

JEN BEATRICE TAN

Eating under a Budget in Paris

Baguettes - they're cheap and definitely live up to the hype! No better way to start your day in Paris than with a fresh baguette from your neighborhood *boulangerie* (bakery). Trust me, there'll be one close to where you live. One baguette cost me €1.20 and can easily be enough for breakfast and lunch. But note that baguettes don't last very long and can get rock hard if you leave it out for a while so don't save it for dinner. I also suggest trying them fresh from the oven for at least once during your stay! And this absolutely does not mean having to wake up early, bakeries usually make fresh batches throughout the day.

Past having just a baguette, you can level up to making your own sandwich! All supermarkets will have regular cheese €5.00 (for a pack of 10 slices), cold cuts €4.00 (for a pack of 4 slices), tomatoes and greens perfect for your everyday sandwich. Once you've settled and are comfortable enough to venture out to different arrondissements, I found out that the city hosts an annual baguette competition! These "awarded bakeries" will have a sticker outside their door inviting tourists (and exchange students) to enjoy their winning baguette. It was an exciting hunt trying bread from different bakeries and I found this to be a really cheap and fun way to explore Paris. The 2016 winner isn't too far from school and is called La Parisienne at 48 rue Madame in Saint-Germain.



Croissant across ESCP – for €1, a trip to the bakery across school is a must. For something a little sweeter, they also have really good *pain au chocolat*! It's located at 92 Avenue de la Republique and is less than a 5-minute walk from school. All of your professors give a 10-15 minute break every 1.5 hours so students usually run to the café for a coffee, hot chocolate or a sandwich. Because professors give this quick break at the same time, the line at the café gets quite long. So, before heading down, bring your coat and walk across the street instead! Their croissant is much better than at the one from school and you won't have to wait as long.

Although there are more accessible local groceries such as Fran Prix, Mono Prix and G20, there are just ingredients and food items that you won't find anywhere else outside of Asian groceries. 3 that I frequently visited were around Opera. Here, you'll also find a lot of Taiwanese, Chinese, Korean and Japanese restaurants. Meat, fruits, vegetables, cup noodles, Asian condiments and rice are usually cheaper from Asian groceries too. When planning to buy a lot of heavy goods, it would be ideal to bring a trolley shopping bag. Most shops charge a small amount for plastic so don't forget to bring your own bag. Outside of Opera, there are more Asian groceries around the 13th arrondissement.