

Academic Year 2022-23

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.

1. Cafeteria : Millet Mania

<https://www.facebook.com/watch/?v=1577601912734549>

Cafeteria is a very important part of any organisation and running a cafeteria is a tricky process as it involves careful attention to proper calculation of recipes, proper storage of ingredients, catering to all the clients, earning profit etc. As a part of the curriculum and to make students learn the hands-on experience on entrepreneurial skills, the students of MSc Nutrition and Dietetics II semester, organised a one day cafeteria. Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research and Studies organised a one day Cafeteria on 17th May, 2023 at Q - Block from 10am onwards.

The theme for the Cafeteria was **"Millet Mania", projecting Goodness of Millets.** Millets are highly nutritious and are used for human consumption in most of the developing countries, but their use has been primarily restricted to animal feed in developed countries. There are a variety of Millets like Sorghum, Pearl millet, Finger millet, Foxtail millet, Common millet, Little millet, Barnyard millet and Kodo millet. To promote the importance of millets, students of MSc II semester (Nutrition and Dietetics) have prepared a few recipes with incorporation of Millets.

The occasion was graced by honourable Dr N C Wadhwa, Director General, MREI, Dr Sarita Sachdeva, Dean Research, Dr Brgd RK Anand, Director General; MRIIRS, Dr Gurjeet Kaur Chawla, Dean DSW inaugurated the cafeteria at 10:30 AM. On this occasion Prof. G.L. Khanna (PVC, MRIIRS), Dr MR Rizvi, Dean, FAHS), Dr. Divya Sanghi (HOD, Nutrition and Dietetics) were also present.

All the dignitaries asked the importance of Millets from the students and appreciated the efforts of the students for nice preparation/The Menu included

1. Bindass Bhelpuri
2. Mammamia Pasta
3. Tangy Tikki
4. Mysterious Meal
5. Twerking Truffle

6. Tripsy Slush

7. Bal Banta

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



Inauguration of Cafeteria: Millet Mania



Students Preparing food



Running Cafeteria

2. Dietetics Day 2023 - Workshop consist of Healthy Recipe Competition and demonstration of recipes created by Nestle

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences celebrated Dietetics day 2023 in collaboration with Nestle Pvt. Ltd. On Dietetics day the department of Nutrition organized a recipes competition Entitled Meri Maggic Savory Challenge. The students have to prepare healthy recipes by using Maggic masala of Nestle. About 20 recipes were formulated and presented in front of Judges. Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. Pratibha Singh, Professor, Department of Nutrition and Dietetics, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of the product. The competition was exciting for students and faculty members. Followed by recipe competition, demonstration of healthy recipes was done by the Ms. Vini, experts at Nestle. He demonstrated many recipes like carrot cake, healthy chutney and many more by using Nestle products. The demonstration was innovative and very interactive. They also provide oats cornflakes

to be distributed among students of Department of Nutrition and Dietetics and Physiotherapy.

