

2.3

Student Hunger

2.3.4 Health and Affordable Food Choices

MRIIRS Weblink to SDG 2:

<https://mriirs.edu.in/sdg02-zero-hunger/>

Healthy and Affordable Food choices in Campus

Manav Rachna International Institute of research and Studies has created a Sustainable Food Policy and same has been adopted successfully since 2018. The strategy includes monitoring food waste, measures for reducing food waste, the use of a balanced meal diet, and the provision of health and affordable food choices in the campus. MRIIRS ensures the availability of Healthy and Affordable Food Choices in the Campus through the laid down 'Sustainable Food Policy of MRIIRS':

- ✓ To maintain proper nutrition, balanced cyclic meal menu has been implemented in the hostel mess. A menu with both vegetarian and non-vegetarian options has been adopted. Salt, sugar, fat, and meat product reduction has been stressed. Red meat, trans fat are prohibited.
- ✓ Manav Rachna is huge campus having several food Courts and Outlets for different affordable and healthy food choices available for students' academicians and visitors.
- ✓ It is ensured that procurement of raw ingredients and different food commodities are from the trusted sources/vendors.

As Evidence of metric 2.3.4, Sustainable Food Policy of MRIIRS, List of on-Campus Outlets, and vendor's certificates are provided.

Further, time to time **healthy cafeteria and recipe competitions** are organized in the campus. For providing the Sustainable food choices on campus, aligned department always create awareness in the form of organizing nutritious café which include low-cost meals, nutritious modern recipes. Every time the theme of the café is different to create awareness on different angle of the food.

The theme for the **cafeteria for the last month was "Your own CP-cereal pulse"**, projecting Goodness of combination of Cereal and Pulses. The cafeteria focused on power of seeds which helps in not only maintaining the health but also boosting immunity. Following recipes were prepared:

1. Vegetable CP Momos
2. CP Tacos

3. Stuffed CP Dosa Sambhar
4. CP Fruit custard
5. Watermelon-Mint Slush.

The student organizers made everyone experience a delightful journey of flavours where all students from various departments and faculties from various departments of Manav Rachna enjoyed and relished the alluring experience of exotic food served.



SDG- 2 ZERO HUNGER



A. Cyclic menu as created for hostel mess and Nutrition value calculation

Cyclic menu for hostel mess

A cyclic menu of hostel mess is planned in a balanced and nutritional manner. Proper macronutrient calculation is done for each recipe to provide a balanced meal. The cyclic menu is created for hostel mess and proper nutrition calculation was done to see the nutritional value of all the recipes and in totality for a balanced meal. Also, nutrition education is provided to consumers and personal waste management strategies.

MENU-1							
BREAKFAST- JAN-2020							
DATE	1-Jan-20	2-Jan-20	3-Jan-20	4-Jan-20	5-Jan-20	13-Jan-20	14-Jan-20
DAYS	MON	TUE	WED	THUR	FRI	SAT	SUN
EGG	MASALA OMELETTE	VEG. KATHI ROLL	BOILED EGG	ALOO MOOLI PARANTHA	EGG, BHURJI	IDLI/VADA	POORI
HOT ITEM	VEG. SANDWICH	VEG. POHA	MIX. VEG. PARANTHA	VEG. VERMICELLI	METHI PARANTHA	SAMBHAR	BHAJI
MILK		GREEN CHUTNEY	PICKLE	PICKLE	BHAJI		SOOHI UPMA
HOT BEVERAGE	TEA	TEA	HOT MILK				HOT MILK
LUNCH							
RAITA/SOUP	MIX. VEG. RAITA	MUSHROOM SOUP	KHEERA RAITA	HOT & SOUR SOUP	MIX. VEG. RAITA	TOMATO SOUP	BOONDI RAITA
SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	Green Salad
DAL	BLACK MASOOR DAL	MOONG MASOOR DAL	RED MALKA	KADHI PAKORA	RAIMAH MASALA	MIX. DAL	DAL MAKHANI
VEG-1	SOYA KEEMA MATAR	ALOO GOBHI	LAUKI KOFTA CURRY	SAMBHAR	DUM ALOO KASHMIRI	VEG. MANCHURIAN	MIRCH BAINGAN KA SALAN
VEG-2	ALOO BEANS	PASTA RED SAUCE	ALOO METHI	VEG. PORYAL	BAIGAN BHARTA	ALOO GAJAR MATAR	ACHARI ALOO
RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	VEG. BIRYANI
ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	ARWAINI PARANTHA
SNACKS							
SNACKS	SAMOSAS	VEG. SANDWICH	HARA BHAR KEBAB	VADA PAAV	UTTAPUM	VEG. PUFF	CHOWMIEN
ACCOMPANIMENT	GREEN CHUTNEY	KETCHUP	KETCHUP	BOMBAY CHUTNEY	TOMATO CHUTNEY	KETCHUP	KETCHUP
HOT BEVERAGE	TEA	TEA	TEA	TEA	TEA	TEA	TEA
DINNER							
SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
DAL	MIX. DAL	ARHAR DAL TADKA	DAL PANCHMEL	DAL FRY	CHANA DAL TADKA	DABHA DAL	LOBIYA DAL
VEG	SOYA CHAAP MASALA	CORN PALAK	MATAR PANEER	TAWA KADHAI VEG.	SARSON KA SAAG	ALOO GOBHI	KADHAI PANEER
NON VEG/ PANEER	N/A	N/A	BUTTER CHICKEN	N/A	N/A	N/A	CHICKEN CURRY
RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE	STEAM RICE
ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI	TAWA ROTI
DESSERT	COCONUT LADDO	HOT RICE KHEER		GULAB JAMUN	GAJAR HALWA	PAYASUM	
NIGHT MILK	HOT MILK	HOT MILK		HOT MILK		HOT MILK	

