



Food Accessibility Policy Document

1. Introduction

At Manipal University Jaipur, we acknowledge that access to nutritious food is a vital component of overall well-being for our students, faculty, and staff. This policy document outlines our dedication to ensuring that everyone within the university community has access to affordable, nutritious, and culturally diverse food choices on campus.

2. Objective

The main objective of the Food Accessibility Policy is to cultivate a campus environment that supports the nutritional and physical needs of our community members, while also respecting their varied dietary preferences and requirements. To promote the availability of culturally diverse food options that reflect the diverse backgrounds of the university community, fostering inclusivity and respect for cultural dietary practices.

3. Principles

Our approach to food accessibility is shaped by the following guiding principles:

a. Inclusivity

We aim to provide a variety of food options that cater to a wide range of dietary preferences and requirements, including but not limited to vegetarian, vegan, gluten-free, and other specific dietary needs.

b. Affordability

We are committed to keeping meal options affordable, ensuring that cost is not an obstacle to accessing healthy and nutritious meals.

c. Nutrition

We prioritize the availability of balanced and nutritious food options to promote the health and well-being of our university community.

d. Sustainability

We embrace environmentally sustainable food practices, such as sourcing local ingredients whenever possible and implementing food waste reduction measures.

e. Collaboration

We actively seek input from stakeholders—including students, faculty, staff, and food service providers—to continually enhance food accessibility on campus.

4. Campus Dining Facilities





Manipal University Jaipur shall maintain and oversee a variety of dining facilities on campus, including cafeterias and dining halls. These facilities will adhere to the following guidelines:

a. Menu Diversity:

Menus shall offer a diverse range of food options, including international cuisines, to cater to the cultural and dietary preferences of our community.

b. Nutritional Information:

Nutritional information for menu items shall be readily available to help community members make informed choices.

c. Special Dietary Needs:

Special dietary needs, such as vegetarian, vegan, gluten-free, and allergen-free options, shall be clearly marked and available.

d. Pricing:

Meal pricing shall be reasonable and competitive with local off-campus options.

e. Sustainable Practices:

Dining facilities shall implement sustainable practices, including reducing single-use plastics, sourcing local and organic ingredients when feasible, and managing food waste responsibly.

5. Student Initiatives

Manipal University Jaipur encourages and supports student-led initiatives that improve food accessibility on campus. Such initiatives may include community gardens, food banks, and meal-sharing programs. The university will provide the necessary space, resources, and administrative backing to support these initiatives.

6. Regular Assessment and Improvement

A Food Accessibility Committee will be established to monitor and enhance food accessibility policies and practices on campus. This committee will comprise representatives from students, faculty, staff, and food service providers.





7. Communication and Feedback

Manipal University Jaipur will maintain open lines of communication with the university community to solicit feedback and suggestions on food accessibility. Regular surveys and feedback mechanisms will be employed to collect input from students, faculty, and staff.

8. Conclusion

Manipal University Jaipur is dedicated to creating a campus environment where food accessibility is prioritized. This policy document lays the foundation for our ongoing efforts to offer nutritious, affordable, and diverse food options that meet the needs of all members of our university community.

Number	Year	Major Revision
Version 4.0	2024	Nutrition Prioritized
Version 3.0	2022	More Affordable Food Choices
Version 2.0	2021	COVID 19 Regulations
Version 1.0	2020	Initial policy

Approval



Manipal University Jaipur's Commitment to Affordable and Healthy Food Choices for All

At Manipal University Jaipur (MUJ), we understand that providing affordable, nutritious, and accessible food options is essential for the well-being and success of our students, staff, and campus community. MUJ is dedicated to ensuring that everyone has access to healthy meals that promote academic achievement, enhance physical health, and support overall wellness. Through thoughtful menu planning, partnerships, and campus-wide initiatives, MUJ offers a variety of food options that balance both affordability and nutrition, helping foster a healthy, thriving campus environment.

