



Evidence(s)



THE-Impact Ranking

University : Sri Sri University
Country : India
Web Address : www.srisriuniversity.edu.in

SDG2: ZERO HUNGER

2.3 Student hunger

2.3.4. Healthy food choices on campus



Plate 1 Maintenance of cleanliness and hygiene



Plate 2 ISO Certified



Plate 3. Sri Sri Tatwa (an outlet)



Evidence(s)



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SDG2: ZERO HUNGER

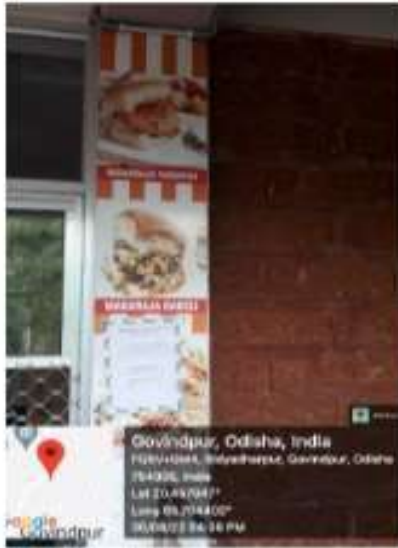


Plate 4 Food choices on campus



Evidence(s)



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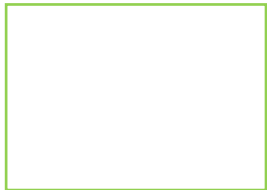
SDG2: ZERO HUNGER

Description:

Sri Sri University has a provision to provide the body with essential nutrition. In order to guarantee food safety requirements, the authority audits, regulates, and maintains hygienic conditions in the cafeterias. The University offers a broad selection of food to meet the tastes of international students as well as those with distinct preferences from all around India. To keep the pupils interested, the menu is constantly changing. Its menu also includes continental fare to accommodate the needs of international students.

Total 43 dishes are prepared and served for the students in a week for breakfast, lunch and dinner. Among them, 16 types of the foods are served in breakfast, 20 types in lunch and 7 dishes served in dinner (few other foods also included in the lunch also). This shows that, the Sri Sri University dedicated for the healthy and affordable food choices. Also some other food groups like beverages and fresh fruits, fresh fruits juices, etc. are served at Ayurveda Hospital Cafeteria in the campus.

In menu each time wider variety of the dishes are made available for the students and staff by that they can choose what they are require. For all these dishes the energy, macro and micro nutrients are evaluated from the available nutritional data bases. This nutritional composition is prepared based on the major ingredients. However, there is a limitation in the nutritional composition, this varies between the amount of ingredients added, varieties raw materials used, the heating time and temperature is varied.



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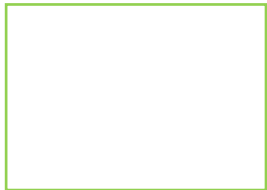


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Table 1. The Macro and selected micro nutrients in the Food Provided in the central kitchen (Kaivalya) of Sri Sri University

S.N	Name of Recipe	Ingredients	Energy (kcal)	Macro nutrients				Micro nutrients				
				Carbohydrates (g)	Protiens (g)	Fats (g)	Fibre (g)	Vit C (mg)	Vit A (µg)	Iron (mg)	Ca (mg)	Zinc (mg)
Breakfast												
1	Vada	Rice+ Black gram	135	11	4.4	8.4	2	3	1.8	1.3	0.9	0.8
2	Upma	Wheat	132	21	3.4	4	2	0	NA	1.17	15	0.7
3	Chutney	Peanuts	123.9	10	5	8.3	2.8	1.74	NA	1.74	49	2.51
4	Ragi	Ragi	74	17	2.7	0.7	0.6	0	42	3.9	344	NA
5	Sprouts	Different grains	7.6	0.7	1.3	0.2	0.6	85.8	38.6	1.4	42.9	0.42
6	Idli	Rice+ Black gram	58	12	1.6	0.4	0.5	3	1.8	1.3	0.9	0.8
7	Poha Upma	Rice flakes	219	35	4	6.9	1.9	3.1	2	1.6	1.6	5.5
8	Hingu Aloo	Potato	38.8	9.04	0.64	0.04	0.16	10	4	8.5	6	4.3
9	Poori	Wheat	70.5	6	1.2	4.9	0.9	0	27	137.45	35.5	1.5
10	Uttapam	Rice + Black gram	80	12.5	2	2.5	1	8.2	6.2	4.6	3.44	0.92
11	Dalia Khichdi	Broken wheat	120	19	7	1.5	2	0	22	130	32.22	0.75



