



MALLA REDDY VISHWAVIDYAPEETH

(Deemed to be University)

Recognised under section 3 of The UGC Act, 1956, vide Notification No.9-4/2024-U.3(A) by
Department of Higher Education, Ministry of Education, Government of India.

MRV FOOD (Zero Hunger) POLICY



MALLA REDDY VISHWAVIDYAPEETH

(DEEMED TO BE UNIVERSITY)

Recognised Under Section 3 of The UGC Act, 1956, Vide Notification No.9-4/2024-U.3(A) by
Department of Higher Education, Ministry of Education, Government of India.

FOOD POLICY (ZERO HUNGER)

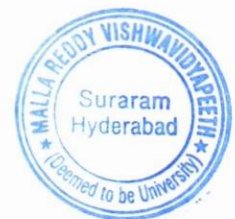
1. Preamble

Malla Reddy Vishwavidyapeeth (MRV) recognizes that access to safe, nutritious, affordable, and hygienic food is essential for student and staff well-being, learning outcomes, and productivity. The University commits to aligning with:

- Sustainable Development Goal 2 (Zero Hunger) and Sustainable Development Goal 3 (Good Health and Well-being);
- The UGC Guidelines for Promotion of Physical Fitness, Sports, Students' Health, Welfare, Psychological and Emotional Well-being at Higher Educational Institutions of India;
- The PoshanAbhiyaan (National Nutrition Mission) of the Government of India;
- The Food Safety and Standards Authority of India (FSSAI) guidelines on safe and healthy food in educational institutions, and the University Grants Commission's advisory encouraging Higher Educational Institutions to actively support FSSAI's food-safety initiatives.

2. Objectives

- Ensure no student or staff member remains hungry on campus;
- Provide nutritious, balanced, and affordable meals in all canteens/hostels, consistent with National Institute of Nutrition (NIN) dietary guidelines;
- Prevent obesity, malnutrition, and lifestyle-related diseases through portion control and menu design;
- Promote awareness of healthy eating habits among students and staff;
- Regulate food quality and safety across all constituent units and Schools of Eminence, in line with FSSAI norms.



3. Scope

This policy applies to:

- University-operated Hostels, Canteens, Cafeterias, Food Courts, and Food Outlets, including those run by empanelled/approved vendors;
- Constituent units and Schools of Eminence;
- All students, faculty, non-teaching staff, and visitors availing food services on campus.

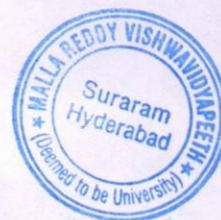
4. Policy Guidelines

A. Zero Hunger Commitment

- Subsidized meals for economically weaker students under a "No Student Left Hungry" initiative, administered confidentially through the Dean of Student Welfare / HoD referral to avoid stigma;
- A campus Food Bank / meal-support fund to provide emergency meal assistance to students in acute need;
- Mandatory hostel messing for first-year resident students, ensuring a minimum guaranteed nutrition baseline, with well-equipped dining halls in each hostel mess.

B. Healthy & Nutritious Diet

- Daily menus to include balanced meals with proteins, vegetables, whole grains, and seasonal fruits, following NIN "Dietary Guidelines for Indians", with roughly 50–60% of calories from complex carbohydrates, 10–15% from protein, and 20–30% from fat;
- Meals to be planned to provide adequate energy and protein content appropriate to student age groups, with snacks designed as lighter, nutrient-dense options between meals;
- Promotion of millets, pulses, and traditional regional diets in line with India's Nutrition Mission;
- Provision of vegetarian and non-vegetarian meal options, and reasonable accommodation of religious, cultural, and medically prescribed dietary requirements, including for international and out-of-state students;
- Encouraging consumption of a healthy and nutritious diet through visible menu labelling of calorie and nutrient content where feasible.



C. Obesity Prevention & Junk Food Regulation

- Discourage sale and consumption of high-sugar soft drinks, deep-fried snacks, and packaged junk food in campus outlets;
- Introduction of healthy alternatives baked snacks, fruit bowls, fresh juices (without added sugar), and sprouts;
- Portion-size control and discouragement of oversized meal servings;
- Regular BMI check-up and nutrition counselling camps for interested students and staff;
- Awareness programmes on the prevention of obesity, diabetes, and other lifestyle diseases, and on healthy eating practices.

D. Food Safety & Hygiene

- Mandatory display of a valid FSSAI license/registration at every food outlet, canteen, and mess;
- Regular food safety audits and inspections using a standard checklist. Cooking oil not to be reused more than twice, and reheated fats to be avoided, in line with FSSAI norms;
- Zero tolerance for adulterated, expired, or unsafely stored food items;
- Provision of safe drinking water (RO/purified/multi-stage filtered) at all dining locations;
- Periodic training of food handlers and kitchen staff on food hygiene and safe handling practices;
- A feedback and complaint system for reporting food quality or safety concerns

E. Awareness, Education & Monitoring

- Integration of health and nutrition awareness sessions into the Student Induction Programme (SIP);
- Observance of National Nutrition Week (1–7 September) annually, with poster campaigns, talks, and cooking demonstrations;
- Display of nutrition awareness posters in hostels and canteens;
- Constitution of a Food & Nutrition Monitoring Committee (FNMC) to oversee implementation of this policy.



5. Governance & Implementation

- Nodal Officer: a member of the FNMC, designated by the Vice-Chancellor, responsible for policy enforcement and coordination with vendors and statutory authorities;
- Canteen & Hostel Committees: to supervise menu planning, pricing, and quality at the respective units;
- Student Representatives: included on canteen/hostel committees for feedback and continuous improvement;
- Annual Report on food, nutrition, and health outcomes to be submitted to the Internal Quality Assurance Cell (IQAC).

6. Monitoring & Review

- Annual food quality audits and nutritional assessment surveys across all campuses;
- This policy shall be reviewed every three (3) years, or earlier as required by statutory or regulatory updates (including FSSAI/UGC advisories).

7. Authority & Amendments

The University reserves the right to modify, amend, or replace this policy, including withdrawal of any provision, at its sole discretion and in accordance with applicable law and regulatory requirements. This policy supersedes all previous versions of the Food Policy (Zero Hunger) issued by Malla Reddy Vishwavidyapeeth.

MRV reserves its rights to modify, amend, or replace this Policy, including withdrawal, at any time.

— *Office of the IQAC / Food Policy, MRV*

Sd/-
Registrar

