

POLICY – CAMPUS FOOD WASTE

1. **General.** Food wastage has become a worldwide phenomenon. It has been estimated that nearly one third of the food produced is wasted at various stages from its production to consumption. This is a very serious issue which needs to be addressed seriously and concrete efforts are required to reduce it to the minimum. In the succeeding a paras, a policy for NUML has been formulated which primarily focuses on:-
 - a. Definition of food wastage and its implications
 - b. Measurement of Food Wastage and its Goals
 - c. Causes of Food Wastage
 - d. Measures to reduce wastage of food in Campus
 - e. Appropriate Disposal of access food.
2. **Definition.** Food wastage generally refers to the loss of food in all stages of the food supply chain that is meant for human consumption.
3. **Implications of Food Waste.** Food waste has numerous implications for sustainability including impacts on the environment, economics, and social factors nutrition, and food security:
 - a. Environmentally, wasting food also wastes the water, soil, and nutrient resources used to grow that food.
 - b. Economically, food is expensive and throwing away food is directly wasting financial resources.
 - c. Socially, hunger is a grave issue all around the world and and Pakistan is no exception in this regard; wasting food means worsening this situation in the country.
 - d. From a nutrition and food security perspective, food that is being wasted could feed someone suffering from malnutrition and hunger. Directing food that is wasted in a positive direction such as to those in need or to be recycled aids in food security as well as overall sustainability.

4. **Food Waste Measurement.** Conceptually measuring of wastage is not only essential but pre requisite to its prevention. An estimated one-third of all food that is produced worldwide is wasted.

Goals in Measuring Food Waste can be:-

- a. Determining how much food is wasted is essential to understand how to reduce it and how to redirect it in a positive way.
- b. Food waste measurement may also focus on the types of foods wasted in order to identify specific food items that contribute to wasting for the most part.

5. **Causes of Food Wastage.**

- a. **Lack of appropriate planning.** One of the top contributors to food wastage is lack of appropriate planning on the consumer part.
- b. **Purchase and preparation of too much food.** Most of the time, food is also wasted because of purchasing or preparing more than required/desired. If one purchases or prepares too much food than is needed, then it's obvious the surplus food on the plate will go to waste. Alternatively, the partially used food is at times put at the back of the fridge and is never reused. The same applies to excess purchases that end up passing their expiration dates and therefore looks, tastes, and smells bad. Consequently, all the excess ends up as waste food.
- c. **Over-preparation of food.** In order to amply feed the dependents and avoid running out, there exists a natural tendency of over-preparing food. While the intention is good yet it often leads to wastage, ultimately.
- d. **Consumer Behavior.** People have different food preferences as per their taste, traditions and areas they belong to. This aspect highly affects the efforts to control the wastage of food.

6. **Food Waste Areas** Mainly, there are two main areas in a University where food is normally wasted:-

- a. Kitchens of Cafeterias, Staff and Student hostels
- b. Dining Halls of Hostels and eating areas within the Cafeterias and outside.

7. **Food Waste Measurement Methods.** In order to curb the wastage of food, all of the following or any of the methods of measurement given below will be employed by the concerned Staff at all levels:-
- a. **Self-Reported Questionnaires in a Survey.** They first indicate the food categories in which waste has occurred from a list of categories, and then indicate for each category the amount of waste in appropriate units (e.g., pieces of fruit, serving spoons of vegetables, portions of cereal).
 - b. Keeping a food waste Diary
 - c. Collecting the data/information about the amount and category of wasted food through Kitchen Staff.
 - d. Using photos from participants/consumers of their food waste
8. **Measures to Avoid Wastage.** Following suggested measures will be taken by all concerned to avoid wastage of food:-
- a. **Plan Meals – preparation of Menus.** This is one of the most effective ways to conserve food. The Hostel, Cafeterias and Main Tea Bar Staff will prepare menus of food to be prepared for the entire week. Preferably those items should be included which are liked by the majority. While preparing the menus the comments and choices of all dependent consumers should be obtained and catered for in the menu. These menus should be revised periodically, with everyone's consent, to avoid boredom which can also lead to wastage of food.
 - b. **Working out of Individual Scale.** This is the key to conservation. Scale per item per individual should be worked out so that the required quantity is procured and prepared.
 - c. **Surplus or Left over Food.** Depending on the season and resources available the surplus or left over food will be conserved/stored for consumption later. Care should be taken in the storage so that it is not spoiled and is frozen for only limited time to keep the nutrition value and taste.

