

Sustainable Food Procurement Practices

The promotion of sustainability and well-being entails the deliberate selection of high-quality food derived from reliable sources, as well as the provision of nutritious meals to the students and staff within the campus. Consuming a well-balanced diet on a regular basis has numerous health advantages, such as higher concentration, improved memory, an extended attention span, elevated mood, and enhanced cognitive function.

Scope

The proposed model will have broad applicability across all campus initiatives that offer a variety of food items to their employees, students, and other visitors. Moreover, its application can be extended to procurement processes in order to guarantee the acquisition of food that is safe, healthy, and nutritious, while also promoting sustainability.

Objective

- To assure the procurement of food materials from reputable and authorized suppliers
- Boost the local economy by purchasing raw produce through local markets
- Provide students with nutritious and healthy cuisine
- Ensure regular inspections to determine the integrity of food products.
- To increase campus and surrounding community awareness regarding the production and consumption of sustainable food options.
- Prohibit the use of plastic in food distribution.

Efforts are made to secure Sustainable, Healthy Food Options and procurement

- On campus, a network for the distribution of reliable materials is maintained by departmental stores and reputed material suppliers. The approved brand list and prohibited product list are provided to the material suppliers.
- In order to contribute to the local economy, basic raw ingredients for food preparation materials are purchased from local markets. Seasonal produce is preferred over processed produce purchased daily at the local vegetable market.
- To ensure that the University's residents have access to pesticide-free, high-quality food, food materials/items are procured/purchased from reputed sources whose hygienic practices are well-established. Priority must be given to food harvested sustainably.
- To reduce waste generation, food kiosks are mandated to use reusable/biodegradable plates, glasses, and cutlery etc.



Established vide Uttaranchal University Act 2012 (Uttarakhand Act No. 11 of 2013) | Approved under Section 2(f) & 12(B) of UGC Act 1956

Uttaranchal University recognizes the importance of providing sustainable food choices in their campus cafeterias as a key objective. Our commitment to sustainability serves, with a primary focus on promoting environmental consciousness and responsible consumption among students and staff. Our Sustainable Committee initiatives and activities play a pivotal role in shaping the attitudes and behaviours of the next generation. Offering sustainable food options educate and empower individuals to make eco-friendly choices. University fosters a sense of social responsibility by supporting local farmers and reducing the carbon footprint associated with food production and transportation. Ultimately, by prioritizing sustainable food choices, our university not only contribute to a healthier planet but also create a culture of mindful consumption that can extend beyond the campus and into the broader community.



Cafeteria Food Menu	
Food Items	Nutritional Value (Kcal)- Approx.
Mixed fruit Salad	305
Vegetable Burger	370
Lemon Salad	75
Cream Salad	193
Soya Pattie Burger	380
Paneer Sandwich	637
Mushroom Sandwich	473
Vegan Sandwich	515
Soya Veggie Burger	377
Paneer Burger	500
Vegan Burger	476
Paneer Tikka Sub	473
Soya Pattie Sub	485
--- Steam-Corn Salad	132

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Note:

- In order to uphold the standard of food quality and the materials utilized in its production, an extensive assessment system has been implemented. This system entails conducting random inspections and imposing penalties whenever deviations are identified.
- The university campus has been designated as a vegetarian food campus, hence prohibiting the consumption of any form of non-vegetarian food.
- The campus offers a variety of healthy eating options and health beverages for anyone seeking to maintain their well-being.
- The University campus offers food service facilities that cater to several food groups, including dairy, fruits and vegetables, cereals and nuts, as well as grilled and baked items. These facilities are designed to meet the daily dietary needs of individuals.
- Certified agencies are responsible for conducting food audits and quality assessments.
- The campus exclusively adheres to a vegetarian dietary policy, abstaining from the provision of seafood or any other animal-based food options to its residents.

Approved Brands List		
S No.	Product	Brands
1	Butter	Amul, Anchal Dairy, Mother Dairy, Patanjali
2	Curd	Amul, Anchal Dairy, Mother Dairy, Patanjali
3	Wheat Flour	Annapurna, Nature Fresh, Pillsbury, Patanjali, Shakti Bhog, Aashirvaad
4	Bakery Item	Approved Brand
5	Pizza Base	Bonn, Cremica
6	Burger/Pav	Bonn, Cremica, Kitty
7	Packaged Juices/Beverages	Coca Cola Products only
8	Bread	Cremica, Bonn, Britannia, Kitty
9	Brown Bread	Cremica, Bonn, Britannia, Kitty
10	Slush	Cremica, Mapro
11	Vegetables/Fruits	Fresh & Good Quality
12	Mustered Oil	Patanjali, P- Mark, Dabur, Fortune, Dhara, Naturefresh, Nutrela
13	Vanaspati Ghee	Gagan, Amrit Vanaspati
14	Refined-Oil	Fortune, Ginni, Saffola, Sundrop, Dhara, Nutrela, Naturefresh
15	Cotton Seed Oil	Tirupati, Fortune, Markfed
16	Mineral Water/Soda	Kinley, Bisleri, Aquafina, Himalayan, Pure Life,
17	Water	Bisleri, Aquafina
18	Fruit Jam	Kissan, Cremica, Sil, Paulson, PPM Gold, Markfed, Top's, Mapro, Markfed
19	Tomato Sauce	Kissan, Maggi, Cremica, PPM Gold, Markfed, Foodcoast, Top's, Heinz, Veeba, Smith and Jones, Chingz, Del Monte, Everest
20	Rice (Basmati ¾ Size)	Kohinoor, India Gate, Dawat
21	Pickle	Kohinoor, Pachranga, PPM Gold, Markfed, Nilon, Mother's Recipe, Top's
22	Dip Tea	Lipton, Twining tea, Georgia, Tata, Organic India, Himalaya

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23	Vending Machine Tea	Lipton, Nestle,
24	Kulcha	From the Local Bakery Shop
25	Soups	Maggi, Knorr, Chings
26	Honey	Dabur, Hitkary, Baidyanath
27	Spices	MDH, Catch, Everest, PPM Gold, Markfed, Tata, Zyka
28	Tea Masala	MDH, Catch, Everest, PPM Gold,
29	Coffee	Nestle, Bru, Lipton
30	Edible colours	Papilon Liquid Food Colours, Sonar Royal Liquid
31	Salt	Tata, ITC, Catch, Annapurna, Saffola Salt
32	Tea Leaves	Tata Agni, Tata Taaza, Tata Shakti, Tata Premium, Duncans, Tajmahal, Brooke Bond, Tata Tea Gold, Sugandh, Eveready
33	Noodles	Top's, Mehak, Pooja, Fresh, Parrot
34	Ice Cream	Vadilal, Amul, Kwalitiy, Mother Dairy, Havmore, Basant
35	Milk	Amul, Anchal Dairy, Mother Dairy, Patanjali
36	Custard	Wakefield, Pillsbury, Top's
37	Pizza Cheese	Amul, Dairy craft, Go cheese
Banned Product		
1		Loose Sauce
2		Loose Pickles
3		Margarine of any brand
4		Palm oil
5		Powder Food Colour of any Brand
6		Loose Mayonnaise
7		Use of cloth of any kind for oiling the Chapptis or Parantha. (Silicon brush be used for oiling)
8		Loose Sugar Syrup
9		Tortilla chips having shelf life of more than 4 weeks.



S. C. Sharma

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Registrar**

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