

2 ZERO HUNGER



Affordable Food Choices at the University of Mindanao Canteen



With meals priced reasonably, the UM Canteen makes it possible for students from diverse financial backgrounds to enjoy balanced and satisfying food without straining their budget. Beyond affordability, the canteen also emphasizes the importance of nutritious meal choices, recognizing that proper nourishment plays a vital role in sustaining academic performance and overall wellness.

This initiative reflects the university's dedication to creating a supportive campus environment where students can thrive both academically and personally. By offering affordable and healthy food alternatives, UM continues to align its efforts with the Sustainable Development Goals SDG 2: Zero Hunger, underscoring its belief that no student should have to choose between education and proper nutrition.



Beyond providing nourishment, the UM Canteen also serves as a space for fostering community and inclusivity. By ensuring that healthy meals are accessible to all, the university not only addresses immediate nutritional needs but also instills lifelong values of wellness, balance, and social responsibility. In this way, the university continues to strengthen its commitment to student welfare while contributing to a more resilient and health-conscious society.

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UMPX
UM FOOD SERVICES, INC.

WHAT'S FOR LUNCH? *Thursday* **CHICKEN AFRITADA**

HEALTH BENEFITS:

1. PROTEIN FROM CHICKEN: ESSENTIAL FOR MUSCLE REPAIR AND GROWTH.
2. VITAMINS AND ANTIOXIDANTS FROM VEGETABLES: SUPPORT IMMUNE FUNCTION, EYE HEALTH, AND OVERALL WELL-BEING.
3. FIBER FROM VEGETABLES: AIDS DIGESTION AND PROMOTES GUT HEALTH.
4. HEALTHY FATS: DEPENDING ON THE OIL USED, IT CAN PROVIDE ESSENTIAL FATTY ACIDS.
5. MINERALS FROM INGREDIENTS: SUCH AS POTASSIUM, IMPORTANT FOR HEART HEALTH AND PROPER MUSCLE FUNCTION.



The Center for Health Services and UM Food Services, Inc. have joined forces to bring the University of Mindanao community a series of insightful and informative Food FAQs inspired by the UM Canteen's daily menu. This collaboration is designed to provide both students and employees with valuable knowledge about the nutritional value, health benefits, and variety of meals served on campus.

By combining expertise in health and food service, this initiative ensures that the UM community is not only offered affordable and delicious meals but is also empowered to make informed choices that support wellness and healthy living.