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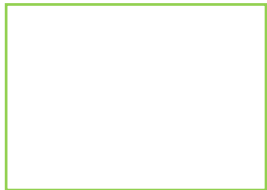
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12	Sandwich	Bread	155	28	6.2	1.9	2.3	0	0	2.47	161	1.77
13	Aloo Bhonda	Potato + basen	43.65	10.17	0.72	0.045	0.18	15	3	1.5	3.2	1.45
14	Guguni	White peas + potato	170	16	4	10	2	11.65	3.87	2.43	5.62	2.9
15	Semiya Upma	Vermiselli	211.2	46.98	5.22	0.24	0.12	11.23	6.23	2.33	6.23	7.82
16	Masala Dosa	Rice+ Black gram	292	36	4.6	14	3.3	3	1.8	1.3	0.9	0.8

Lunch												
1	Veg Dopya za (100g)	Potato, beans, carrot, green peas, Cauliflowers	125.3	39.21	2.87	0.32	4.03	19.4	399.5	4.8	83.6	0.32
2	Mix Dal (100g)	Pegion pea, Carrot, beans	254.7	62.02	34.14	1.19	13.72	3.3	382.1	4.121	106	2.002
3	Veg Biriya ni (100g)	Rice, Potato, beans, carrot, cauliflowers	289.1	72.62	5.66	0.56	3.46	10.3	197.8	4.45	79.6	0.87



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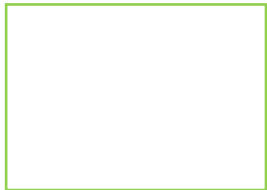


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4	Kachumbe r (100 g)	Curd, Green cucumber, oniongreen chilies	45.5	4.52	2.16	2.1	0.88	15.2	33	0.78	88.8	0.306
5	Aloo Bhindi bhaja (100g)	Potato, Lady Finger, Peanut, Onion	114.5	15.32	4.05	4.14	1.01	15.9	31.3	0.64	44.09	0.8108
6	Poori (100g)	Wheat Flour and All-purpose Flour	344.5	71.65	11.55	1.3	1.1	0	27	137.45	35.5	1.5
7	Channa Masala (100g)	Chick Pea	378	63	20.5	NA	12.2	4	3	4.31	57	2.76
8	Rice Kheer (100g)	Rice, milk, Dry fruits	286.7	50.45	7.16	6.22	0.25	0.6	21.9	0.713	62	0.496
9	Vermicelli halwa (100g)	Vermicelli, Milk, Dry fruits	290.9	50.53	8.3	6.16	0.25	0.6	21.9	1.871	69.2	0.016
10	Rice (100gm)	Rice	345	78.2	6.8	0.5	0.2	0	0	0.7	10	1.3
11	Roti	Wheat	170.5	34.7	6.05	0.85	0.95	0	14.5	2.45	24	2.2



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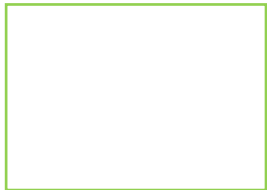
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	(30gm)	flour										
12	Dal Tadka (100g)	Mixed pulses	282.2	47.46	33.94	3.33	5.92	0.3	57.5	7.71	119.6	1.11
13	Aloo Chili (100g)	Potato, onion, capsicum	61.8	14.17	1.4	0.11	0.64	37.5	95	0.592	25.27	0.356
14	Dalma (100g)	Moong Dal, potato, brinjal, raw papaya	134.2	24.41	8.15	0.48	0.79	8.2	41.7	1.43	31.6	1.011
15	Aloo Dam (100g)	Potato, Onion, Tomato	57.8	13.09	1.18	0.11	0.5	15.5	79.8	0.502	27.67	0.41
16	Salad (50 gm)	Cucumber, Green chili, Lemon other vegetables	15.35	2.715	0.56	0.225	1.05	19.05	17.5	0.66	16.5	0.259
17	Paneer Kadai (100g)	Paneer	132.5	0.6	9.15	10.4	0	1.5	55	0	104	0
18	Potal Aloo Rasa (100g)	Potato	19.4	4.52	0.32	0.02	0.08	3.4	4.8	0.096	2	0.105
19	Dal fry (60g)	Bengal gram	111.6	17.94	6.24	1.68	0.3	0.3	38.7	5.3	16.8	0.51



