2.3.4 Healthy and affordable food choices

The Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh, ensures access to affordable food for students through the following initiatives:

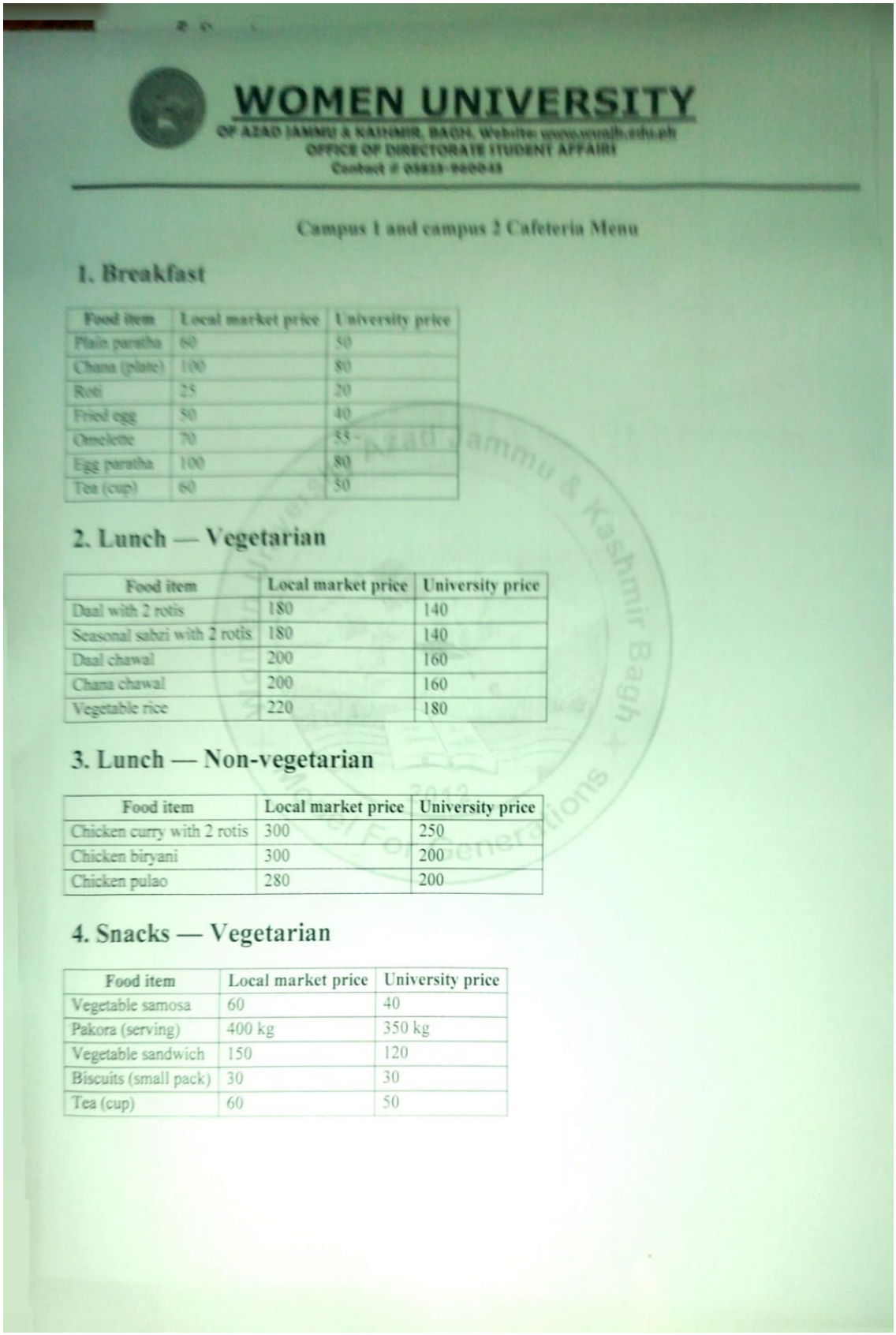
1. Affordable Food Prices in Hostel Mess and University Cafeterias

The University maintains reasonable and student-friendly food prices in the hostel mess and campus cafeterias. Updated food price lists are displayed to ensure transparency and affordability, particularly for students from economically disadvantaged backgrounds. (Annex I)

2. Food Quality and Hygiene Monitoring

The Directorate of Student Affairs, Hostel Warden, and Cafeteria Committee monitor food quality, preparation, and hygiene standards through regular inspections. A food quality assessment report documents observations regarding meal quality, nutritional value, menu variety, and cleanliness to ensure satisfactory food services for students. (Annex II)