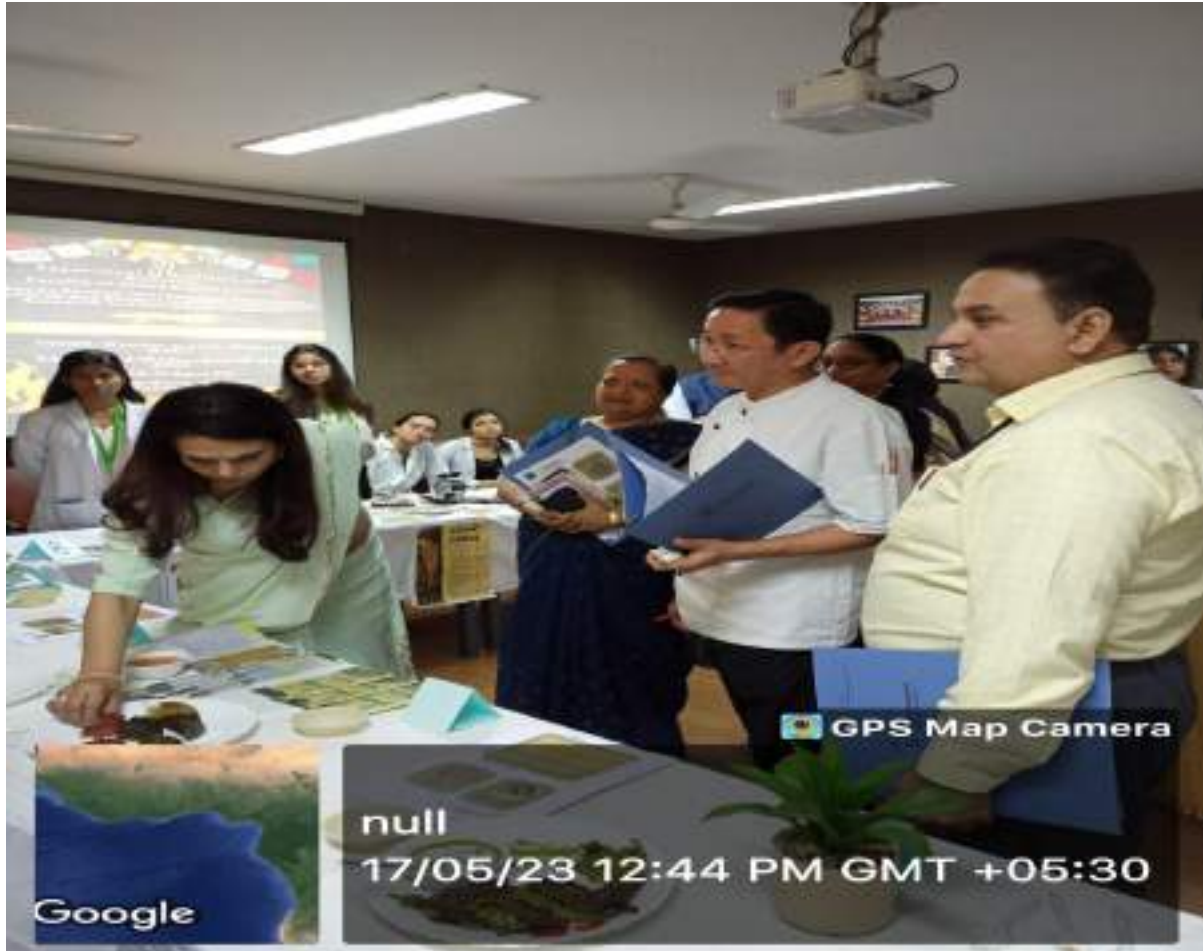


Chef Lee evaluating the food

3. Millet Recipe Competition

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences in collaboration with Research and Development center, MRIIRS celebrated International Millet Year 2023. On 17th May 2023, the department of Nutrition and Dietetics organized a Millet Recipes competition with the theme of "Wonder Grains: Magical Millets". The students have to prepare healthy recipes by using Millet and created posters and pamphlets to describe the nutritional properties of recipe and their innovation techniques. About 17 recipes were formulated and presented in front of Judges. Dr. Veena Singh, Former Director General, Health Services, Haryana; Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. M. Rizvi, Dean and Professor, Faculty of Allied Health Sciences, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of the product. The competition was exciting for students and faculty members. Dr. Veena Singh and Chef Lee gave their expertise opinion and insight to

improve their dishes or for developing a startup company. The winner was Ms. Muskan Gupta, student of MSc. Nutrition and Dietetics, Final Year. She created Momos by using millets in different colors and textures.



Dr. Veen Singh, DG, Health Services evaluating the food

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.