MUJ offers meal plans at subsidized rates to make nutritious meals more accessible to students. These meal plans provide value-driven options for breakfast, lunch, and dinner, allowing students to enjoy well-balanced meals that fit their budgets. Campus dining services offer a range of affordable menu items, ensuring that healthy choices are available at reasonable prices. From fresh salads to wholesome soups and staple meals, MUJ's dining facilities cater to a variety of dietary preferences without compromising affordability. MUJ regularly introduces student discount programs on select meals and offers food drives during peak academic seasons to alleviate financial pressure on students, ensuring that no one on campus must go without a nutritious meal.

MUJ dining services design menus that emphasize balanced, nutritious options. Meals are prepared using a combination of whole grains, lean proteins, fresh fruits, and vegetables to provide essential nutrients and support a healthy lifestyle. To accommodate diverse dietary needs and preferences, MUJ offers a variety of vegetarian and vegan options, which are both nutritious and affordable. These options not only contribute to a more sustainable food system but also promote heart health and encourage students to try new, health-conscious foods.

MUJ's dining services offer low-sugar, low-fat, and low-sodium menu options, allowing students and staff to make healthier choices. Nutritional information is provided to help individuals make informed decisions about their meals, supporting those who are managing specific dietary needs. MUJ dining facilities source seasonal fruits and vegetables from local farms whenever possible, promoting a fresher and more nutritious dining experience. Local sourcing reduces the time between harvest and consumption, helping to preserve vital nutrients in fresh produce.

MUJ is dedicated to reducing the use of highly processed foods on campus. Instead, we focus on offering meals prepared from scratch, using fresh ingredients that provide more flavor and nutrition without the added sugars, sodium, and preservatives commonly found in processed foods. The university upholds strict food safety and quality standards to ensure that every meal served is safe, nutritious, and prepared with care. Regular inspections and quality control processes guarantee that all dining facilities maintain the highest standards.

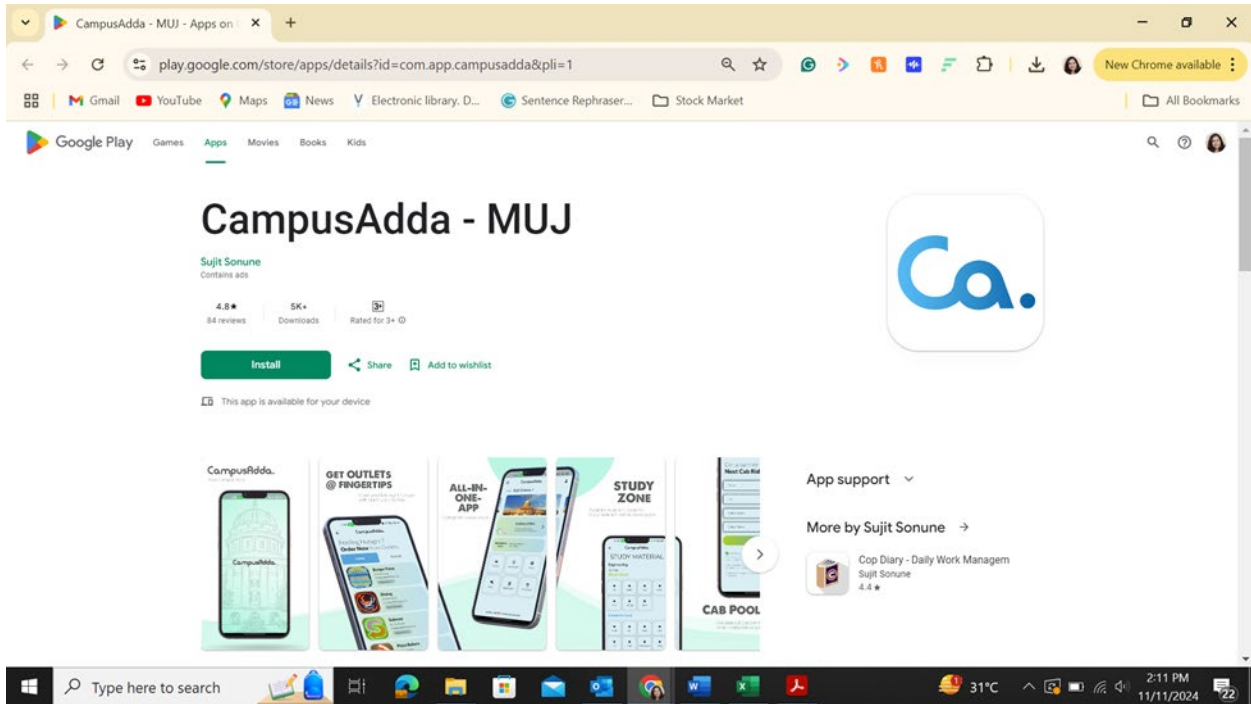
MUJ offers workshops and informational sessions on healthy eating, meal planning, and cooking techniques. These workshops help students understand how to maintain a balanced diet on a budget and provide them with skills to make nutritious meals independently. Throughout the academic year, MUJ runs campaigns that promote the benefits of healthy eating and provide tips for making affordable, nutritious food choices. These campaigns encourage students and staff to incorporate healthier foods into their diets and to explore new, nutrient-rich options available on campus. MUJ integrates wellness resources into its campus life, including access to dietitian consultations, health assessments, and wellness guides. These resources help students develop personalized approaches to healthy eating that align with their lifestyle and financial needs.

