



Sustainable food choices on campus

The Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh, actively promotes sustainable and responsible food consumption practices across its whole campus dining facilities, including the hostel mess and university canteens. The university ensures that all members of the campus community have access to nutritious, environmentally friendly, and inclusive food choices. To fulfill the requirements of this indicator, the university has implemented the following measures:

a) Provision of Fresh and Sustainable Food Options

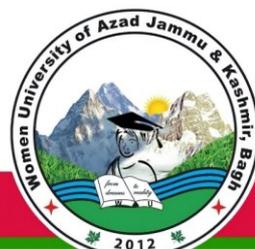
The university prioritizes the use of fresh, locally sourced ingredients to minimize environmental impact and support local producers. The university organized the kitchen gardening trainings ([Annex I](#)) and subsequently maintained contact with local farmers to obtain fresh, healthy food items ([Annex II](#)). Food is prepared using responsible cooking practices that reduce waste and promote health and sustainability.

b) Availability of Vegetarian and Vegan Meals

Both the hostel mess and canteen menus include vegetarian and plant-based meal options, ensuring inclusivity for individuals with diverse dietary preferences and promoting plant-based diets as a sustainable lifestyle choice. The menu of items in the canteen, offered at reasonable rates, and the hostel mess weekly menu are provided in [Annex III](#).

c) Promotion of Responsible Consumption

The university raises awareness among students and staff regarding healthy eating habits ([Annex IV](#)), portion control, and minimizing food waste (by implementing the policy provided in [Annex V](#)). Efforts are made to align campus food practices with environmental sustainability and public health goals.



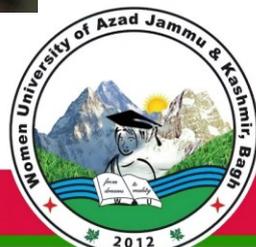


Annex I



Kitchen Gardening Training

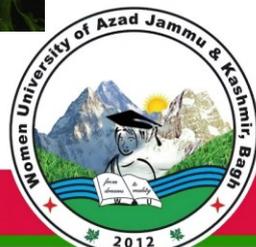
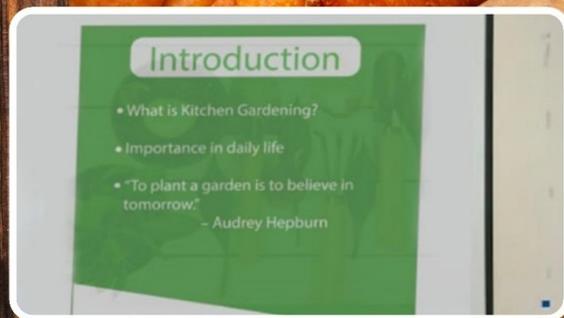
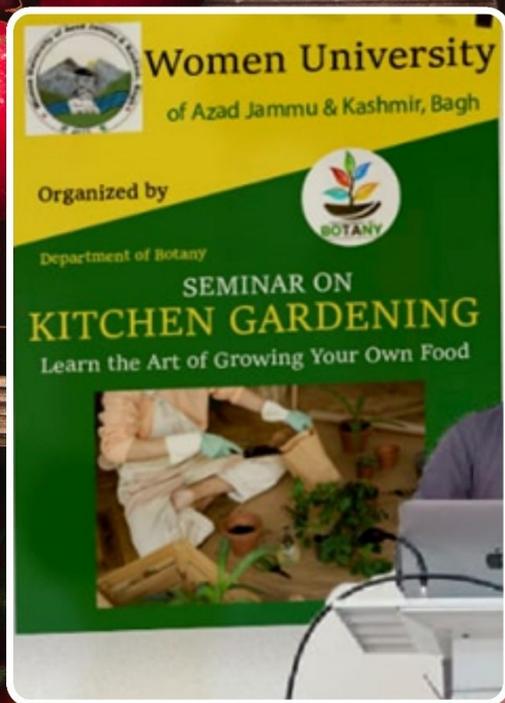
November, 2024