Day	1st Jan 21	2nd Jan 21	3rd Jan 21	4th Jan 21	5th Jan 21	6th Jan 21	7th Jan 21
1st Jan 21	11-Jan-21	12-Jan-21	13-Jan-21	14-Jan-21	15-Jan-21	16-Jan-21	17-Jan-21
2nd Jan 21	18-Jan-21	19-Jan-21	20-Jan-21	21-Jan-21	22-Jan-21	23-Jan-21	24-Jan-21
3rd Jan 21	25-Jan-21	26-Jan-21	27-Jan-21	28-Jan-21	29-Jan-21	30-Jan-21	31-Jan-21
Day	MON	TUE	WED	THU	FRI	SAT	SUN
1st	WHEAT DALIYA	VEG BIRYANI	CHICKEN	NOO MOO PAKHWA	EGG BIRYANI	BUTTER	POOR
2nd	VEG SANDOVI	VEG POKH	VEG PAKHWA	VEG BIRYANI	MTH KALAM	WHEAT	WHEAT
3rd		CHICKEN	NOO	NOO	WHEAT		WHEAT
4th			HOT BIRYANI				HOT BIRYANI
5th	TEA	TEA	TEA	TEA	TEA	TEA	TEA
LUNCH							
1st	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
2nd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
3rd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
4th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
5th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
6th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
7th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
8th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
DINNER							
1st	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
2nd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
3rd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
4th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
5th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
6th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
7th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
8th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
DINNER							
1st	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
2nd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
3rd	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
4th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
5th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
6th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
7th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA
8th	WHEAT DALIYA	CHICKEN	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA	WHEAT DALIYA

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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

SDG- 2 ZERO HUNGER



	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					

SDG- 2 ZERO HUNGER



		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



Nescafe in front of B-Block



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



Latitude:, 28.45117636648535

Longitude: 77.28493395098897

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)**

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,

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: 0129-419900 (30 lines)
MRIIRS Aravalli Campus : Sector-43, Delhi-Sarakund Road, Faridabad, Phone :0129-4199100 (30 lines)
E-mail : info@mriirs.edu.in URL : www.mriirs.edu.in

Arora Provision Store

Shop No. 84-85 Market No.5 Faridabad 121001

Phone No.: 7503580949

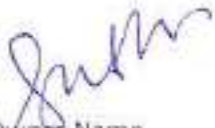
Email: subhaarora899@gmail.com

GSTIN: 06AZHPA7810N1ZA

State: DG-Haryana

Date: 03/11/2023

This is to certify that we are regular supplier of Grocery to (MRIIRS), School of Culinary & Hotel Management. We are providing good material.



Owner Name

Subhash Arora



RATHI GAS SERVICES

L2/2, Main Road, Sector-37, Faridabad

Mobile No.: 9818692636

E-mail: rathigasfbd@rediffmail.com

GST no. 06AKEPS7367B1Z3

Date: 04/11/2023

This is certifying that we are supplier of Gas Services to MRIIRS (School of Culinary & Hotel Management).

Regards



Vinod



VICKY KUMAR

Vegetable & Fruit Suppliers

Address: Dabhi Suba Mandi, Faridkot

Email: rachnausana@gmail.com +91 9009492

Date: 22/11/23

This is certify that we are trader of vegetables and fruits, which we provide to department of Culinary Arts, School of Culinary & Hotel Management, Manoj Rachna International Institute of Research. Most we provide healthy & fresh vegetables and fruits.

Desh

Vicky Kumar
Owner Name

(Vicky Kumar)



Pritika Singh

Vicky Kumar
Owner-Authorised Signature

M. R. ENTERPRISES

SCO 39 SPRING FIELD COLONY SECTOR 31-32 FARIDABAD

M-9891222666

GSTIN-06ADPJ0833A1Z5

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



Owner name

(Shailesh kumar jain)




M. R. ENTERPRISES

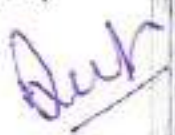
SCO 39 SPRING FIELD COLONY SECTOR 31-32 FARIDABAD

M-9891222666

GSTIN-06ADPJ0833A1Z5

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


Owner name
(Shallesh kumar jain)






