

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.

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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

To ensure that every staff and student at Tashkent State University of Oriental Studies has access to nutritious food, promoting physical health, academic success, and overall well-being.

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Meal Support Initiative

Student-Led Charity Campaigns

Partnerships with Entities

Healthy Eating Webinars

Financial Assistance

Available Food Choices



Interventions in detail



MEAL SUPPORT INITIATIVE

Providing meals to the TSUOS community during every holiday celebration



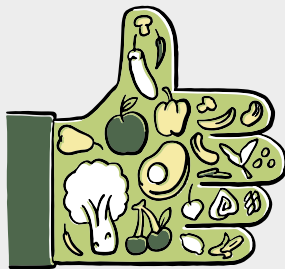
STUDENT-LED CHARITY CAMPAIGNS

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



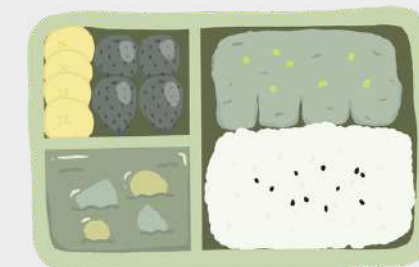
HEALTHY EATING WEBINARS

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.



MENU

Food	Prices
Pilaf (Uzbek Plov)	25-30000 UZS (\$2.5)
Shorpa (Meat and Vegetable Soup)	30000 UZS (\$2.5)
Clay-Pot Soup	30000 UZS (\$2.5)
Mastava (Rice and Meat Soup)	25000 UZS (\$2.1)
Lagman (Hand-Pulled Noodles with Meat and Vegetables)	30000 UZS (\$2.5)
Chicken Say	30000 UZS (\$2.5)
Meat Say	30000 UZS (\$2.5)

Food	Prices
One serving of side dish (rice, buckwheat, beans, or mashed potatoes)	5000 UZS (\$0.4)
Manti (Steamed Dumplings with Meat)	8000 UZS (\$0.6)
Khanim (Steamed Dough Roll with Meat and Vegetables)	6000 UZS (\$0.5)
Beef Cutlet	25000 UZS (\$2.1)
Chuchvara (Meat Dumplings in Broth)	25000 UZS (\$2.1)
Kazan Kebab	35000 UZS (\$2.9)
Fried Potatoes	10000 UZS (\$0.8)
Chicken and Beef Cutlets	15-20000 (\$1.6)

Salad	Prices
Achichuk (Tomato and Onion Salad)	5000 UZS (\$0.4)
Olivier Salad (Russian Salad)	10000 UZS (\$0.8)
Pickled Vegetables	6000 UZS (\$0.5)
Cucumber Salad	6000 UZS (\$0.5)
Yogurt	5000 UZS (\$0.4)
Suzma (Strained Yogurt)	5000 UZS (\$0.4)
Drinks	5-10000 UZS (\$0.4-0.8)

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.



FREE MEAL FOR EVERYONE

TSUOS regularly organizes food festivals, where meals prepared during the events are distributed free of charge to students and other members of the university community.

Food Service and Accessibility Standards

Fresh Food Preparation and Food Waste Management

At the TSUOS café, fresh meals are prepared daily in the university canteen. Meals are prepared on a daily basis to ensure that students and staff have access to fresh food.

Leftover food and food waste generated during meal preparation and catering activities are collected and transferred to the State Enterprise “Maxsustrans” Waste Management Company for appropriate waste management and disposal.

Ensuring Affordable Prices

It is ensured that food and beverage prices at the café remain affordable and accessible to all students and staff. Pricing practices, reviewing prices against established standards and contractual requirements, and taking necessary measures to prevent unreasonable price increases and ensuring that everyone can make use of the café are also monitored.

Food Storage and Display

Food prepared in the morning is stored and maintained throughout the day until it is sold. Hot meals are kept warm in special heated display ovens, allowing customers to see the available dishes and choose what they prefer. Salads and other foods that require cold storage are kept in refrigerators under appropriate conditions

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