# ZERO HUNGER POLICY

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## 1. PREAMBLE

Malla Reddy (MR) Deemed to be University recognizes that access to safe, nutritious, affordable, and hygienic food is essential for student and staff well-being, learning outcomes, and productivity. The University commits to aligning with:

- Sustainable Development Goals (SDG-2: Zero Hunger, SDG-3: Good Health and Wellbeing).
- UGC Guidelines on Promotion of Healthy Lifestyle among Students (2022).
- National Nutrition Mission (POSHAN Abhiyaan) & FSSAI Eat Right Campus Guidelines.

## 2. OBJECTIVES

- Ensure no student or staff remains hungry on campus.
- Provide nutritious, balanced, and affordable meals in all canteens/hostels.
- Prevent obesity, malnutrition, and lifestyle-related diseases.
- Promote awareness of healthy eating habits.
- Regulate food quality and safety across all constituent colleges and schools.

## 3. SCOPE

Applies to:

- University Hostels, Canteens, Cafeterias, and Food Outlets.
- Constituent Colleges & Schools of Eminence under MRDU.

- All students, faculty, non-teaching staff, and visitors availing food services.

## 4. POLICY GUIDELINES

### A. Zero Hunger Commitment

1. Subsidized meals for economically weaker students under a "No Student Left Hungry" scheme**.**
2. Creation of a Food Bank where donors contribute meals/food coupons.
3. Establishment of emergency meal support counters**.**

### B. Healthy & Nutritious Diet

1. Daily menu to include balanced meals with proteins, vegetables, whole grains, and seasonal fruits.
2. Promotion of millets, pulses, and traditional diets in line with India's Nutrition Mission.
3. Mandatory display of calorie and nutrition values in dining areas.
4. Encouragement of vegetarian and vegan options**.**

### C. Obesity Prevention & Junk Food Regulation

1. Ban/strict regulation of high-sugar soft drinks, deep-fried snacks, and packaged junk **food** in campus outlets (aligned with UGC/AICTE Advisory on Junk Food, 2016**).**
2. Introduction of healthy alternatives – baked snacks, fruit bowls, fresh juices, sprouts.
3. Portion size control and discouragement of oversized meals.
4. Regular BMI check-up and nutrition counseling camps for students.
5. Awareness programs on obesity, diabetes, and healthy eating in collaboration with medical & dental colleges.

### D. Food Safety & Hygiene

1. All vendors must comply with FSSAI Licensing & Standards**.**
2. Regular food safety audits and inspections by the University Health Committee.

3. Zero tolerance for adulterated or expired food items.
4. Digital feedback & complaint system for food quality.

**E. Awareness, Education & Monitoring**

1. Integration of health & nutrition awareness sessions in the Student Induction Program (SIP).
2. Observance of National Nutrition Week (1st–7th September) annually.
3. Inclusion of nutrition awareness posters in hostels & canteens.
4. Constitution of a Food & Nutrition Monitoring Committee (FNMC) under Dean of Student Welfare.

## 5. GOVERNANCE & IMPLEMENTATION

- Dean of Student Welfare (DSW)**:** Nodal officer for policy enforcement.
- Canteen & Hostel Committees: To supervise menu, pricing, and quality.
- Student Representatives**:** Included for feedback and policy improvement.
- Annual Report on food, nutrition & health outcomes to be submitted to IQAC.

## 6. POLICY REVIEW AND CONTINUOUS IMPROVEMENT

MRDU is committed to sustaining the objectives of its *Food Policy (Zero Hunger)* through continual improvement and alignment with national standards and institutional needs.

1. The Dean (Student Welfare), in coordination with the Food & Nutrition Monitoring Committee (FNMC) and IQAC, shall review the policy once every three (3) years or earlier if required.
2. Reviews will incorporate updates from the FSSAI Eat Right Campus Guidelines, UGC Advisories, and POSHAN Abhiyaan.
3. Revisions may be initiated based on:
    - Audit findings from annual Food Safety & Hygiene inspections;
    - Feedback from students, staff, or vendors;
    - Recommendations from the Health Centre or the BoM.

4. The revised draft shall be reviewed by the Registrar and approved by the Board of Management (BoM).
5. The IQAC shall maintain version control and documentation for internal and external quality audits.
6. Updated versions of this policy shall be disseminated to all canteens, hostels, and departments and made available on the MRDU website.

**MALLA REDDY (MR) DEEMED-TO-BE UNIVERSITY**

**DOCUMENT CONTROL SHEET**

| Document Title | Food Policy (Zero Hunger) |
|---|---|
| **Document Code** | MRDU/IQAC/ZHP/2025 |
| **Version No.** | 1.0 |
| **Revision No.** | 0 |
| **Effective Date** | 12 January 2026 |
| **Next Review Date** | 12 January 2029 |
| **Prepared By** | Dean (IQAC) & Dean (Students Affair) |
| **Reviewed By** | Vice Chancellor & Registrar |
| **Approved By** | EC |
| **Policy Custodian** | Dean (Student Welfare) |
| **Distribution** | Controlled Copy – IQAC / Dean (Student Welfare) / All Hostels & Canteens / Website |