Annex I



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

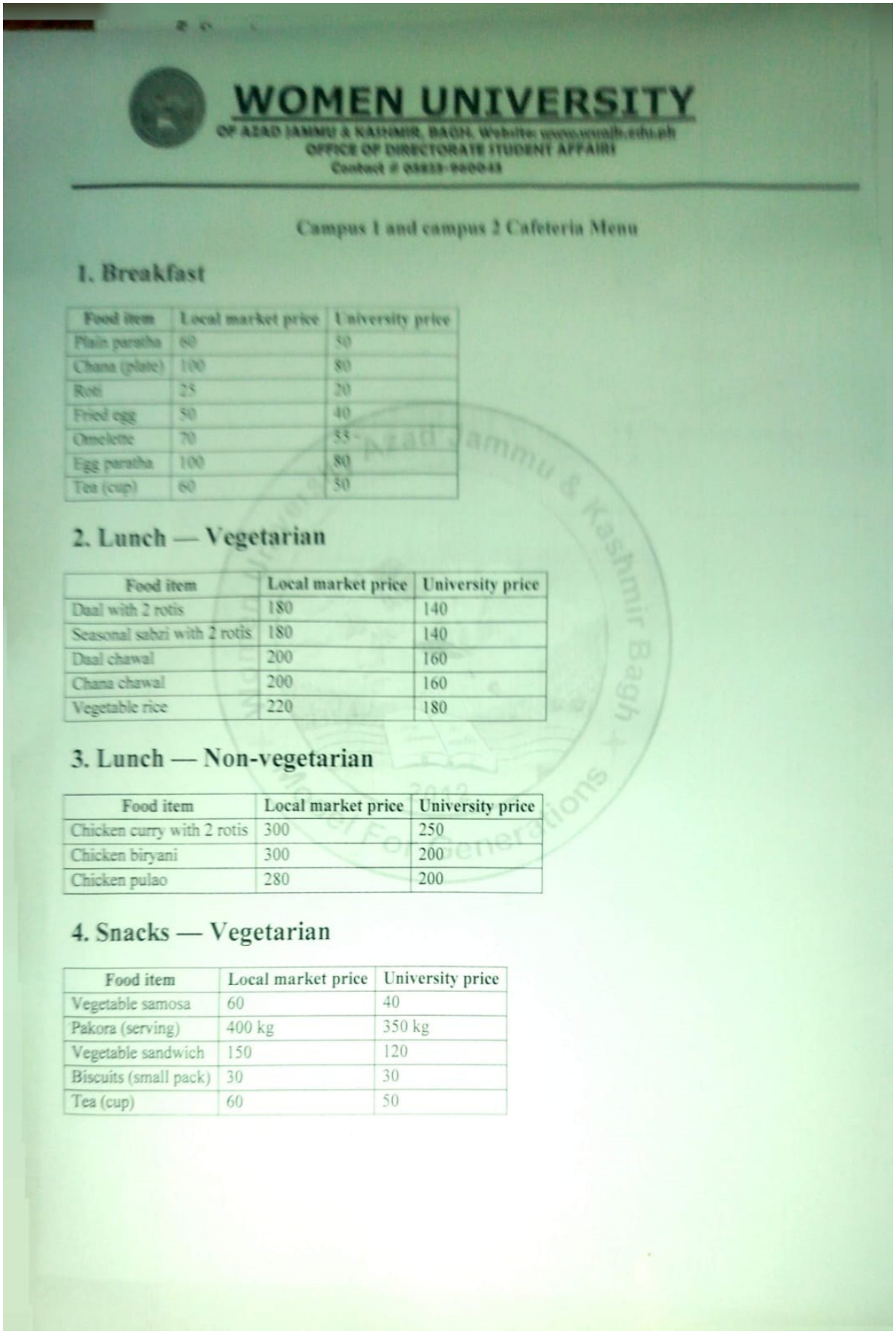
Food item	Local market price	University price
Daal with 2 rotis	180	140
Seasonal sabzi with 2 rotis	180	140
Daal chawal	200	160
Chana chawal	200	160
Vegetable rice	220	180

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



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Annex. II

WOMEN UNIVERSITY

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

OFFICE OF DIRECTORATE STUDENT AFFAIRS

Contact # 05823-960043

No: WUAJ&K/ DSA / 456 /202 Date 07-01-2026

REPORT ON FOOD QUALITY AND HYGIENE

January 2025 – December 2025

The Directorate of Student Affairs at Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh, continued monitoring food quality and hygiene standards in the university hostel mess during 2025. The assessment aimed to ensure the availability of nutritious, hygienically prepared, and satisfactory meals for hostel residents. The report is based on observations of food preparation and serving practices, review of menus, interaction with kitchen staff, and student feedback.

