



# TRIDENT ACADEMY OF TECHNOLOGY

Ref: TAT/P/131/2025

Name of the Policy	Policy on Suitable Food choices in the Campus	Department Responsible	Principal
Department	All	Prepared By	Lohit Kumar Sahoo
Effective Date	02.03.2008	Checked By	Dr.A Baral
Review Date	21.03.2025		
No.of Pages	2	Approved By	Principal

## Policy on Suitable Food Choices at Trident Academy of Technology

### Purpose:

To promote healthy eating habits among students and staff, support sustainable practices, and create a welcoming dining environment that accommodates diverse dietary needs.

### Scope:

This policy applies to all dining facilities on campus, food vendors, and events where food is provided.

## 1. Nutritional Standards

- **Balanced Meals:** All food offerings should aim to provide balanced meals that include a variety of food groups: fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Portion Sizes:** Serve appropriate portion sizes to prevent food waste and encourage moderation.
- **Healthier Options:** At least 50% of food offerings should be classified as healthy options, following national dietary guidelines.

## 2. Dietary Accommodations

- **Allergen Awareness:** Clearly label all food items to indicate common allergens (nuts, dairy, gluten, etc.) and provide ingredient lists.
- **Special Diets:** Offer options for various dietary needs, including vegetarian, vegan, gluten-free, and halal/kosher foods.
- **Feedback Mechanism:** Create a system for students and staff to provide feedback on food options and suggest improvements.

## 3. Sustainability Practices

- **Local Sourcing:** Prioritize sourcing ingredients from local farms and suppliers to reduce carbon footprint and support the local economy.



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- **Seasonal Menus:** Implement seasonal menus that reflect the availability of local produce.
- **Waste Reduction:** Promote practices to minimize food waste, such as composting and proper portion management.

## 4. Educational Initiatives

- **Nutritional Education:** Provide resources and workshops on healthy eating habits, meal planning, and nutrition education.
- **Culinary Events:** Organize cooking demonstrations and tasting events to engage the college community in learning about food choices.

## 5. Compliance and Review

- **Monitoring:** Regularly assess food offerings to ensure compliance with this policy. This includes periodic reviews of vendor practices and menu options.
- **Policy Review:** This policy will be reviewed annually to adapt to changing dietary trends and student feedback.

## 6. Implementation

- **Responsibility:** The Dining Services Committee is responsible for implementing and enforcing this policy, ensuring all vendors adhere to the established standards.
- **Communication:** This policy will be communicated to all students, staff, and vendors to ensure awareness and understanding.

By implementing this policy, Trident Academy of Technology aims to foster a culture of health and well-being through suitable food choices, catering to the diverse needs of our community while promoting sustainability and nutrition education.

**ATTESTED**

**Principal**

**Trident Academy of Technology  
Bhubaneswar-751024  
Principal**