Shobha Sharma



Cyclic menu for hostel mess

Hostel Menu Calculation:

In order to provide healthy and nutritious food calorie intake is calculated as per the Recommended Dietary Intake guidelines for daily requirement.

Standard Mess Cyclic Menu**Cycle 1**

Day	Breakfast (standard)	Lunch (Standard)	Snacks (Standard)	Dinner (Standard)	Calories (Kcal)	Fat (g)	Protein (g)
SUNDAY	Poori Bhaji	Boondi raita	chowmein	green salad	2469	42	69
	Upma/Poha	Green salad	Tea	lobiya dal			
	Hot Milk	Dal Makhani		kadhai paneer/chicken curry			
	Tea	Baingan salan/Achari aloo		steamed rice			
		Veg biryani		Tawa roti			
		Ajwaini paratha					
MONDAY	Masala Omlette	Mix Veg Raita	Samosa	Green Salad	2242	46	62
	Veg Sandwich	Green Salad	Tea	Mix Dal			
	Tea	Black Masoor Dal	Chutney	Soya Masala Chap			
		Soya Keema Matar/Aloo Beans		Roti			
		Roti		Steam Rice			
		Steam Rice		Coconut Laddoo			
				Hot Milk			
TUESDAY	Vegetable poha	Mushroom soup	Vegetable sandwich	Arhar dal	2544	51	78
	Green chutney	Moong massor daal	Tea	Rice			
	Tea	Green salad		Roti			
	Vegetable kathi roll	Aloo gobhi		Hot kheer			
		Red sauce pasta		Hot milk			
		Rice Roti		Corn palak Green salad			
WEDNESDAY	Boiled egg	Cucumber raita	Hara bhara kabab	Green salad	2109	49	86
	Mix veg paratha	Rice	Tea	Dal Panchami			
	Tea	Red malka dal		Matar paneer			
		Lauki kofta curry		Steam rice			
		Aloo methi		Tawa roti			
	Tawa roti						
THURSDAY	Aloo mooli paratha	Green salad	Pav bhaji	Dal fry	2400	46	72

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	Tea	Rice	Tea	Rice			
	Veg vermicelli	Kadhi pakora		Tawa roti			
		Tawa roti		Green salad			
		Sambhar		Tawa kadhai veg			
		Veg poriyal		Gulab jamun			
FRIDAY	Egg bhurji	Mix veg raita	Uttapam	Green salad	2468	53	76
	Methi paratha	Green salad		Chana dal tadka			
	Bhaji	Rajma masala		Sarson saag			
	Tea	Aloo dum masala		Steam rice			
		Bhaingan bharta		Tawa roti			
		Steam rice		Gajar halwa			
		Tawa roti					
SATURDAY	Idli	Tomato soup	Veg puff	Dhaba dal	2428	56	73
	Wada	Green salad	Tea	Aloo gobhi			
	Sambhar	Mix daal		Steam rice			
	Tea	Veg Manchurian		Roti			
		Aloo gajar matar		Paysum			
		Steam rice		Matar Paneer			
		Roti					
Cycle 2							
MONDAY	Boiled Egg	Kheera raita	Aloo bondo	Dal tadka	2050	41	66
	Aloo mooli paratha	Green salad	Tea	Veg kofta			
	Tea milk sugar	Black chana dal		steamed rice			
		Lauki lababdar		Tawa roti			
		Aloo hara pyaaz		Sooji halwa			
		Steamed rice		green salad			
		Tawa roti					
TUESDAY	Matar kulcha	Hot and sour soup	Uttapam	Green Salad	2203	48	64
	Vegetable poha	Green Salad	Tea	Dhaba dal			
	Green chutney	Red malka dal	Tomato Chutney	Aloo capsicum			
	Tea	Aloo palak		Steam rice			
		Soya keema matar		Jalebi			
		Steam Rice					
		Tawa roti					
WEDNESDAY	Omelette	Mix veg. raita	Mix pakoda	Green salad	2216	45	61
	Veg sandwich	Green salad	Tea	Dal lobhiya			
	Tea	Dal panchratan		Paneer tikka masala			
		Aloo semfali		Steamed rice			
		Kadhai vegetable		Tawa roti			
		Steamed rice					