Objectives

1. To evaluate the nutritional quality, taste, and variety of meals provided to hostel residents.
2. To assess cleanliness and food hygiene practices in kitchen and dining facilities.
3. To review meal schedules, menu planning, and food availability.
4. To identify areas requiring improvement in food services.

Methodology

The assessment was conducted through the following activities:

- Inspection of kitchen facilities, food storage, and dining areas.
- Observation of food preparation and serving arrangements.
- Review of weekly meal schedules and menus.
- Informal feedback from hostel residents.
- Interaction with kitchen staff regarding food preparation and hygiene practices.

Observations and Findings

1. Food Quality and Taste

- Meals served were generally satisfactory in taste and quality.
- Appropriate quantities of oil and spices were used in meal preparation.
- Rice, chapattis, and other staple foods were prepared adequately.
- Food was generally served fresh and suitable for consumption.

2. Menu Planning and Food Variety

- The weekly menu provided a reasonable variety of meals.
- Breakfast, lunch, and dinner arrangements were maintained according to the hostel schedule.
- Students were provided with regular meal options.
- Inclusion of seasonal fruits and additional dietary options was identified as an area for further improvement.

Nutritional Value and Balanced Diet

- Meals included basic sources of carbohydrates, proteins, and dietary fibre.
- Green vegetables were included in the regular menu.
- Efforts were made to avoid excessive use of oil and unhealthy food items.
- Greater variety in fruits and fresh vegetables was recommended to improve nutritional diversity.

4. Hygiene and Cleanliness

- Kitchen and dining facilities were inspected for general cleanliness.
- Kitchen staff maintained basic personal hygiene during food preparation and serving.
- Food preparation and storage arrangements were reviewed.
- Continued attention to cleanliness, proper food handling, and regular sanitation was emphasized.

Recommendations

1. Maintain the quality and nutritional standards of meals.
2. Include seasonal fruits and a wider variety of vegetables in the menu.
3. Ensure proper food storage and hygienic serving practices.
4. Consider student feedback when reviewing and updating the weekly menu.

Conclusion

The assessment indicates that the university hostel mess continued providing generally satisfactory food services during 2025. Food quality, meal preparation, menu arrangements, and hygiene practices were reviewed to support the nutritional needs and well-being of hostel residents. Regular monitoring and implementation of the suggested improvements will further strengthen food quality and student satisfaction.

for Director Student Affairs

CC:

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

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OFFICE OF DIRECTORATE STUDENT AFFAIRS
Contact # 05823-960043

No: WUAJ&K/ DSA / 457 /2025 Date 07-05-2025

FOOD QUALITY, HYGIENE AND CAFETERIA INSPECTION REPORT – 2025

Inspection Period: January–December 2025
Inspection Date: 6-5-2025
Location: University Hostel Mess / Campus Cafeteria
Inspected By: DSA Representative

1. Purpose of Inspection

The inspection was conducted to assess food quality, nutritional value, cleanliness, hygiene, food handling practices, and the overall standard of meals provided to students.

2. Food Quality and Hygiene Assessment

Sr. No.	Inspection Criteria	Status	Remarks
1	Quality and freshness of food	Satisfactory / Needs Improvement	Need improvement
2	Cleanliness of kitchen	Satisfactory / Needs Improvement	Need improvement
3	Hygiene of kitchen staff	Satisfactory / Needs Improvement	satisfactory
4	Proper food storage	Satisfactory / Needs Improvement	satisfactory
5	Cleanliness of dining area	Satisfactory / Needs Improvement	satisfactory
6	Nutritional balance of meals	Satisfactory / Needs Improvement	Need improvement
7	Variety in weekly menu	Satisfactory / Needs Improvement	ok.
8	Clean drinking water availability	Satisfactory / Needs Improvement	satisfactory
9	Proper food serving arrangements	Satisfactory / Needs Improvement	satisfactory
10	Student satisfaction with meals	Satisfactory / Needs Improvement	Need improvement

3. Student Feedback

Student feedback regarding food taste, quality, quantity, menu variety, and cleanliness was considered during the assessment.

4. Recommendations

3. Ensure regular cleaning of kitchen and dining facilities.
4. Maintain proper food storage and handling practices.
5. Consider student suggestions when updating meal schedules.

5. Overall Inspection Remarks

Based on the inspection, the food preparation, serving arrangements, and general hygiene conditions were reviewed. Necessary recommendations were communicated to the concerned staff for maintaining and improving food quality and student satisfaction.

for

Director Student Affairs

Student Af

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CC:

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