MUJ values collaboration with local suppliers, businesses, and organizations to enhance the quality and affordability of food choices on campus:

MUJ works closely with local vendors to provide high-quality, affordable produce and other ingredients, ensuring that campus dining services can offer nutritious meals at reasonable prices. These partnerships also strengthen ties with the community and promote regional economic growth. MUJ collaborates with community organizations to support food assistance initiatives, ensuring that no student faces food insecurity. Through these partnerships, the university provides resources and support for students who may need additional assistance in accessing affordable meals. MUJ encourages student involvement in food-related initiatives, including volunteering in community gardens and participating in sustainability-focused clubs. By engaging students in these activities, MUJ fosters a sense of responsibility for sustainable and healthy eating practices.

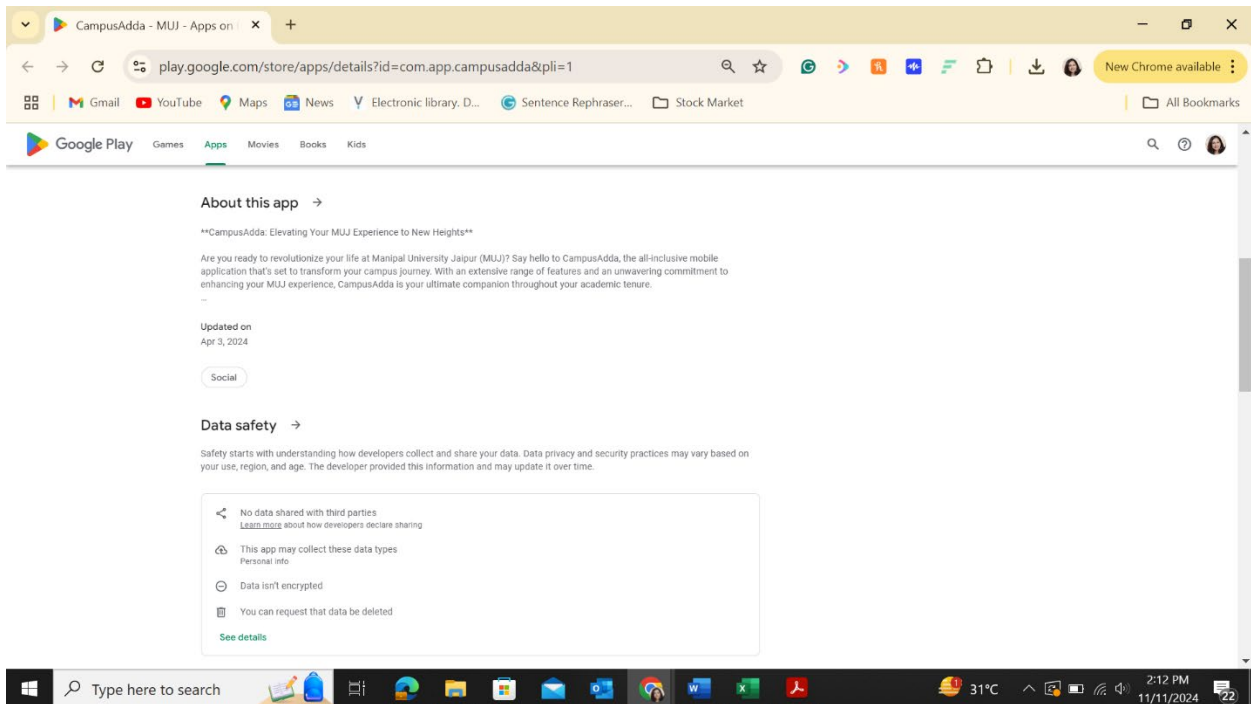
Manipal University Jaipur's commitment to providing affordable, healthy, and accessible food choices reflects its dedication to the well-being of its campus community. By offering nutritious meals that cater to diverse dietary needs and budgets, MUJ empowers students and staff to make healthier choices, supporting both their academic success and personal growth. Through continued innovation, partnerships, and a strong focus on affordability, MUJ strives to create a campus environment where everyone can enjoy meals that are both nourishing and budget-friendly.