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		Tawa roti					
THURSDAY	Mix veg. paratha	Sweet corn soup	Mix pakoda	Dal	2374	53	67
	Masala porridge	Cucumber salad	Tea	Salad			
	Tea	Kadhi pakoda		Matar mushroom			
		Sambhar		Moong dal halwa			
		Tawa roti		Tawa roti			
		Steam rice		Steam rice			
FRIDAY	Egg bhurji	Mix veg. raita	Aloo tikki	Green salad	2388	44	71
	Methi paratha	Green salad	Tea	Dal fry			
	Tea	Black masoor dal		Matar mushroom			
		Aloo gajar matar		Steam rice			
		Zimikand sabji		Tawa roti			
		Steam rice					
Tawa roti							
SATURDAY	Idli	Dahi papdi	Dry Manchurian	Mix dal fry	2058	51	65
	Sambhar	Green salad	Tea	Aloo gobhi			
	Tea	Chole		Steam rice			
		Bhature		Tawa roti			
		Steam rice					
		Aloo jeera					

B. List of Food Outlets on Campus

List of Food Outlets on Campus

Availability of outlets and mess

OUTLET/ MESS	LOCATION	Food Options Available
Boys Mess	Boys Hostel opposite Q block	Cyclic Menu
Girl Mess	Culinary Center, MR	Cyclic Menu
Hush Food Court	Near F-block	South India, North Indian, Continental etc
RBB	Opposite T-Block	Bean rice, vegetable sandwiches, pav bhaji, shakes, yogurt, fruit smoothie.
Subway	Opposite B-Block	Subway sandwiches, pasta, oats cookies, salads, wraps etc
Nescafe	Opposite B-Block	Shakes, coffee, Ragi cookies, Vegetable wheat noodles and pasta

MRIIRS population has access to the following outlets for multiple Food Choices:

- a. Hostel Mess (Boys and Girls)
- b. Food Outlets at MRIIRS which includes
 - ✓ SUBWAY
 - ✓ HUSH Food Court
 - ✓ Chai Garam
 - ✓ Nescafe
 - ✓ Red Brick Bistro
 - ✓ Hotel Management Café etc.

The sample Lease Agreements for the food outlets and Hostel Mess caterer- Caterman are also provided:

1. Hush Lease Agreement
2. Subway Lease Agreement
3. Caterman Lease Agreement

Subway in front of B-Block



Latitude: 28.449867870699737,
Longitude: 77.2827730806575

Nescafe in front of B-Block



Latitude: 28.450143880597828,
Longitude: 77.2833609568262

Hotel Management run Café in front of T-Block



Latitude: 28.450157331392216,
Longitude: 77.28636473264663

Student Run Café Near E,F Blocks



Latitude:, 28.451170209359457
Longitude: 77.28442214277715

Hush Food Court Near F-Blocks



HOSTEL KITCHEN AND HYGIENE Food Service



**C. Procurement of raw ingredients and different food commodities are
from the trusted sources/vendors
(Sample Certificates and List of Vendors)**

Procurement of raw ingredients and different food commodities are from the trusted sources/vendors

It is ensured that procurement of raw ingredients and different food commodities are from the trusted sources/vendors. Further, it is also ensured that vendors provide natural organic products with the permissible amount of pesticide and without any exposure of chemical fertilizers.

- ✓ The sample certificates as provided by the vendors and further certificate by Department of Culinary Arts while ensuring the above claims are provided.
- ✓ The certified list of vendors of girls hostel mess and Hotel Management Café being run by Department of Culinary Arts is provided as sample.

