



Times Higher Education
Impact Rankings



SDG 2
Zero Hunger

SDG 2 – Indicator 2.3.4 – Healthy and affordable food choices

Healthy canteen, healthy campus

Sriwijaya University has initiated the Healthy Canteen, Healthy Campus program as an effort to provide healthy food choices in the canteen, which will ultimately promote the realization of a healthy campus. Through this program, campus dining halls offer meals and snacks that are lower in added sugars, unhealthy fats, and sodium, while rich in fruits, vegetables, whole grains, and lean proteins. In addition to providing healthier options, the program focuses on creating a culture of health across campus, benefiting students, staff, and faculty alike.

Some of the key components and benefits of the Healthy Canteen, Healthy Campus Program, an initiative of Sriwijaya University:

1. Balanced, nutritional meals

The program focuses on providing well-rounded meals that contain a variety of nutrients. By incorporating whole foods such as fruits, vegetables, whole grains and lean proteins, the program helps students make healthier choices to support their physical health, mental clarity and overall well-being.

2. Healthy eating education

Healthy campus programs also provide students with resources and information about nutrition, portion sizes, and the impact of healthy eating on academic performance and long-term health. Workshops, nutritional labels, and informative signage make it easy for students to make informed choices.

3. Affordable, accessible options

Recognizing that many students are on tight budgets, the program ensures that healthy options are not only available, but also affordable and accessible to all. This approach helps remove financial barriers to healthy eating and increases food security on campus.

4. Reduce the amount of processed foods and sugar-sweetened beverages

The program prioritizes the reduction of highly processed foods and sugary drinks that contribute to chronic health problems, replacing them with healthier alternatives such as fresh juices, infused water, and healthy snacks. By creating an environment where nutritious options are the default, the program subtly changes students' eating habits over time.

5. Sustainability and Local Ingredients

Whenever possible, cafeterias incorporate locally sourced and sustainably produced ingredients. This not only supports the local economy, but also reduces the carbon footprint associated with transporting food, which aligns with campus sustainability goals.



6. Creation of Healthy Space

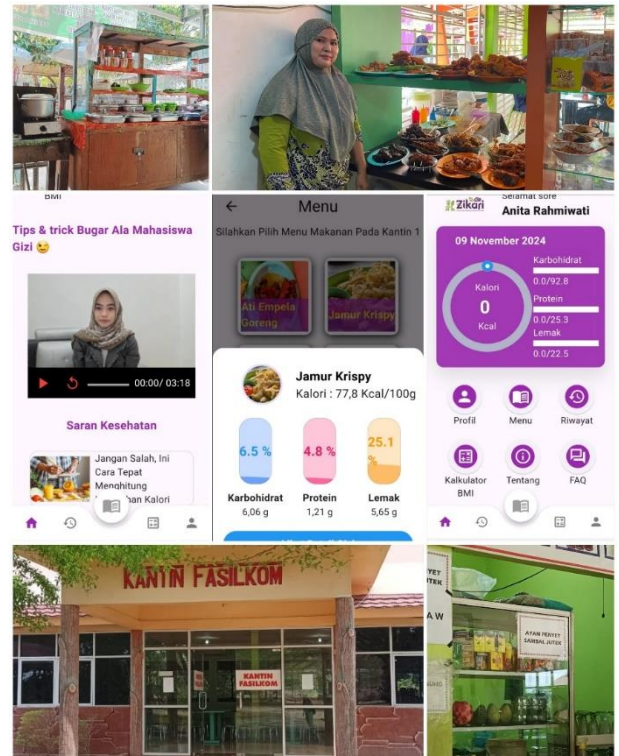
Beyond food choices, the Healthy Canteen, Healthy Campus program fosters an environment where health is a campus-wide priority. Dining halls are being redesigned to be welcoming and calming spaces where students can take mindful breaks, socialize, and focus on self-care while enjoying nutritious meals.

7. Promoting mental and physical health

Health and nutrition are closely linked to academic performance, mental clarity, and energy levels. By ensuring that healthy meals are readily available, the program plays an important role in helping students maintain physical health, manage stress, and focus on their studies.

8. Dining options are inclusive

Healthy campus programs often include a variety of food options to accommodate students with different dietary preferences and needs, including vegetarian, vegan, gluten-free and allergy-sensitive options. This inclusivity fosters a sense of belonging and ensures that every student has access to meals that support their well-being.



Link 1: <https://kemahasiswaan.unsri.ac.id/kampussehat/>

Link 2: <https://www.instagram.com/my.vitahydrate/>

Link 3: https://www.instagram.com/nutripreneur_fkmunsri

Link 4: <https://drive.google.com/file/d/1wUrnYK8HclHagEaAbUoHjC6JBW5MyR/view?usp=drivesdk>