the conversion. Shipping can take 1-2 months sometimes, so order early!
- [Amazon](#) They tend to be fairly hit or miss when it comes to textbooks, but it's always worth looking! If you have Prime, you can get 1-day or 2-day delivery.
- [Book FINDER](#) is a wonderful resource for online textbook (and non-textbook) buying! This site will search all online bookstores, factoring in shipping to wherever you are. This site is [Book FINDER](#)

Sports and Recreation

- [Cap-Saint-Jacques Nature Park](#) (20099 Gouin Blvd Ouest) it is one of the largest parks in Montreal,
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- [Mac Arena](#) is free for McGill Students with a valid McGill ID card during lunch time hours; Skating is Monday to Friday 12pm to 1pm / Tuesday 5:30pm to 6:30pm, Hockey is from Monday to Friday 1pm – 2:30pm (Note: you must have a helmet and the appropriate gear to participate). The Mac Arena is not open for recreational skating or hockey during the holidays or March break.
- [Macdonald Stewart Athletic Complex](#) – ☺ ☺ ☺ ☺ ☺ ☺ – ☺ ☺ pass from May 1st to August 31st for students. There is also [outdoor gyms](#) available to use, free of charge, and an [outdoor sand volleyball court](#) (reservation required).
- [McGill Clubs](#) – Almost every other sport has some form of club at McGill, so whether you're into dragon boat racing, badminton or running, there's probably a club for you—
 ☺ ☺ ☺ ☺ ☺ ☺ [Mac Athletics](#) also has a wide range of recreational activities from skating to the Woodsmen/ Woodswomen Competition!
- [The McGill Fitness Centre](#) ☺ ☺ ☺ ☺ ☺ ☺ looking for a gym membership. Access and use of the sports complex is included in the student fee. ☺ ☺ ☺ ☺ ☺ ☺

Museums and monuments

Art museums/Galleries:

- [La Galerie de l'UQAM](#) (1400 Berri) exhibits contemporary Quebec art as well as contemporary art out and admission is free to all!
- [The Guild](#) free and their collection is unmatched in most of Quebec.
- [The Montreal Museum of Fine Arts](#) (1380 Sherbrooke Ouest) is one of the most famous, and large, free admission (excludes certain exhibitions) to their collection and discovery exhibitions for all people under 30.
- [The Musée d'art contemporain de Montréal](#) with proof of identity. Free for people with disabilities and for their companions. admission on Wednesday evenings from 5pm to 9pm.
- [The Musée des métiers d'art du Québec](#) (615 ave Saint-Croix) formerly known as the Musée des raise awareness about both traditional and contemporary craftsmanship in Quebec, and allow artists a place to show their work. Student admission
- [Phi Foundation for Contemporary Art](#) (451 & 465 St-Jean), formerly known as DHC/ART, is an art their exhibits change quite frequently.

History museums:

- [The Canadian Centre for Architecture](#) (1920 Baile) is a collection on Canadian architecture, both modern and ancient. Entrance for students is free and their exhibits change quite frequently so this museum never gets boring.
- [Centre des mémoires montréalaises](#) (Open in Summer 2023) formerly known as Centre d'histoire de Montreal, is a gorgeous museum focusing on the history of Montreal. The main exhibits focus on the with a valid ID.
- [Château Dufresne](#) (2929 av Jeanne-d'arc) is a historical residence that was owned by the Dufresne Family in the 20th century became an important part of Quebec's history. It's now a museum that has

valid transport fare.

- [The McCord Museum](#) (1000 Avenue des Canadiens-Français, Montréal) is a museum of Canadian history and culture. It is open from 10am to 5pm. Extra fees for parking apply. (proof of residence required)
- [Montreal Holocaust Memorial Centre](#) (5151 ch de la Côte-Ste-Catherine, Montréal) is a museum dedicated to the Holocaust. It is open from 10am to 5pm. Admission is free.
- [The Musée des Hospitalières de l'Hôtel-Dieu de Montréal](#) (1000 Avenue des Canadiens-Français, Montréal) is a museum dedicated to the history of the Hôtel-Dieu de Montréal. It is open from 10am to 5pm. Admission is free.
- [Pointe-Claire Village](#) (319 Bord-du-Lac, Pointe-Claire) is a historic village in Pointe-Claire. Located along the river in Pointe-Claire, there are some charming shops, cafes, and bars. Many events held in the Pointe-Claire village, especially during the summer months.
- [Pointe-du-Moulin](#) (2500 Blvd Don Quichotte) is a historical site and is famous for its 300-year-old windmill. It's open every day during the summer months from 9:30am – 5pm, and it's free for residents of Île-Perrot, Pincourt, Terrasse-Vaudreuil, and Notre-Dame-de-l'Île-Perrot. If you're not

- Planétarium Rio Tinto Alcan has many shows and exhibitions on science, space and astronomy.
- [La Grande Bibliothèque](#) beautiful modern buildings. As well as housing hundreds of thousands of books (in many languages) free!).
- [McGill's Redpath Museum](#) is free for all individual visitors. The Museum also runs cool events and
- [The Saint Joseph Oratory](#) (3800 Queen Mary) is a stunning part of the Montreal landscape and Canada's largest church. Even though visiting this monument to look around and take photos is free, donations are encouraged. They also

Entertainment

Movies and theatre:

- [Cineplex Tuesdays](#) all Cineplex theatres have discounted admission tickets on Tuesdays and [SCENE](#) members. There are many Cineplex theatres in and around the Montreal area, including some near Mac Campus!
- **Free Movies:** during the summer/early fall, there are various free outdoor movie screenings around Montreal.
- **Free Theatre** [Repercussion Theatre](#). They host by-donation, Shakespeare-in-the-

- **Signing up at local libraries** is free for all residents of the City of Montreal and the membership is valid for 2 years. It's a good extra study space and to access books. To become a member, you need to bring a piece of ID and proof of residency in Montreal at any library that is part of the [Montreal Libraries](#). If you live in Ste-Anne's, check out their [website](#). TIP: The McGill Library (academic) books and e-books that you can borrow to read at home. You will be surprised to see all your favorite genres and authors there!
- [The Schulich School of Music](#) recitals by McGill music students.

Frugal Living

Here are some general frugal living tips that could help you save money during your studies!

General Tips

- Like, before spending money on something, whether you want it, or you need it.

- „ + Í 2 Ù ... : j X before grocery shopping. It's easier to stay on track and not to overspend when you shop with a list.
 - o The [Tiny Budget Cooking](#) Ç Ç Ç Ç

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