BRAJVASI DAIRY

Address:- Shop No 2, Tugalpur Sbji Mandi, Greater Noida, Gautam Buddha Nagar, Uttar Pradesh, 201308

Phone No. 9871154244

GSTIN:- 09EAAPK3971A1ZX

Email ID- brajvasidaairy12@gmail.com

This is to certify that we are trader of quality products which we provide to Milk, Paneer, Bread, Soya Chaap, Dahi, Amul Butter, Amul Cheese Tin, Nutralite Butter, Noodles, Amul Cream, Khoya to Manav Rachna International Institute of Research and Studies.

Subh


Owner
Pawan Kuntal


Authorised Signature


Pritish

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, (Mitra)	9899732751	Vegetables & Fruits	vishweshpathik@gmail.com	OLD
	SONU KUMAR	Mr. Sonu	8800358897 9581708886		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	subharora89@gmail.com	
	GAURI SHANKAR & SONS	Mr. Shivank	9811251411 011-24375253		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	ahjatradersfaridabad@gmail.com	
	M R ENTERPRISES	Mr. Shailesh	7982664141		shahesh1055ain@gmail.com	
6	SURGICO LOGISTIX	Mr. yogesh	9871747666	Tropicana	yogesh.gandhi@gmail.com	
7	MOHD. RASHID & CO	Mr Rashid	9911771011	Fish, Mutton chicken etc	md_rashid.compeny@yahoo.com	
	RAJASTHANI MEAT SHOP	Mr Mahesh	8898512602 7303455721			
8	WHIG BEVERAGE PRIVATE LTD	Mr. Pankaj	8811385506 8377023909	kinley water bottles, Tulp	tulpenterpriseour@gmail.com	
9	FRIENDS TRADING CO	Mr Yogesh	9871747666	Juices-Tropicana and etc	yogesh.gandhi@gmail.com	
10	COMPETENT SYSTEM RESOURCES	Mr. Vikas	9899049884	Coffee & Tea		
11	WHIG BEVERAGE PRIVATE LTD	Mr. Naresh Mr. Vivek Mr. Amit	9911971229 9953956006 7982739031	Coca cola	sastomesenterpriseccoke@yahoo.com	
12	CAVIN CARE	Mr Gopal sharma	8828233289	Milk shakes		
13	Aransh Enterprises	Miss Aarti	7838805330 8178707931	Coffee	aransh_enterpr@gmail.com	Georgia Machine
14	Cab Service	Amit Aggarwal	7982713313	Cab Service		21C School & Chamwood school

GAS REPAIR VENDOR

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

NEW INFRASTRUCTURE VENDOR NUMBER

1	KIC	Mr. Sumit Maheshwari	9910554688 9810233417	Hot display counter, work table & etc.		21C School & Chamwood school (KIC Vndor)
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P. Pathik

2	KIC		9810233417 9717200000	Restaurant & Kitchen equipments	
3	VANYA	Mr Pankaj kumar	8826800051	Advance kitchen set up	
4	V K MEMRA		011-40619120 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

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.

D. Sustainable Food Policy of MRIIRS



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH
AND STUDIES**

(FORMERLY MANAV RACHNA INTERNATIONAL UNIVERSITY)
Deemed to be University under section 3 of the UGC Act,1956

**Sustainable Food Policy
(Policy and standard Operating Procedures)**

Year 2018



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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Background: A sustainable food system focus on food availability that protect the environment, humanity and the economy. Food systems incorporate all the phases essential to feed the global population from production of raw material to actual food on plate. The Manav Rachna International Institute of Research & Studies (MRIIRS) promotes sustainable food system keeping in mind the health of its students, employees, guests and visitors. The objective of Sustainable Food Policy is to create a framework for Manav Rachna family to ensure that the raw material sourced and food produced, consumed and disposed by the university keeping in view to protect the environment, provides balanced meal to benefit the society and to promote Zero hunger.