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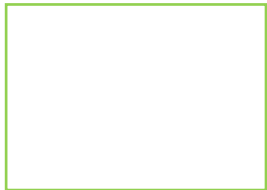
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20	Dal Makhani (200g)	Arhar Dal	343	63	22	1.5	15	0	8.4	5.2	130	2.76
Dinner												
1	Chana Dal Fry	Chana dal , Garlic, Ginger, Onion, Tomato	137.34	22.23	7.012	1.87	0.95	70.2	9.69	2.248	42.47	0.279
2	Khichdi	Rice, Moong Dal, Carrot, Potato, Green peas, persion pea	253	50.46	11.69	0.645	3.54	213.65	3.35	1.826	38.55	1.114
3	Tomato Rice	Rice, tomato, onion, pulses	190.4	39.05	7.365	0.505	0.59	95.35	9.5	1.28	57.525	1.22
4	Mix Bhaja	Potato, carrot, beans	64.55	14.475	1.425	0.13	0.99	610.8	14.55	0.6775	41	0.451
5	Veg pakodi sabji	Cauliflo wer, potato, cabbage , corrian	90.9	9.015	1.885	5.27	1.015	152.7	45.55	0.945	44.3	0.384



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		der leaves, carrot										
6	Pav bhaji	Potato, Cauliflo wer, Green peas, Carrot	72.7	22.34	2.78	0.18	1.44	410.2	19	0.944	30.6	0.362
7	Paneer bhujia	Paneer(coagula t ed milk protein) , tamoto and onion	151.5	4.65	9.69	10.47	0.34	10.2	125.2	0.31	127.67	0.2



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Hygiene and cleanliness

Keeping the workplace tidy is essential to avoiding foodborne illnesses. In light of this, sufficient precautions are made to keep the spaces used for food processing and serving clean. The food that is given to the students is properly and routinely stored in Bain Marie to prevent the growth of bacteria and food poisoning (**Plate 1**).

22000 Quality and Hygiene Certified

Additionally, Sri Sri University's canteen has been awarded FSSAI and ISO:22000 Certificates for upholding food quality and hygiene (**Plate 2**). Food Safety and Standards Authority of India, Health and Family Welfare Department, issued the FSSAI certificate; copy attached.

Organic and Nutritious

The restaurant strives to provide as much organic cuisine as it can. Every day of the week, a different menu is offered, and it is modified every six months in response to stakeholder feedback.

Food outlets

The central mess strives to provide as much organic cuisine as it can. A portion of vegetables and other food materials is grown inside the campus by Faculty of Agriculture which is purely organic, and the rest are also bought from the nearby areas keeping the quality of the materials as the major criteria. In addition, Desi (Indigenous) cows are bred in the on-site Gaushala (Cowshed). Everyone can get fresh milk and curd from these cows at Kaivalya, the central dining hall. In addition, we breed Desi (Indigenous) cows in our on-site Gaushala (Cowshed). Everyone can get fresh milk and curd from these cows at Kaivalya, the central dining hall.. Every day of the week, a different menu is offered, and it is modified every six months in response to stakeholder feedback.

There are 3 cafeterias. These three distinct cafeterias offer a broad selection of food to meet the tastes of international students as well as those with distinct preferences from all around India. To keep the pupils interested, the menu is constantly changing. Its menu also includes continental fare to accommodate the needs of international students. Near the Kaivalya, which provides students with packaged foods, fruit juices, and snacks, is one of the cafeterias. The second one is located in



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Shruti's main academic building and offers a distinctive fusion of South Indian flavours contrasted with authentic ethnic Odia dishes. Breakfast oatmeals and lunch dishes are available here. Beautiful outdoor café, Vishwa Foods, is a bustling eatery. It offers students the ideal setting for mingling while indulging in delicious treats. As the primary cafeteria area, Vishwa occasionally hosts birthday celebrations, open-mic nights, Christmas carnivals, and social activities. There is also a gathering area and an outdoor gym here.

There is a multipurpose super market “Sri Sri Tatwa” inside the campus providing sustainable food choices (**Plate 3**).