

Sustainable Food Practices

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Sustainable Food Practices

1. Introduction

NIMS University places a high priority on sustainability in every aspect of its operations, including the food served in its student mess facilities. Recognizing the environmental and social impact of food production and consumption, the university has adopted sustainable food procurement practices to ensure a healthy, eco-friendly, and socially responsible dining experience for students, staff, and faculty. These efforts align with Sustainable Development Goals and contribute to the university's broader sustainability framework.

2. Key Features of Sustainable Food Practices

1. Local Sourcing

- The university prioritizes sourcing fruits, vegetables, grains, and other staples from local farmers and suppliers within a 50 km radius.
- Partnerships with farmer cooperatives ensure the procurement of fresh, seasonal, and organic produce, reducing the carbon footprint associated with transportation.
- Supporting local farmers contributes to rural development and strengthens the local economy.

3. Reduced Food Waste

- The food in mess is served to students on the tables by attendants thereby controlling the portion size & hence reducing the food wastage
- The mess adopts a “zero-waste” approach by planning menus to minimize leftover food.
- Surplus food is donated to local charities or converted into compost through the university's composting facilities, which is used in campus gardens.
- Awareness campaigns encourage students and staff to take only what they can consume, reducing plate waste.

4. Sustainable Packaging

- Suppliers are encouraged to use minimal and biodegradable packaging.
- Reusable containers are used wherever possible for bulk procurement.

5. Incorporation of Plant-Based Options

- The university mess includes diverse plant-based meal options to reduce the environmental impact of meat consumption.
- There is NO MEAT policy in student mess to promote sustainable dietary practices and reduce the carbon footprint associated with livestock farming.

6. Water and Energy Conservation in Food Preparation

- Energy-efficient cooking appliances are used to minimize electricity and fuel consumption.

- Water conservation measures, such as recycling water used for washing vegetables for irrigation purposes, are implemented in the kitchen.

7. Health and Nutrition Focus

- The menus are designed by dietitians to ensure a balanced and nutritious diet for students.
- Preference is given to whole grains, seasonal vegetables, and fresh ingredients to promote healthy eating habits.



3. Impact of Sustainable Food Practices

1. Environmental Benefits

- Reduction in the university's carbon footprint through local sourcing, organic farming, and plant-based meal options.
- Conservation of natural resources through reduced food waste and sustainable packaging.

2. Social and Economic Contributions

- Strengthening the livelihoods of local farmers and small-scale producers by creating consistent demand for their produce.
- Promoting ethical trade practices and supporting fair trade initiatives.

3. Student Awareness and Participation

- Sustainability-themed food drives and workshops educate students on the environmental and health benefits of sustainable food choices.
- The Institute of Hotel Management organizes sustainability food fests creating awareness about sustainable food practices.