Seminar on Kitchen gardening

04 November, 2024





Seminar and Demonstration on Vegetable Cultivation

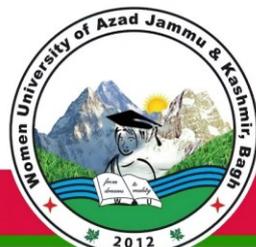
05 November, 2024





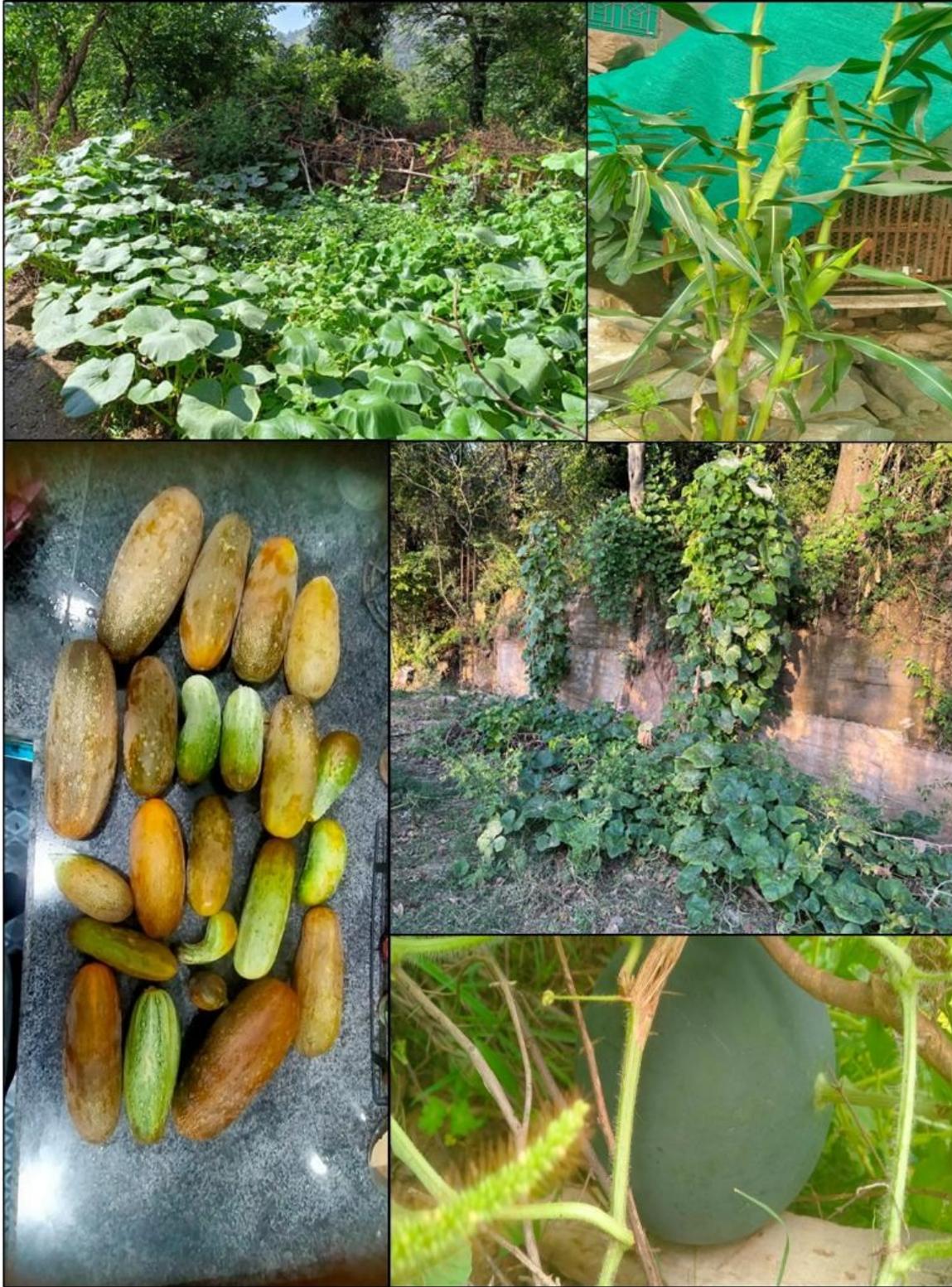
**Promoting Sustainable Livelihoods Through University Staff
Participation in Agricultural Shows**

19 October, 2024





Annex II





WOMEN UNIVERSITY

OF AZAD JAMMU & KASHMIR, BAGH. Website: www.wuajk.edu.pk
OFFICE OF DIRECTORATE STUDENT AFFAIRS
Contact # 05823-960043

No: WUAI&K/DSA/ 835 /2025

Date: 06-08-2025

Comparison Some Common item and their Prices

Food items	Market price(full/half)	University rates (full/half)
Biryani	600/350	250/100
tea	90	30
vegetable	200/150	80/40
Dal	200/150	80/40
Chicken pulao	600/350	250/100
paratha	50	20

 06/08/25

Director Student Affairs



No: WUAJ&K/DSA/835/2025

Date: 06-08-2025

Report on Food Quality

January 2024-December 2024

The Directorate of Student Affairs at Women University of Azad Jamu and Kashmir (WUAJ&K) Bagh is committed to ensure students access to nutritious and hygienic food provide in hostel mess. The purpose is to evaluate the standard of meals served to the residents in term of taste, hygiene, and overall satisfaction. The findings are based on direct observation, student feedback, and review of food preparation practices.

