

## **STUDENT FOOD INSECURITY AND HUNGER**

The University of Poonch Rawalakot ensures the access to safe, nutritious, sufficient and affordable food for students, faculty and staff members round the year. UPR designed and carry forward university-based food assistance programs and different activities to ensure food security at campuses, hostels and neighboring community. UPR has been quite successful in supporting the production, distribution and preservation of healthy foods to under privilege students and communities. The department of food Science and Technology works with food processors, restaurants and women groups at the community level by offering knowledge and training of value-added food products, food preservation techniques for entrepreneurial skills. The Food Science and Technology department in collaboration with international donors, National Research Councils has been offering hands on training to the students for the development of nutritious and innovative food products and its sale & marketing. Our Faculty of Agriculture's Horticulture and Soil Sciences team also market fresh produce of vegetables, fruits, pulses, grains and meat from University farms during the harvest seasons.

### **1. VALUE ADDED PRODUCTS FROM INDIGENOUS RESOURCES (Spreadable cheese, Apricot kernel butter)**

UPR's faculty level research is focused on prioritized issues faced by the local community; women, children, food processors and other value chain agents, to provide innovations and solutions viable to the local environment. Our operational research teams at Department of Food Science & Technology endeavor to support the local household livelihood, and cottage industries. In addition to "Bio-Yogurt", the team developed "Spreadable cheese using vegetable oils as a substitute of milk fat" and apricot kernel butter from a research funding by Higher Education Commission in 2022. In this context, Department of Food Science and Technology has taken lead to develop strong Industry-Academic Linkages for the commercialization of research and to establish local commercial/cottage industry at University of Poonch Rawalakot.



*Student from Food Science and Technology Department are engaged in the processing of milk for the development of cheeses*

## 2. TRAINING WORKSHOP ON FOOD PROCESSING AND PRESERVATION FOR STUDENTS & FEMALE COMMUNITY

Like every year, the Department of Food Science and Technology again arranged workshops and training courses on “processing and preservation techniques” for the students and community females. They were trained for the development of value added products from indigenous freshly produced fruits and vegetables like Jam, Jelly, Squash, Pickle, Ketchup, Marmalade. Besides, they were well trained for how to preserve fresh produce to maintain safety and nutritional worth of products. In addition, bakery products were also manufactured during training workshop on the demand of local community females. Training certificates were also distributed among them. They highly appreciated such kind of healthy activities of the University for community interest and to tackle food scarcity issues.





*Participation of community females and students in training workshop for development of healthy product in Department of Food Science & Technology*