Application available on Google Play Store to access food menu at MUJ Campus:



The screenshot shows the Google Play Store page for the 'CampusAdda - MUJ' app. The app is developed by Sujit Sonune and has a 4.8-star rating from 84 reviews. It is available for free (S\$0) and has over 5K+ downloads. The app is compatible with devices rated for 3+.

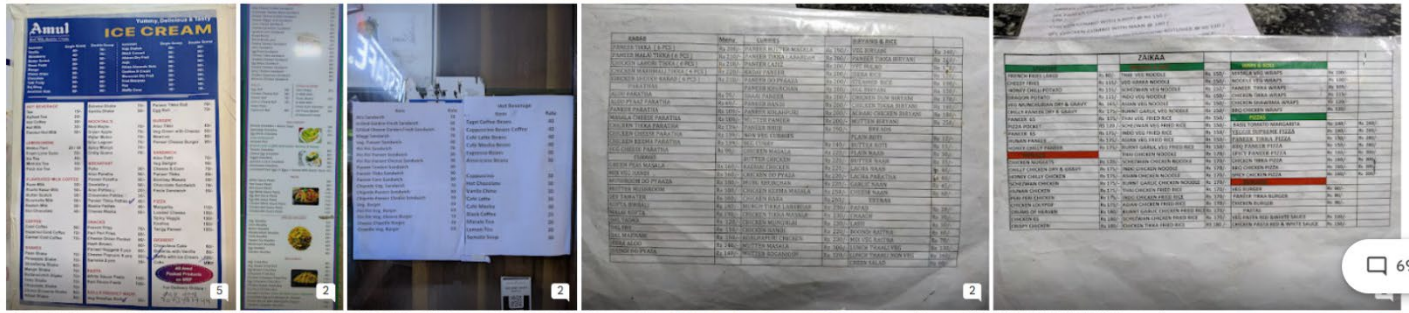
The app's features are highlighted in a carousel: 'GET OUTLETS @ FINGERTIPS', 'ALL-IN-ONE-APP', 'STUDY ZONE', and 'CAB POOL'. The app support section lists other apps by the developer, including 'Cop Diary - Daily Work Manager'.