Objectives

1. To assess the quality, variety and nutritional value of food served.
2. To evaluate cleanliness and hygiene standards in the kitchen and dining areas.
3. To identify issues raised by girls regarding meals services.
4. To suggest recommendations for improvement.

Methodology

The following methods are employed in preparations of the report:

- Inspection of kitchen storage and dining facilities.
- Sample testing of meals across different times of a day.
- Interaction with kitchen staff.
- Review of food menu.

Observations and findings

1. Food Quality and Taste

- The meals served are generally edible and moderately palatable.
- Moderate use of oil and apices was observed.
- Rice and chapattis were cooked properly.

2. Menu and variety

- The weekly menu is of sufficient variety.
- Breakfast, lunch and dinner are better in quality.
- Fruits are not included in menu.

3. Nutritional balance

- The diet is proper balanced in Protein and Fiber,
- Green vegetables are served.
- Junk food is completely avoided which is positive

4. Hygiene and Cleanliness

- The kitchen staff follows basic hygiene protocols.

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4. Hygiene and Cleanliness

- The kitchen staff follows basic hygiene protocols.
- Storage of raw material is acceptable.
- The dining hall is kept clean.

5. Student feedback

- Majority of the students expressed satisfaction with the menu.
- Meals served on time
- Positive feedback was received on the attitude of kitchen staff and cleanliness efforts.

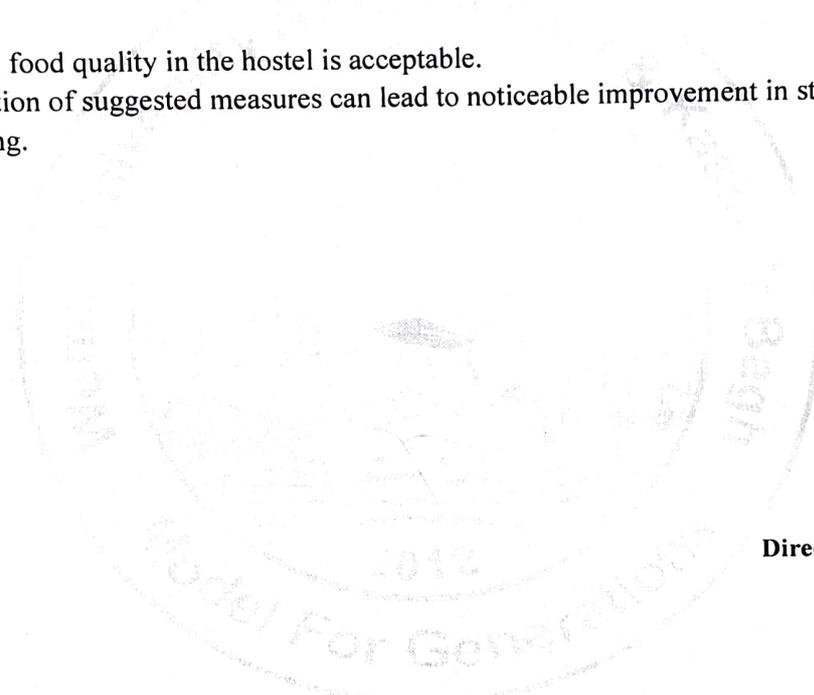
Recommendations

- Include fruits and dairy products and green vegetable regularly.
- Organize monthly hygiene and nutrition workshop for kitchen workers.

Conclusion

The over all food quality in the hostel is acceptable.

Implementation of suggested measures can lead to noticeable improvement in student satisfaction and wellbeing.

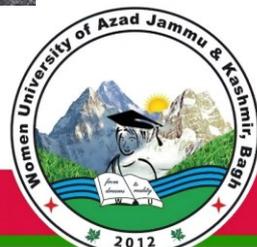


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Director Student Affairs



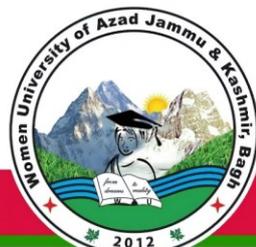
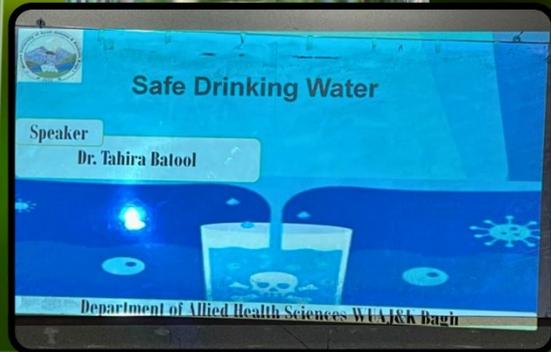
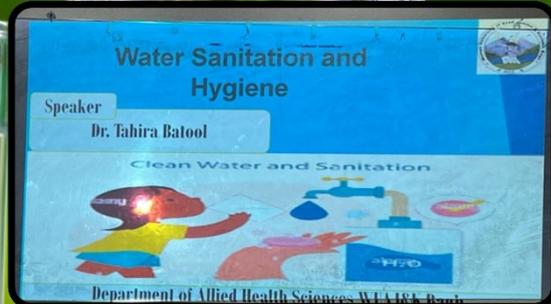
Annex IV