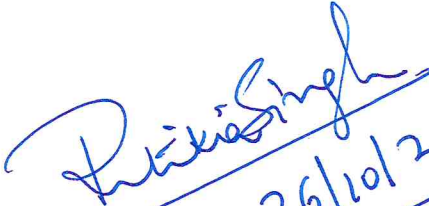
Therefore, offering of sustainable food choices on MRIIRS Campus is ensured through this whole process.

TO WHOMSOEVER IT MAY CONCERN

CERTIFICATE

This is to certify that Department of Culinary Arts, Faculty of Hotel Management, Manav Rachna International Institute of Research and Studies ensure the procurement of raw ingredients and different food commodities from the trusted sources/vendors.

Further, based on the certification as provided by the vendors that they provide natural organic products with the permissible amount of pesticide and no exposure of chemical fertilizers, we ensure the offering of sustainable food choices on MRIIRS Campus. The certified list of vendors is also appended.


Director, 26/10/22

Director,

Faculty of Hotel Management

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

(Deemed to be University under Section 3 of the UGC Act, 1956)

(NAAC Accredited 'A' Grade)

Administrative Headquarters : 5E/1-A, Bungalow Plot, N.I.T. Faridabad, Phone: 0129-4198600 (30 lines)

MRIIRS Aravalli Campus : Sector-43, Delhi-Surajkund Road, Faridabad, Phone :0129-4198100 (30 lines)

E-mail : info@mriirs.edu.in URL : www.mriirs.edu.in



Sonu Kumar

Vegetable & Fruit Suppliers

Subzi Mandi, Okhla, New Delhi - 110020

☎ : 8800358897 Mob.: 9891708886

CHALLAN / BILL



S.No

1311

Date.....

M/s

TO WHOMSOEVER IT MAY CONCERN

CERTIFICATE

This is to certify that raw material as provided to Department of Culinary Arts, Faculty of Hotel Management, Manav Rachna International Institute of Research is natural organic/safe with the permissible amount of pesticide and no exposure of chemical fertilizers. The products are manufactured and stored by maintaining sustainable practices

SONU KUMAR

Owner Name

[Signature]
26/11/2022

Owner/Authorised Signature

OK
P. Singh

M.R. Enterprises

Shop number 68 Basement, Spring Field Colony, Sector 31, Faridabad

Phone number – 9891222666, 7982664141

Email- shailesh2055jain@gmail.com

GSTIN- 06ADXPJ0833A1ZS

This is to certify that we are trader of quality products, which we provide to Department of Culinary Arts, Faculty of Hotel Management, Manav Rachna International Institute of Research. Most of the products we provide are bio-degradable disposable items and are environmentally friendly.

Shailesh

Owner name

(Shailesh Kumar Jain)

S 26/11/2024

Owner authorised signature

Dr. Rishabh

GST NO.: 06ABUPB4456G1ZK

Mob. 90080055
99121110

FRIENDS TRADING CO.

Distributors of: Varun Beverages Ltd, Redbull India Pvt. Ltd.
Ferrero India Pvt. Ltd., Guiltfree Industries Ltd.

8 B, TOC CO, SEC 10, FBD, E-mail: dineshbansalkumar@rediffmail.com

Ref. No.....

Dated.....

TO WHOMSOEVER IT MAY CONCERN CERTIFICATE

This is to certify that raw material as provided to department of culinary arts, faculty of hotel management, Manav Rachna International Institute of Research is natural organic /safe within the permissible amount of pesticide and no exposure of chemical fertilizers. The products are manufactured and stored by maintaining sustainable practices.

Owner Name

For FRIENDS TRADING CO

Dinesh

Proprietor
Owner/Authorised Signature

Oh
Dinesh Singh

GSTIN : 06AZHPA7810N1ZA

7503580949
9910071171



ARORA PROVISION STORE

Deals In : All Types Of Kiryana Items & Dry Fruits
SHOP NO. 84-85, MKT. NO. 5, N.I.T. FARIDABAD

Date...26-11-2022

This is to Certify that we are trader of Quality Products which we provide to Department of Culinary arts, faculty of Hotel Management, Manav Rachna International Institute of Research . Most of the products contain FSSAI License and are of food grade .

Subhash Arora
Subhash Arora

Proprietor

ok
Rishabh Singh

Rajasthan Meat Shop

S.No

Name

M/S MAHARS

26/11/2022

Address

S.No	Particulars	Qty.	Rate	Amount
	This is to certified that Raw material as provided to deptt of Culinary Arts, Faculty of Hotel Management, Manav Rachna International Institute of Research is natural organic / safe with the permissible amount of pesticide and no exposure of chemical fertilizers. The products are manufactured and stored by maintaining sustainable practices.			
			TOTAL	9 M/S 26/11/22

dy
Rajasthan

For Rajasthan Meat Shop

Receipt will not be return.

