

Help staff with hunger interventions through inclusive meal support schemes.

Centurion University implement comprehensive interventions to prevent hunger among staff, ensuring food security through accessible and sustainable solutions. Our Jagannath and Temple Food services provides free and affordable meal support to staffs as well which includes, including staples, fresh produce, and hygiene kits, while the "30 Rupee Meal Scheme of CaSR" offers subsidized nutritious meals. Staff can access surplus food via the Food Rescue Dhaba or donate/share meals through our digital meal-sharing platform. Additionally, campus dining hubs like the Staff Canteen and Centurion Coffee Connect serve affordable, balanced meals. By integrating food waste redistribution and community partnerships, we foster a hunger-free, inclusive workplace. Centurion University’s model combines dignity, convenience, and sustainability for all staff.

ENSURING STAFF WELLBEING





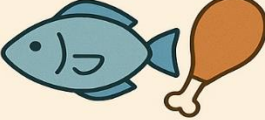




BAKING UNIT
Provides daily fresh breads and pastries for campus dining outlets



MINI DAIRY
Produces wholesome milk, yogurt and paneer for staff meals


Our university supports staff wellbeing through comprehensive food production and nutrition programs:

<p>Mini Dairy</p> 		<p>Protein Processing Units</p> 	<p>Wellness Programs</p> 
<p>Provides daily fresh breads and pastries for campus dining outlets</p>	<p>Implements food preservation technologies to minimize waste</p>	 <p>Offers practical cooking workshops for healthy, economical meals</p>	<p>Conducts regular nutrition counselling and healthy economical meals</p>

1. **Baking Unit** - Provides daily fresh breads and pastries for campus dining outlets.
2. **Mini Dairy** - Produces wholesome milk, yogurt and paneer for staff meals.
3. **Post-Harvest Lab** - Implements food preservation technologies to minimize waste.

4. **Protein Processing Units** - Supplies nutritious fish and poultry-based meals.
5. **Culinary Training** - Offers practical cooking workshops for healthy, economical meals.
6. **Wellness Programs** - Conducts regular nutrition counselling and health screenings.




CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT
CUTM
 Paralakhemundi

South Mess
With effect from - 1st Feb 2025

DAY	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Vada (3), Idli (2), White Chutney, Bombay chutney.	Rice, Dal, Curd, Cauliflower or Bhendi curry	Bread chop (2piece)	Rice, Sambhar, Curd, Semiya Kheer, Aloo Patola Kissa or Potato Onion Fry
TUESDAY	Small Punnugulu (10), Semiya Upama, White Chutney, Allam Chutney.	Rice, Sambhar, Cabbage Fry, Curd & Pickle	Sprout Sakid (1cup)	Pulihora, Aloo Khurma, Curd
WEDNESDAY	Onion Bonda (3), Idli (2), Coconut chutney.	Rice, Curd, Resam, Chutney, Aloo Matar Curry, Papad or Chips	Dahi Bada (2piece)	Rice, Chicken Fry (for NV), Paneer Curry (for veg), Sambhar.
THURSDAY	Mysore Bonda (3), Idli (2), Coconut chutney, Ginger chutney.	Rice, Tomato Dal, Curd, Pickle, Mix veg fry	Aloo Chop (2piece)	Rice, Dahi Channi, Rosam, Bhajjal Curry, Sajji halwa/Rice payas
FRIDAY	Vada (3), Tomato Upma, White chutney, Motor Curry	Rice, Leafy dal, Bhajjal, matar curry / Mix veg, Curd, Chips	Sweet corn (1cup)	Egg Fried Rice, Paneer Fried Rice and Dahi raita.
SATURDAY	Uttappam (2), White Chutney	Rice, Sambhar, Curd, Pickle, Bhendi Chips or Dondakaya Fry.	Dahi Bada (2piece)	Rice, Chapathi (3nos.), Pori (3nos.), Sambhar, Chana Masala, Curd
SUNDAY	Poori (2) Upma Aloo molar, Coconut chutney.	Rice, Tomato dal, Beans Curry, Resam, curd, Chutney.	Sambhar Bada (2piece)	Bagara Rice, Chicken Curry (NV), Mushroom Curry / Baby Corn (veg) - Resam

Chief Warden *[Signature]* 9/2/25



These initiatives ensure staff have access to:

- Fresh, locally produced food items
- Nutritionally balanced meal options
- Food waste reduction solutions
- Practical dietary education
- Preventive healthcare support

At Centurion University’s Paralakhemundi Campus, CaSR has transformed student welfare through a compassionate and innovative approach to food insecurity. Realizing that no student should go hungry, CaSR launched impactful initiatives like the "30 Rupee Meal Scheme", “Jagannath Annaprasadam,” and the “Food Rescue Dhaba,” repurposing surplus food and offering nutritious meals at minimal or no cost. Their "Share-A-Meal" campaign inspired a culture of generosity among students and staff alike. By combining emergency food vouchers, temple food services, and sustainable food production units, CaSR ensured that every student and staff member has access to affordable, healthy meals turning Centurion University into a truly hunger-free, compassionate, and sustainable campus.

HUNGER RELIEF INITIATIVES AT CENTURION UNIVERSITY'S PARALAKHEMUNDI CAMPUS



30 Rupee Meal Scheme
Provides affordable, nutritious meals for 30 rupees



Jagannath Annaprasadam
Offers free wholesome meals at the temple



Food Rescue Dhaba
Repurposes surplus food into evening meals



Share-A-Meal
Encourages meal sharing among students and staff

Encourages meal sharing



Distributes vouchers to those in urgent need

Emergency Food Vouchers
Distributes vouchers to those in urgent need