Policy Statement

- Promotion of Plant based food in catering outlets, hostel mess and hospitality services.
- No consumption of red meat and less availability of lean meat (Chicken and egg), thrice a week in hostel mess and catering outlets. Meat free alternatives has to be provided as replacement.
- Raw materials like vegetables and fruits have to be sourced by local venders and should be free from pesticides and insecticides.
- All dry products and packed products have to be FSSAI certified.
- Seasonal menu should be encouraged in catering outlets, hostel mess and hospitality services to promote the seasonal nutrient availability.
- Food waste need to be monitored, tracked and recorded as per the approved Standard Operating Procedures as listed in Annexure A.
- Composite plant and animal feed are allowed as Food waste management strategies.
- Waste management instruments need to be installed to promote healthy environment in kitchen.
- Well balance nutritious meal is a mandatory component. The food menu should be focused on providing appropriate proportion of macro and micronutrients in every meal provided by hostel mess.
- Use of trans fat and saturated fat are restricted.
- Provision of minimum two fruits in a day is promoted in hostel mess menu.

- Use of less salt, sugar and unsaturated fat content in freshly prepared menu is recommended.
- Nutrition education should be provided to consumers – students, employees, guest and visitors regarding balanced diet, food waste management strategies on personal level and benefits of nutrients in promotion of healthy human behavior and fitness.

Applicability

Faculty, employees, students, volunteers, trainees, supplemental staff employed through contract agencies or outside trade unions, vendors, guests, and visitors are all included in the scope of this policy's applicability.

Responsibility

To ensure this policy is followed consistently across the MRIIRS campus, everyone involved must treat each other with dignity and respect and work together.

Annexure A

For effective implementation of this Sustainable Food Policy, the Standard Operating Procedures as outlined in **Annexure A** shall be observed.

1. Food nutrition and wastage audit committee shall be constituted at the Institute level.
2. The roles and responsibilities of the food nutrition and wastage audit committee shall include conduct of awareness sessions to minimize the food wastage, collate and analyze the food wastage records, draft the strategies to minimize the food waste, sustainable disposition of generated food waste, monitor waste food management, to ensure the availability of sustainable, healthy and affordable food choices on campus, conduct awareness on sustainable farming practices, training on sustainable technical agricultural aspects, etc.
3. Cyclic food menus shall be followed by all the hostel mess committees, sustainable-healthy and affordable food choices shall be offered by all food outlets including hostel mess.
4. The nutritive value of offered food menus and hostel mess shall be monitored by the committee.
5. Committee shall collate the records of campus food wastage on every day basis through MIS as per proforma approved as **Annexure B**.
6. The records shall be discussed on the monthly basis in the meeting of food nutrition and wastage audit committee meeting. The recommendations of the committee shall be shared with the respective representatives of the campus food outlets and hostel mess committee for the subsequent actions.
7. The Action Taken/Initiated Reports as submitted by the representatives of the campus food outlets and hostel mess committees shall be discussed during the subsequent meeting of food nutrition and wastage audit committee to monitor the progress and further interventions.

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MONTHLY CAMPUS FOOD WASTAGE AND MANAGEMENT TRACKING SYSTEM

Name of the Unit (Food Outlet Details/Hostel Mess Details)	
Name of the contact person	
Email ID	
Contact Number	
Location of the Unit	
Amount of Food waste during transportation (perishable items)(kgs.)	
Amount of Food waste during production of excess food (kgs.) A. Dry Waste B. Wet Waste	
Amount of Food waste from large portion size of food served (kgs.)	
How do you manage the food waste produced at your outlet?	<ul style="list-style-type: none"> • Animal Feed • Organic Compost • Food sent to shelter homes through Dr O. P. Bhalla Foundation • Sent to Food Unit of Manav Rachna Innovation and Incubation Centre

MRIIRS MIS link to record Food Wastage and Management:

<https://forms.gle/ZCF165Rda1wPEQcu6>