Seminars on Safe Drinking Water and Water, Sanitation, and Hygiene

11 April, 2024





WOMEN UNIVERSITY

OF AZAD JAMMU & KASHMIR, BAGH. Website: www.wuajk.edu.pk

CAMPUS FOOD WASTE MANAGEMENT POLICY

1. Introduction

The Women University of Azad Jammu and Kashmir (WUJ&K), Bagh, remains deeply committed to promoting sustainability, responsible use of resources, and environmental protection. In line with the United Nations Sustainable Development Goals (SDG 2: Zero Hunger and SDG 12: Responsible Consumption and Production), WUJ&K recognizes the growing challenge of food wastage across campuses. The university has therefore adopted a Campus Food Waste Management Policy to ensure responsible food handling, minimize waste, and encourage sustainable practices within cafeterias and hostels in the University premises.

2. Scope

This policy applies to all university food service facilities, including hostels, cafeterias, canteens, event catering, and any other area where food is prepared, served, or consumed within WUJ&K. It provides a framework for reducing food wastage through better planning, awareness, measurement, and disposal practices. The policy aligns with the university's sustainability agenda and national environmental goals, promoting responsible food management across all stakeholders — students, staff, and vendors.

3. Policy Guidelines

The main objectives of the Campus Food Waste Management Policy are:

- a) To minimize food waste generation at all stages — purchasing, preparation, serving, and consumption.
- b) To promote sustainable food sourcing, menu planning, and portion control.
- c) To enhance awareness and educate students and staff about responsible food consumption.
- d) To establish systems for food waste segregation, recycling, and composting.
- e) To encourage food recovery and redistribution of surplus food to those in need in collaboration with local authorities and NGOs.
- f) To promote ethical, local, and environmentally friendly food sourcing practices.

- g) To integrate sustainable dining initiatives, including trayless dining, awareness campaigns, and campus-wide anti-waste programs.
- h) To regularly measure, monitor, and report food waste through data collection and audits.

4. Strategy

WUAJ&K adopts the following strategies to manage food waste on campus effectively:

a) Source Reduction

- Implement portion control and meal planning to reduce overproduction and plate waste.
- Forecast daily meal demand based on attendance data to prevent excess cooking.
- Prioritize procurement of long-shelf-life and locally sourced food items.

b) Food Recovery and Redistribution

- Partner with local food banks, community kitchens, or shelters to donate surplus edible food.
- Encourage students and staff to share surplus food through supervised collection programs.

c) Composting and Recycling

- Establish composting systems for organic waste from cafeterias and hostels.
- Promote recycling of packaging materials and encourage eco-friendly alternatives.

d) Education and Awareness

- Conduct workshops, seminars, and campaigns to sensitize the university community about food waste reduction.
- Display anti-waste posters and messages across cafeterias, hostels, and dining halls.
- Include discussions on food sustainability in the classroom and co-curricular activities.

e) Monitoring and Measurement

- Conduct periodic food waste audits to track the quantity and type of waste generated.
- Maintain records of food purchases, consumption, and waste for continuous improvement.

f) Collaboration and Committees

- A Food Waste Management Committee shall be responsible for policy implementation, monitoring, and awareness activities.
- The Mess Management Committee will oversee meal planning, quality control, and hygiene standards in hostels and cafeterias.
- The Food Safety and Quality Committee will ensure compliance with hygiene protocols and sustainable practices.

5. Report on Violation

All members of the WUAJ&K community — students, faculty, and staff — are encouraged to report any violation of this policy to the Registrar’s Office or the Food Waste Management Committee without fear of reprisal. Violations such as deliberate wastage, non-compliance with hygiene or sustainability protocols, or food safety negligence may lead to disciplinary action as per university regulations.

6. Revision of Policy

This policy will be reviewed periodically by the Registrar Office in coordination with the Food Waste Management Committee to ensure it remains aligned with evolving sustainability goals and government regulations. Updated versions will be communicated to all stakeholders through official university channels.