

## **Manipal University Jaipur's Interventions to Prevent and Alleviate Food Insecurity Among Staff**

At Manipal University Jaipur (MUJ), we recognize that food security is a fundamental aspect of well-being, and we are committed to supporting the health and financial stability of our staff members. We understand that, while food insecurity can be a significant concern for students, it may also affect staff members, impacting their quality of life and overall job satisfaction. To address this, MUJ has established several initiatives aimed at preventing and alleviating food insecurity among our staff, ensuring they have consistent access to nutritious and affordable food options.

MUJ is in the process of developing an on-campus food pantry program where staff members can access free, shelf-stable items such as rice, lentils, canned vegetables, and other essential foods. This service helps alleviate food insecurity by providing a reliable source of groceries for those who may need it.

MUJ conducts workshops that cover topics such as meal planning, budgeting for groceries, and preparing healthy meals on a budget. These workshops are designed to help staff make the most of their food budget while prioritizing nutrition. The university organizes campaigns throughout the year to raise awareness about healthy, affordable eating habits. These campaigns include tips for incorporating more plant-based, cost-effective foods and emphasize the benefits of balanced meals. Recognizing that food insecurity is often linked to broader financial challenges, MUJ offers financial counseling services. These services include guidance on budgeting, managing expenses, and accessing financial resources, all of which can help staff members manage their finances more effectively and reduce food insecurity.

MUJ hosts periodic community meals for staff, offering an opportunity to enjoy a healthy, free meal while building connections with colleagues. These events foster a sense of community and allow staff members to gather in a relaxed and supportive environment. As part of our broader wellness initiatives, MUJ integrates food security awareness into employee wellness programs. Staff members are encouraged to access resources and participate in discussions on topics such as healthy eating, managing stress, and prioritizing wellness.

MUJ collaborates with local organizations and NGOs that address food insecurity in the region. Through these partnerships, staff members can access additional resources and support services to supplement their needs. All food assistance programs at MUJ are designed to be confidential, allowing staff members to seek help without fear of judgment. Whether applying for meal support, accessing the food pantry, or attending financial counseling, staff members can rely on the university's commitment to discretion and respect.

Recognizing that food insecurity can sometimes result from broader financial or scheduling challenges, MUJ has policies in place that allow for flexible work arrangements when needed.

These options enable staff to work around personal commitments, including responsibilities related to family food security.

MUJ regularly seeks feedback from staff members on food-related needs and challenges. This ongoing dialogue ensures that our food security initiatives are responsive, effective, and continually improved based on the real experiences of our staff.

Manipal University Jaipur is dedicated to provide a supportive, inclusive environment that addresses food security challenges among our staff. By offering affordable meal options, food assistance programs, educational resources, and community support, MUJ aims to create a campus where every staff member has reliable access to nutritious food. Our commitment to addressing food insecurity reflects our belief that a healthy, engaged workforce is the foundation of a thriving campus community. Through these ongoing efforts, MUJ strives to ensure that all staff members feel supported, valued, and empowered to achieve their personal and professional goals.

**Food Mess at MUJ Campus for Staff:**

Manipal University Jaipur provides food for staff at the subsidized rate of **Rs 80/-** per meal or a **Monthly Pass of 1450/-** for the menu below.



MANIPAL UNIVERSITY  
JAIPUR

NAAC  
A+

MUJ Faculty Club  
*invites all faculty and staff members for*  
*Holi celebration*  
Let us be together again !! Let us play Holi..

**HAPPY HOLI**

*Grace the occasion with  
your benign presence.*

**Date: 03<sup>rd</sup> March 2023**

Time: 4.00 pm - 5:15 pm (Dr TMA Pai Auditorium)  
Time: 5.15 pm - 6:00 pm (Old Food Court)