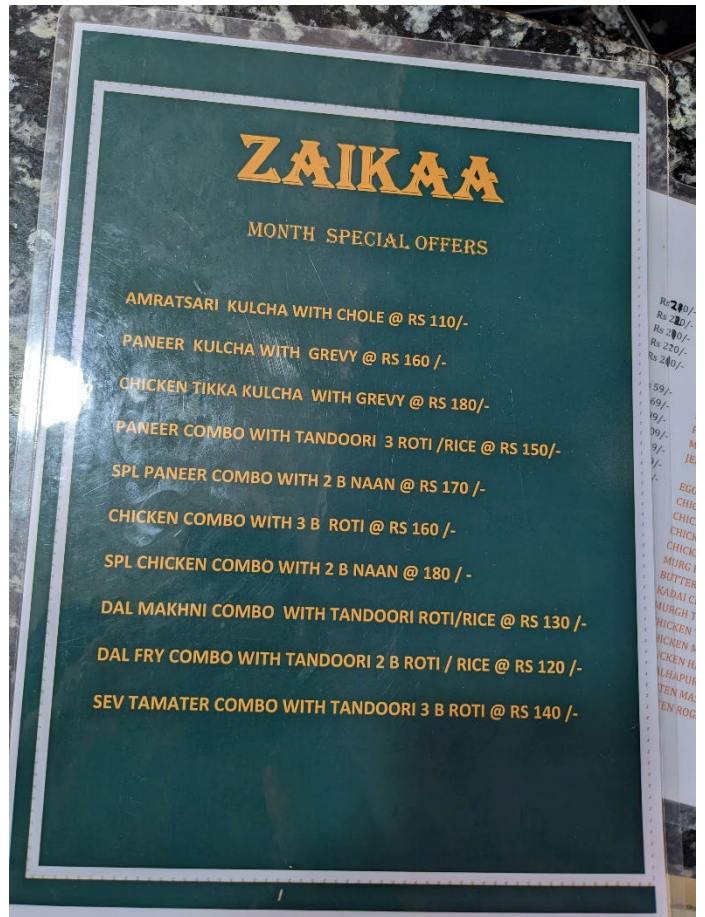
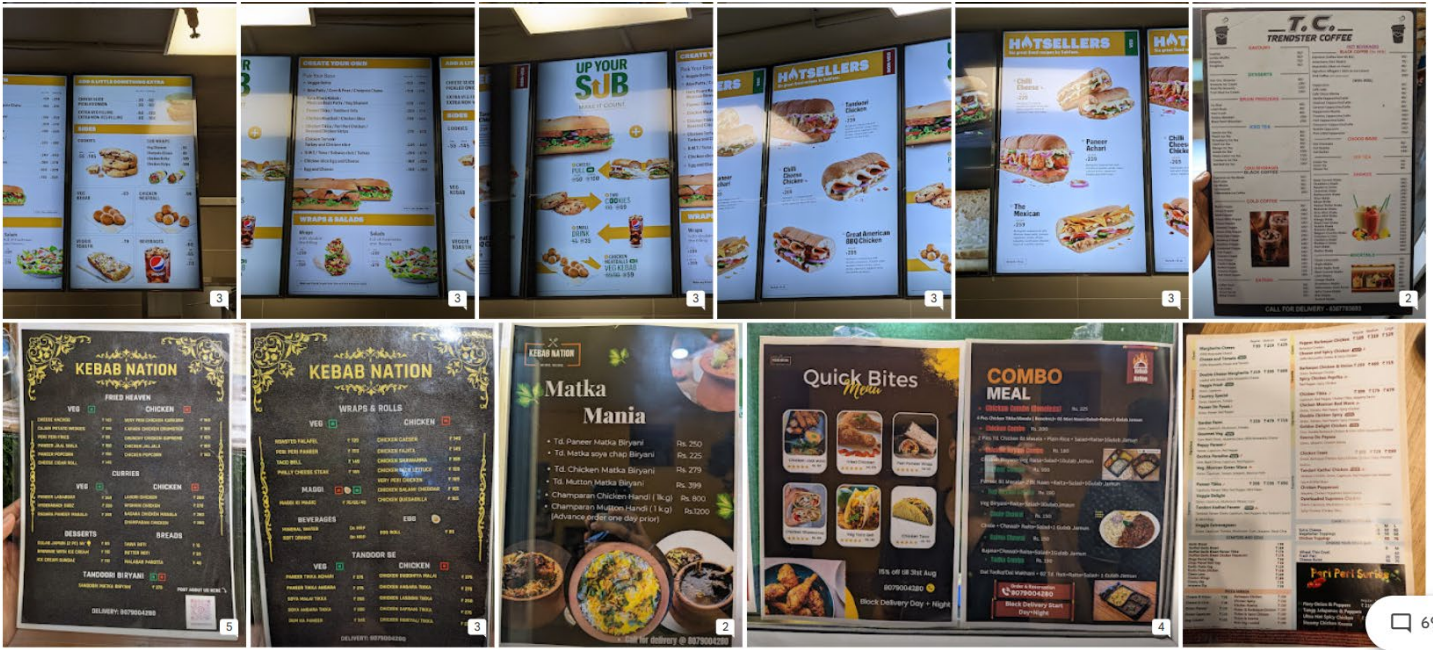