VENDORS CONTACT DETAILS

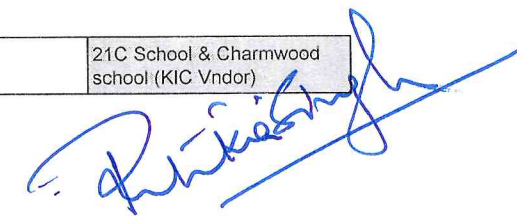
SR. NO	VENDOR NAME	VENDOR NAME	PHONE NUMBER	VENDOR TYPE	Mail ids	RAMKRS IF ANY
1	PATHIK FRESH FRUIT & VEGETABLE SUPPLIER	Mr. Vishwesh pathik, (Misra)	9899732751	Vegetables & Fruits	vishweshpathik@gmail.com	OLD
	SONU KUMAR	Mr. Sonu	8800358897 9881708886		NEW [Order start from 28/05/2022]	
2	THE PERFECT CHOICE	Mr. Vijay	9212197004	Bakery	tpchoice1@yahoo.com	
3	ARORA PROVISION STORE	Mr. Subhash	7503580949	Grocery	subharora899@gmail.com	
	GAURI SHANKAR & SONS	Mr. Shivank	9811261411 011-24376263		gaurishankarandsons@gmail.com	
4	SHREE RAM PANEER BHANDAR AND DAIRY	Mr. Suresh chand jain	9810055908	Dairy Items	shrirampaneerbhandar@gmail.com	
5	AHUJA TRADERS	Mr Ahuja	7042004950 9999899428	Disposal	ahuiatradersfaridabad@gmail.com	
	M R ENTERPRISES	Mr. Shailesh	7982664141		shailesh2055jain@gmail.com	
6	SURGICO LOGISTIX	Mr. yogesh	9871747666	Tropicana	yogesh.gandhi9@gmail.com	
7	MOHD. RASHID & CO	Mr Rashid	9911771011	Fish, Mutton chicken etc	md_rashid_company@yahoo.com	
	RAJASTHANI MEAT SHOP	Mr Mahesh	9899512602 7303455721			
8	WHIG BEVERAGE PRIVATE LTD	Mr. Pankaj	9811385506 8377023909	kinley water bottles, Tulip	tulipenterprisesgur@gmail.com	
9	FRIENDS TRADING CO	Mr. Yogesh	9871747666	Juices-Tropicana and etc	yogesh.gandhi9@gmail.com	
10	COMPETENT SYSTEM RESOURCES	Mr. Vikas	9899048884	Coffee & Tea		
11	WHIG BEVERAGE PRIVATE LTD	Mr. Naresh Mr. Vivek Mr. Amit	9911971229 9953956006 7982739031	Coca cola	easterneenterpriseccoke@yahoo.com	
12	CAVIN CARE	Mr Gopal sharma	8826233289	Milk shakes		
13	Aransh Enterprises	Miss Aarti	7838805330 8178707931	Coffee	aransh_georgia@gmail.com	Georgia Machine
14	Cab Service	Amit Aggarwal	7982713313	Cab Service		21C School & Charmwood school

GAS REPAIR VENDOR

1	Artiba Enterprises (Gas repair)	Md. Imran	9711415968	Gas repair	LEAVE IT, DO NOT CALL HIM	For Café & Mess gas repair
2	Gas repair (Munna)	Munna	9927132963	Gas repair		For Café & Mess gas repair
3	Gas repair	Kohali	9810687714	Gas repair	new One	For Café & Mess gas repair

NEW INFRASTRUCTURE VENDOR NUMBER

1	KIC	Mr. Sumit Maheshwari	9910884689 9810233417	Hot display counter, work table & etc.		21C School & Charmwood school (KIC Vndor)
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2	KIC		9810233417 9717200000	Restaurant & Kitchen equipments		
3	VANYA	Mr Pankaj kumar	8826800051	Advance kitchen set up		
4	V K MEMRA		011-40519120 40110406	Kitchen equipments		
5	DAWN		9971425506	Casper spoon, dessert fork & butter spreader & ect		
6	CAMBRO PRODUCT	Mr. Gurdeep	9582806918	Mess compartment plates & snacks		Mess compartment plates & snacks
7	COCA COLA REFRIGERATOR MACHANIC	Robin Sharma	9818303430			CAFÉ FREEZE

Pankaj Singh