

OSTIM TECHNICAL UNIVERSITY HEALTHY FOOD SERVICES POLICY

Objective:

This policy statement aims to ensure that meals served by Ostim Technical University catering services are prepared and served by standards that promote a healthy and balanced diet.

Basic Principles:

Healthy Food Options: Ostim Technical University catering services should offer various healthy food options on their menus. These options should encourage a balanced diet.

Fresh and Local Ingredients: Meals should be prepared using fresh and local ingredients. Seasonal fruits and vegetables should be preferred.

Low Fat and Low Sugar Content: Low fat and low sugar content should be preferred in meals.

Calorie Awareness: Calorie awareness should be observed in menus and portions should be presented in appropriate sizes.

Gluten-free, Vegetarian and Vegan Options: Ostim Technical University should offer gluten-free, vegetarian and vegan food options for students and staff.

Food Preparation:

Food Safety: Full compliance with food safety standards must be ensured during the preparation and storage of meals.

Good Hygiene Practices: Catering staff must comply with good hygiene practices and cleanliness standards.

Training and Awareness:

Catering staff should be regularly trained in healthy food preparation and serving.

Students and staff should participate in activities to raise awareness about healthy eating and food choices.

Monitoring and Evaluation:

[University Name] Dining Services should regularly monitor and audit compliance with healthy meal policies.

Student and staff feedback should be considered and the policy should be updated when necessary.

Enforcement:

This policy will be effective as of the date of publication. Ostim Technical University Food Services is committed to maintaining and improving healthy food services.