- d. **Purchasing.** Great Care should be taken in this aspect. As far as possible, fresh purchases should be made .If sufficient storage is available, meat and other items can be stored for 2-3 days. Anyway, preparation of menus will lead to efficient forecasting of the purchases.
- e. **Raise Awareness.** A comprehensive awareness campaign will be carried out in the University. Following will form part of it:-
- (1) Display of Anti Waste Posters/ banners at all the prominent places, especially the Dining Halls, Cafeterias and other eating places.
 - (2) Display of such material on the NUML Web Site.
 - (3) Lectures on the subject
 - (4) Its incorporation in the classroom discussion/lectures.

9. **Use of Excess Food.** All efforts will be made that the excess food if any, is not thrown away. There are lot of needy people living in the vicinity of the University who can be fed with the excess /leftover food. **The Deputy Director Administration, Director Student Affairs and the Canteen Contractors** will make it possible to collect the excess food and distribute it amicably among the needy.

10. **Committees.** Following committees are hereby detailed to implement this policy:-

a. **Mess Committee – Boys/Girls Hostels/Cafeteria**

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|-----|---|-----------|
| (1) | Brig Ahmad Salman (Retd), Director Administration | President |
| (2) | Mr Nazir Ahmad, DSA | Member |
| (3) | Mr Qaiser Zaman, Boys Hostels Warden | Member |
| (4) | Ms Asma Zaidi, Girls Hostel Warden | Member |
| (5) | Superintendent Hostels | Member |
| (6) | 2 x Most Senior students from each Hostel | Member |

Responsibilities. Mess Committee will decide the Mess menu and amount to be collected from the students and monitor the food quality. The committee will also ensure status of mess hall, kitchen in terms of hygiene etc.

b. **Management Committee – Boys/Girls Hostels/Cafeteria**

(1)	Mr Nazir Ahmad, DSA	President
(2)	Mr Qaiser Zaman, Boys Hostels Warden	Member
(3)	Ms Asma Zaidi, Girls Hostel Warden	Member
(4)	1 x Faculty Member residing in Hostel	Member
(5)	Superintendent Hostels	Member
(6)	10 x Senior students from Boys Hostel	Members
(7)	10 x senior students of Girls Hostel	Members

Responsibilities. Management Committee will meet monthly/fortnightly to discuss the administrative issues and other problems in the Hostels/Cafeteria. It will also keep check on daily issues regarding hostels infrastructure, housekeeping issues, etc. Besides, the committee will be responsible for Inspection of the food quality, cleanliness, hygiene and it will adopt suitable measures to check wastage of food and proper disposal of surplus food. Last but not least, the committee will report all maintenance needs and follow it up to implement the necessary action.

c. **Purchase Committee – Boys/Girls/Cafeteria**

(1)	Hostel wardens/his/her nominee (Boys/Girls)	President
(2)	Faculty member residing in Hostel (1x faculty member for each purchase day)	Member
(3)	Superintendent Hostels	Member
(4)	Mess Supervisor	Member
(5)	1 x student (for each purchase day)	Member

Responsibilities. Purchase Committee will be responsible for making quality purchase with utmost transparency according to the demand of each hostel. Purchase Committee will ensure the smooth processing of monetary issues related to messing, from billing to handing over the useable to store.

11. **Conclusion.** Conservation of resources particularly food is not only our National but Religious Obligation. With this Policy an effort has been made to chalk out the way forward for achieving this goal. The policy provides the guidelines for all stake holders to economize and avoid the wastage of food in the campus. However, its true implementation can only be achieved through inclusive participation by all.