The screenshot shows the 'About this app' section for 'CampusAdda - MUJ'. The app's tagline is '**CampusAdda: Elevating Your MUJ Experience to New Heights**'. The description states: 'Are you ready to revolutionize your life at Manipal University Jaipur (MUJ)? Say hello to CampusAdda, the all-inclusive mobile application that's set to transform your campus journey. With an extensive range of features and an unwavering commitment to enhancing your MUJ experience, CampusAdda is your ultimate companion throughout your academic tenure.'

The app was updated on April 3, 2024. The 'Data safety' section indicates that no data is shared with third parties, the app may collect personal info, and data is not encrypted. Users can request that their data be deleted.

Affordable Food Menu at MUJ Campus:







Fresh Fruits



Watermelon

30 Calories 100 grams

Rp. 😊.000



Pineapple

50 Calories 100 grams

Rp. 😊.000



Strawberry

Single large Strawberry has six calories

Rp. 😊.000



Apple

100 grams 52 Calories

Rp. 😊.000



Banana

100 grams 89 Calories

Rp. 😊.000



Gauva

100 grams 68 Calories

Rp. 😊.000

Flavoured Milk



Bournvita Milk
Tann ki Shakti
Mann ki Shakti

Rp. 90,000



Elachi Kesar Milk
Original Kesar Milk

Rp. 100,000



Rose Milk
Fresh Rose Milk

Rp. 110,000



Chocolate Milk
Chocolate with
Fresh Cream Milk

Rp. 100,000

More Options in Fresh Fruits & Flavoured Milk Block Delivery (Day + Night)

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NEW
WAFFLE
sundae

Duo so good, it makes you go
#WAFF-A-SUNDAE!

Baroffee Sundae
Berry Red Velvet Sundae
Choco Brownie Sundae

STARTING AT
₹110

SAME GREAT TASTE

New
ALMOND FLOUR
WAFF-WICH®

ADD
₹30

RICH IN FIBRE
0%
MAIDA
100% VEG

TRY OUR DELICIOUS BEVERAGES

OREO SHAKE
BELGIAN CHOCOLATE
SIGNATURE COLD COFFEE
COOLERS

HAPPY HOURS

1 PM TO 5 PM | MON-FRI

GET

- 2 WAFFLES AT ₹ 250/-
- 3 WAFFLES AT ₹ 350/-
- 4 WAFFLES AT ₹ 450/-

*All waffles are applicable except: Italian Nutella, Triple Chocolate and Sundaes
*Offer valid on in-store purchase only



