

TSUOS
PROGRAM

for addressing

Food Insecurity and Hunger on Campus



Understanding Student Food Security

Building a healthy, inclusive, and sustainable food environment

Access to safe and nutritious food is essential for the health, academic performance, and overall well-being of all students. Tashkent State University of Oriental Studies (TSUOS) recognizes that promoting proper nutrition is a shared responsibility and a key component of creating a healthy and supportive campus environment.

Through its program,” the university seeks to ensure that every student — regardless of background — benefits from reliable access to balanced and nutritious meals. The program focuses on ensuring access to nutritious food and the provision of services by certified entities, including partnerships with local canteens and food providers that meet national safety and quality standards.





Our Commitment

At Tashkent State University of Oriental Studies, we believe that compassion and responsibility form the foundation of a supportive academic community. The university is committed to transforming collective care into meaningful action by ensuring that every student has access to nutritious, safe, and affordable food.

| Our Mission

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Making a Difference

Planting Seeds of Hope

We implement a variety of programs to address the food security:



Food Distribution

Providing meals and food packages during events



Donations

Organizing donation campaigns to collect and provide financial and material support for orphans and those in need



Nutrition Education

Promoting healthy eating habits and food safety through seminars



Charity

Providing food, essential supplies, and support to orphans through student-led charity initiatives

Interventions in detail



MEAL SUPPORT INITIATIVE

Providing meals to the TSUOS community during every holiday celebration



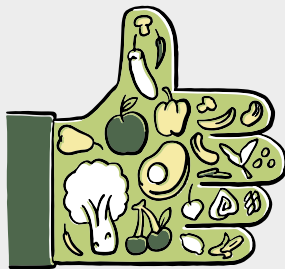
STUDENT-LED CHARITY CAMPAIGNS

Student-initiated charity campaigns are held regularly to support those in need



PARTNERSHIPS WITH ENTITIES

TSUOS collaborates with food providers within the framework of public-private partnership



HEALTHY EATING WEBINARS

Professors regularly organize seminars and conferences at both national and international levels



FINANCIAL ASSISTANCE

The Trade Union provides financial assistance to students and staff in need



FOOD CHOICES

The TSUOS café offers more than 20 varieties of hot and affordable meals

Sustainable Food Choices

Overview

Tashkent State University of Oriental Studies is committed to promoting sustainable food systems that support health, reduce waste, and minimize environmental impact. The university encourages responsible food consumption across campus to contribute to the United Nations Sustainable Development Goals (SDG 2: Zero Hunger and SDG 12: Responsible Consumption and Production).

Campus Initiatives for Sustainable Food Choices

1. Collaboration with Local Food Providers
2. Affordable and Healthy Menu Options
3. “No Waste” and Food Redistribution Initiatives
4. Awareness and Education

Nutrition for All

Eat Well, Live Well, Learn Well



TSUOS ensures that students following vegan or vegetarian diets have access to nutritious and diverse meals. The university café offers more than 5 plant-based options, including dishes made from fresh vegetables, grains, and salads, allowing everyone to choose meals that match their lifestyle and values.

TSUOS also offers a wide variety of dishes for those who enjoy traditional national cuisine and meat-based meals. The university café serves numerous Uzbek and international dishes, like plov, manti, kazan kebab, dolma, etc., ensuring both taste and nutritional value for all preferences.



Healthy and Affordable Food Choices

At a Glance in Numbers



The TSUOS community dines on campus, benefiting from accessible and affordable meal options every day



The meals offered include both national and international dishes, providing diverse choices for the TSUOS community



Access meals on campus that are up to 50% cheaper than those offered outside the university

Healthy and Affordable Food Choices

Key Highlights



AFFORDABLE MEALS FOR EVERYONE

The TSUOS café offers affordable meal options every day, ensuring that nutritious food is accessible to all members of the university community. Prices are kept student-friendly without compromising quality.



BALANCED AND NUTRITIOUS MENU

Menus are designed to include fresh vegetables, fruits, whole grains, and protein-rich foods to support a healthy and active lifestyle.



OPTIONS FOR EVERY TASTE

Students can choose from a variety of national, vegetarian, and vegan dishes, as well as healthy soups and salads. There are also plenty of traditional Uzbek meals for those who enjoy local flavors.

CONCLUSION

Impact of Program

The Student Food Insecurity and Hunger Program has made a remarkable difference across the TSUOS community. By ensuring access to healthy, affordable, and diverse meals, the program has improved the daily lives of both students and staff.



Improved Nutrition

Reduced food insecurity and supported balanced nutrition



Stronger Community

Strengthened social responsibility and a sense of unity



Enhanced Well-being

Enhanced focus, productivity, and overall well-being



Sustainable Habits

Encouraged sustainable and mindful eating habits