

FOOD/GROCERY

Resource	Category	Address
Foods of all Nations	Food (Latin, Asian) Can get student discount (show ID)	2121 Ivy Rd
Reid's	Food (Asian, Latin, Indian) Can get student discount (make a free membership)	600 Preston Ave
Harris Teeter (Barracks)	Food (General) Can get student discount (make a free membership)	975 Emmet St N Space 8
Medina Market	Food (Middle Eastern)	620 Albemarle Square
Grand Market	Food (Middle Eastern)	323 W Main St
Express Grocery Store	Food (Indian)	198 Zan Rd
Indian Bazar	Food (Indian)	722 Rio Rd W STE 1
C'ville Oriental	Food (Asian)	1195 Seminole Trail
Asian Market	Food (Asian)	1417 Emmet St N B
El Tio Variedades	Food (Latin, Salvadorean)	259 Ridge McIntire Rd
Charlottesville Latino Market	Food (Latin)	380 Greenbrier Dr Suite D
African Market Place	Food (African, caribbean)	1901 Commonwealth Dr
Anae's African Food Market	Food (African)	506 Stewart St
UVA Community Food Pantry	Food pantry	Newcomb Hall, room 144
Loaves & Fishes Food Pantry	Food pantry	2050 Lambs Rd
Blue Ridge Area Food Bank	Food pantry Thomas Jefferson Area Branch	1207 Harris St

PERSONAL CARE/HAIR CARE

Resource	Category	Address
International Hair Designer	Personal care <i>Black owned salon, ethnic hair care, natural hair friendly</i>	Fashion Square Mall, 1600 Rio Rd E
Natre'al Hair Design	Personal care <i>Black owned salon, ethnic hair care, natural hair friendly</i>	263 Ridge McIntire Rd
House of Cuts Barber Studio	Personal care <i>Ethnic friendly barber</i>	103 14th St NW
Elite Cuts	Personal care <i>Black owned barber</i>	715 Henry Ave
CVS (University Ave)	Personal care <i>Great selection of ethnic hair care items</i>	1417 25 University Ave
NY Fashions	Personal care <i>Great selection of ethnic hair care items</i>	601 Cherry Ave
Walmart	Personal care <i>Okay selection of ethnic hair care items</i>	975 Hilton Heights Rd

FITNESS AND HEALTH

Resource	Category	Address
UVA Aquatic Fitness Center	Fitness <i>Students have free access</i>	450 Whitehead Rd
UVA Slaughter Rec Center	Fitness <i>Students have free access</i>	505 Edgemont Rd
UVA Memorial Gym	Fitness <i>Students have free access</i>	210 Emmet St S
YMCA (Piedmont Family)	Fitness <i>Student plan discounted to \$45/mo</i>	151 McIntire Rd
BetterHelp	Mental health <i>Can choose therapists of various ethnic/religious backgrounds to suit your needs Free to students/student discounts depending on state</i>	Online/on app

[UVA Women's Center](#)

Mental health Check website
 Maxine Platzer Lynn Women's Center
 Counseling, therapy (individual and small groups)
 Check website/call for availability

[UVA Resources for Students with Disabilities](#)

Check website
 A list of all the current available resources for students with disabilities

[Student Health and Wellness Online Appointment Portal](#)

Check website
 Appointment scheduling at UVA Student Health

FINANCES AND BUDGETING

Resource	Category	Address
Free Tax USA	Finance	Online
Free Federal Income Tax Filing	Finance	Online The IRS has a list of how to file your income taxes for free if your AGI (annual gross income, which is pre-tax) is less than \$73k/year