DATE	16.09.23	17.09.23	18.09.23	19.09.23	20.09.23	21.09.23	22.09.23
DISH TYPE	Monday	Tuesday	Wednesday	Thursday	FRIDAY	Saturday	Sunday
Main- I	CARROT IDLI	ALOO PARANTHA	MASALA POORI	VEG UTPAM	VEG POHA	VADA	CHOLE MASALA
	ANDHRA SAMBAR	CURD	ALOO BHAJI	SAMBAR	SEVIYAN UPPMA	SAMBAR	BHATURA
Main- II	MASALA DALIYA	CORN FLAKS	PINEAPPLE HALWA	SPROUT CHAT		SOOJI UPPMA	CORN FLAKS
	COCONUT CHUTNEY				TOMATO CHUTNEY	COCOENUT CHUTNEY	GREEN CHUTNEY
BREAD	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT	PLAIN BREAD/ WHOLE WHEAT
HOT Beverage	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK	TEA, COFFEE, MILK
	COLESLAW	POTATO CUCMBER	COLESLAW	POTATO CUCMBER	COLESLAW	COLESLAW	POTATO CUCMBER
EGG	EGG BHUJI		BOILED EGG		BOILED EGG		BOILED EGG
Fruit	BANANA		BANANA		BANANA		BANANA
Butter	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER	BUTTER
Jam	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM	FRUIT JAM
Pickle	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE	MIXED VEG PICKLE
LUNCH (12:00 to 14:30)							
Salad	GREEN SALAD	SPROUT CHAT	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	CORN PEANUT CHAT
Rice Dish	MUTTER RICE	STEAM RICE	JEERA RICE	Steamed Rice	STEAM RICE	STEAMED RICE	VEG PULAO
DAL	LUSOONI DAL TADKHA	RAJAMA RAS WALA	KADHI PALAK HING	CHANA MASALA	DAL KHOLAPURI	BLACK CHANA	DAL FRY
VEG	ALOO PARMAL	KADHAI SOYA MUTTER	LAUKI DO PAYAZ	ALOO TAMTAR	KOFFTA CURRY	RED PUMKIN MASALA	BHINDI
Curd/SOUP	BUTTER MILK	CURD	BUTTER MILK	RASANA	BUTER MILK	jal jeera	SWEET LASSI
Bread- I	MULTIGRAIN ROTI/ JEERA ROTI	MULTIGRAIN ROTI/ masala roti	MULTIGRAIN ROTI/ AJWANI ROTI	MULTIGRAIN ROTI/ mesi roti	MULTIGRAIN ROTI	MULTIGRAIN ROTI/ Poori	MULTIGRAIN ROTI
CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI	FRIED CHILLI
SPECIAL	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY	COCONUT CHUTNEY	GARLIC CHUTNEY	GARLIC CHUTNEY
PAPAD	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS	COLOUR FRYUMS	FRYUMS
H.T(17:30TO18:30)							
MAIN	VEG MAGGI	SWEET BUN	DHOKLA	ALOO SANDWICH	MIX VEG PAKODA	ALOO PUFF	BHEL PURI
TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
DINNER(19:30TO21:30)							
Salad	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	rasam	PASTA SALAD	GREEN SALAD
Rice Dish	PLAIN RICE	Plain Rice	STEAMED RICE	Plain Rice	sambar	STEAMED RICE	VEG BIRYANI
DAL	GREEN MOONG DAL	DAL FRY	MIX DAL	DAL MAKHANI	avial(mix veg in coconut milk)	DAL PUNJABI	MIX MOTI DAL
VEG		ALOO BHUJI		TANDOORI CHAP MASALA	vada	TAWA VEG	MALI KOFFTA
PANEER	KADHAI PANEER		PANNER LABABDAR		coconut chutney		
NON VEG	ANDHAR EGG CURRY		CHICKEN TARIWALA		malabar paneer		CHICKEN BIRYANI
Dessert		FRUIT CUSTARD		PUDDING	plain rice/ tomato rice	COCONUT BASIN BURFI	VEG RAITA
Bread- I	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	MULTIGRAIN ROTI	chapati	MULTIGRAIN ROTI	MULTIGRAIN ROTI
					kosambari salad		
					dal payasam		
					papad		