## Document Revision History

| Version | Revision No. | Date | Description of Change | Prepared By | Approved By |
|---|---|---|---|---|---|
| 1.0 | 0 | 01 Nov 2025 | First institutional version aligned with MRDU IDP Pillar 6 (Student Welfare and Engagement) and national initiatives (SDG-2 Zero Hunger, FSSAI Eat Right Campus Guidelines) | Dean (Student Welfare) / IQAC | EC |

## Annexures

**Annexure A: Sample Balanced Weekly Menu**

- Monday: Millet khichdi + dal + salad + fruit.
- Tuesday: Chapati + veg curry + curd + sprouts.
- Wednesday: Rice + sambar + leafy veg + banana.
- Thursday: Roti + dal + veg curry + buttermilk.
- Friday: Idli/Dosa + chutney + boiled egg (opt).
- Saturday: Brown rice pulao + raita + salad.
- Sunday: Festive meal (special thali).

**Annexure B: Food Safety & Hygiene Audit Checklist**

- Vendor FSSAI License Validity ✓
- Storage of raw materials ✓
- Kitchen cleanliness ✓
- Hand hygiene & gloves usage ✓
- Oil reuse prevention ✓

**Annexure C: Student Feedback Form**

- Food quality (Excellent/Good/Average/Poor).
- Hygiene & cleanliness.
- Pricing & affordability.
- Healthy options availability.
- Suggestions for improvement.

## Annexures of Food & Nutrition Policy

**Annexure A: Sample Balanced Weekly Menu (Indicative)**

| Day | Breakfast | Lunch | Snacks | Dinner |
|---|---|---|---|---|

| | | | | |
|---|---|---|---|---|
| Monday | Idli with sambar + fruit | Millet khichdi + dal + salad + curd | Sprouts + lemon water | Chapati + veg curry + buttermilk |
| Tuesday | Poha with groundnuts + boiled egg (opt) | Rice + sambar + leafy veg + curd | Fresh fruit bowl | Roti + dal + veg curry |
| Wednesday | Upma + chutney | Brown rice + rasam + beans curry | Roasted chana | Chapati + paneer curry + salad |
| Thursday | Dosa with chutney | Roti + mixed veg curry + dal | Corn/sweet potato | Rice + sambar + buttermilk |
| Friday | Pongal + coconut chutney | Millet pulao + raita + salad | Fruit juice (no added sugar) | Chapati + dal + veg curry |
| Saturday | Idli/Dosa with chutney | Chapati + dal fry + veg curry | Sprouted salad | Brown rice + curd rice + curry |
| Sunday | Special: Upma/Uttapam + fruit | Thali meal (veg/non-veg option) | Seasonal fruit | Light meal – khichdi/curd rice |

## Annexure B: Food Safety & Hygiene Audit Checklist

| Parameter | Compliance (Yes/No) | Remarks |
|---|---|---|
| FSSAI license validity displayed | | |
| Raw material storage (covered, labeled, hygienic) | | |
| Drinking water (RO/purified) available | | |
| Kitchen cleanliness maintained | | |
| Cooking oil not reused more than twice | | |
| Cook & staff wearing gloves, caps, and aprons | | |
| Food served hot and fresh | | |
| Expired food items not stored | | |
| Pest control measures in place | | |
| Waste segregation and disposal followed | | |

## Annexure C: Student/Staff Food Feedback Form

**Name (Optional): _____**
**Hostel/Campus Outlet: _____**

Please rate the following (✓):

| Parameter | Excellent | Good | Average | Poor |
|---|---|---|---|---|
| Quality of food | | | | |
| Hygiene & cleanliness | | | | |
| Portion size | | | | |
| Affordability | | | | |
| Availability of healthy options | | | | |
| Staff behavior & service | | | | |

**Suggestions for Improvement:**

## Annexure D: Nutrition & Obesity Monitoring Record

| Parameter | Student/Staff Group | Monitoring Frequency | Responsible Authority |
|---|---|---|---|
| BMI Screening | Hostel students | Twice a year | University Health Centre |
| Diet Counseling | Overweight/Obese students | As required | Nutritionist/Dietician |
| Awareness Programs | All students & staff | Quarterly | Dean of Student Welfare |
| Junk Food Check | All food outlets | Monthly | Food & Nutrition Committee |
| Feedback Analysis | All hostels/canteens | Semester-wise | IQAC + DSW |

## Annexure E: Food Bank / Meal Support Record Format

**Food Bank / No Student Hungry Initiative**

| Date | Name of Donor (Staff/Student) | Type of Support (Meal/Food Coupon/Cash) | Beneficiaries (No. of Students) | Remarks |
|---|---|---|---|---|
| | | | | |

## Annexure F: Annual Report Format – Food & Nutrition Committee

**(To be submitted to IQAC every academic year)**

1. **Introduction**
    - Summary of food services on campus.
2. **Zero Hunger Initiatives**
    - No. of students supported under Food Bank/meal subsidies.
3. **Nutritional Improvements**
    - Changes made in menus.
    - Health camps organized.
4. **Obesity Prevention Measures**
    - No. of BMI screenings conducted.
    - Counseling sessions held.
5. **Food Safety Audits**
    - No. of audits conducted and compliance status.
6. **Student Feedback**
    - Satisfaction rating summary.
7. **Recommendations for Improvement**
    - Actionable points for next year.