2.3.3 Sustainable Food Choices on Campus

Women University of Azad Jammu & Kashmir (WUAJ&K), Bagh is committed to promoting sustainable, healthy, and environmentally responsible food consumption practices across the campus. Through its hostel mess, cafeteria, and canteen facilities, the University strives to ensure that students, faculty, and staff have access to nutritious, affordable, and sustainable food options while encouraging responsible consumption and reducing environmental impacts associated with food production and waste.

a) Provision of Fresh and Sustainable Food Options

The University prioritizes the use of **fresh, locally sourced food products** whenever possible, supporting local farmers and reducing the environmental impact associated with long-distance food transportation. To further strengthen sustainable food systems, the University regularly organizes **kitchen gardening and home food production training programs** for students and community members. These initiatives encourage the cultivation of fresh vegetables and promote awareness regarding sustainable food production practices. (Annex I)

b) Availability of Vegetarian and Vegan Meal Options

To accommodate diverse dietary preferences and encourage sustainable eating habits, the University's cafeteria and hostel mess include **vegetarian and plant-based meal options** within their regular menus. These options provide students and staff with healthy alternatives while supporting environmentally sustainable dietary choices.

The availability of vegetarian meals promotes inclusivity and helps raise awareness about the health and environmental benefits associated with plant-based food consumption. Menus are regularly reviewed to ensure variety, nutritional value, and affordability for all members of the University community. (Annex II)

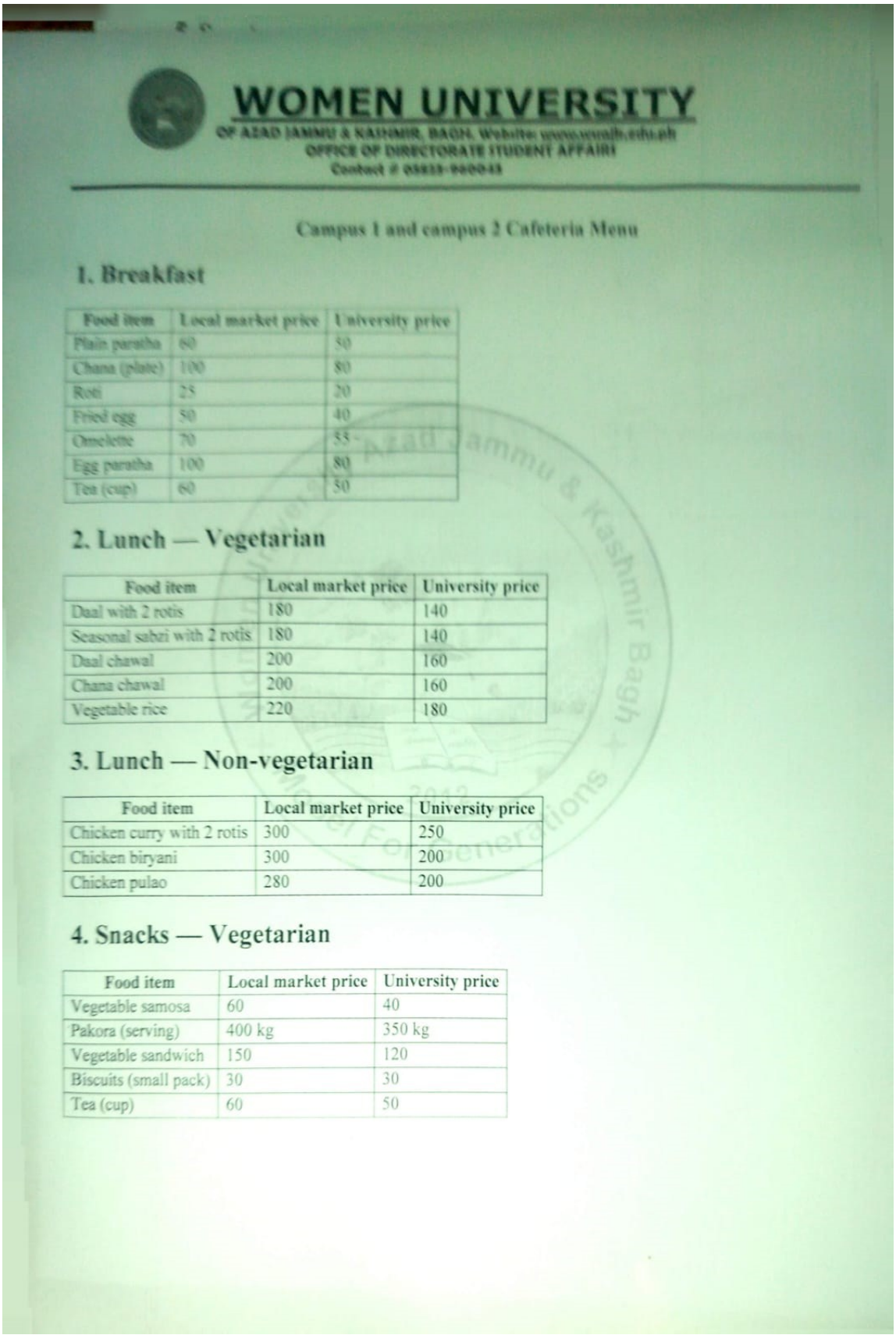
c) Promotion of Responsible Consumption

The University actively promotes responsible food consumption through awareness campaigns, seminars, posters, and educational activities. Students and staff are encouraged to adopt mindful consumption behaviors and avoid unnecessary food wastage. In addition, the University has implemented a **Campus Food Waste Management Policy** to support sustainable consumption practices and reduce food waste across campus dining facilities. (Annex III)

Annex. I


Prime Minister's
WOMEN UNIVERSITY OF AZAD JAMMU & KASHMIR BAGH
KITCHEN GARDENING
Organized by : Green Youth Movement Club WUB
Venue Near YDC

Annex II



WOMEN UNIVERSITY

OF AZAD JAMMU & KASHMIR, BAGH, Website: www.wuajk.edu.pk
OFFICE OF DIRECTORATE STUDENT AFFAIRS
Contact # 05822-960043

Campus 1 and campus 2 Cafeteria Menu

1. Breakfast

Food item	Local market price	University price
Plain paratha	60	50
Chana (plate)	100	80
Roti	25	20
Fried egg	50	40
Omelette	70	55
Egg paratha	100	80
Tea (cup)	60	50

2. Lunch — Vegetarian

Food item	Local market price	University price
Daal with 2 rotis	180	140
Seasonal sabzi with 2 rotis	180	140
Daal chawal	200	160
Chana chawal	200	160
Vegetable rice	220	180

3. Lunch — Non-vegetarian

Food item	Local market price	University price
Chicken curry with 2 rotis	300	250
Chicken biryani	300	200
Chicken pulao	280	200

4. Snacks — Vegetarian

Food item	Local market price	University price
Vegetable samosa	60	40
Pakora (serving)	400 kg	350 kg
Vegetable sandwich	150	120
Biscuits (small pack)	30	30
Tea (cup)	60	50

5. Snacks — Non-vegetarian

Food item	Local market price	University price
Chicken samosa	60	50
Chicken sandwich	200	160
Bun kebab with egg	180	150

CC to:

1. PS to the Vice Chancellor.
2. Office Copy

Director
Student
Wome
Director Student Affairs

Women University Azad Jammu & Kashmir Bagh
2012
Model For Generations

Annex III

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 (WUAJ&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), WUAJ&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 WUAJ&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.