

## **GITAM University provides healthy and affordable food choices for all on campus.**

According to the [FAO](#) the **cost of a healthy diet** per person per day, which is a more comprehensive metric, for 2024, the global average cost was **\$4.46 per person per day**, although this figure varies significantly by region and income level.

### **Key FAO data points**

- Global average: The average cost of a healthy diet was \$4.46 per person per day in 2024.
- Regional differences: Costs are higher in some regions, such as sub-Saharan Africa and low-income countries, where diet costs were near record highs in 2024.

GITAM University provides food for subsidised prices to the inmates and day scholars. The system is digitalised and it allows only online transactions. Everyone who wants food can swipe their cards, pay online and avail food at the lowest prices. 'Hunger Box' APP it uses for getting food orders. The following are the prices for the food:

1. Breakfast - up to 9 am – price 45 INR – equivalent to \$ 0.5
2. Lunch - up to 2 pm – price 101 INR – equivalent to \$1.10
3. HiTea - up to 5.30 pm – price 34 INR – equivalent to \$0.47
4. Dinner - up to 9 pm – price 101 INR – equivalent to \$1.10

**By spending approximately \$ 3 a person can get food for a day.**

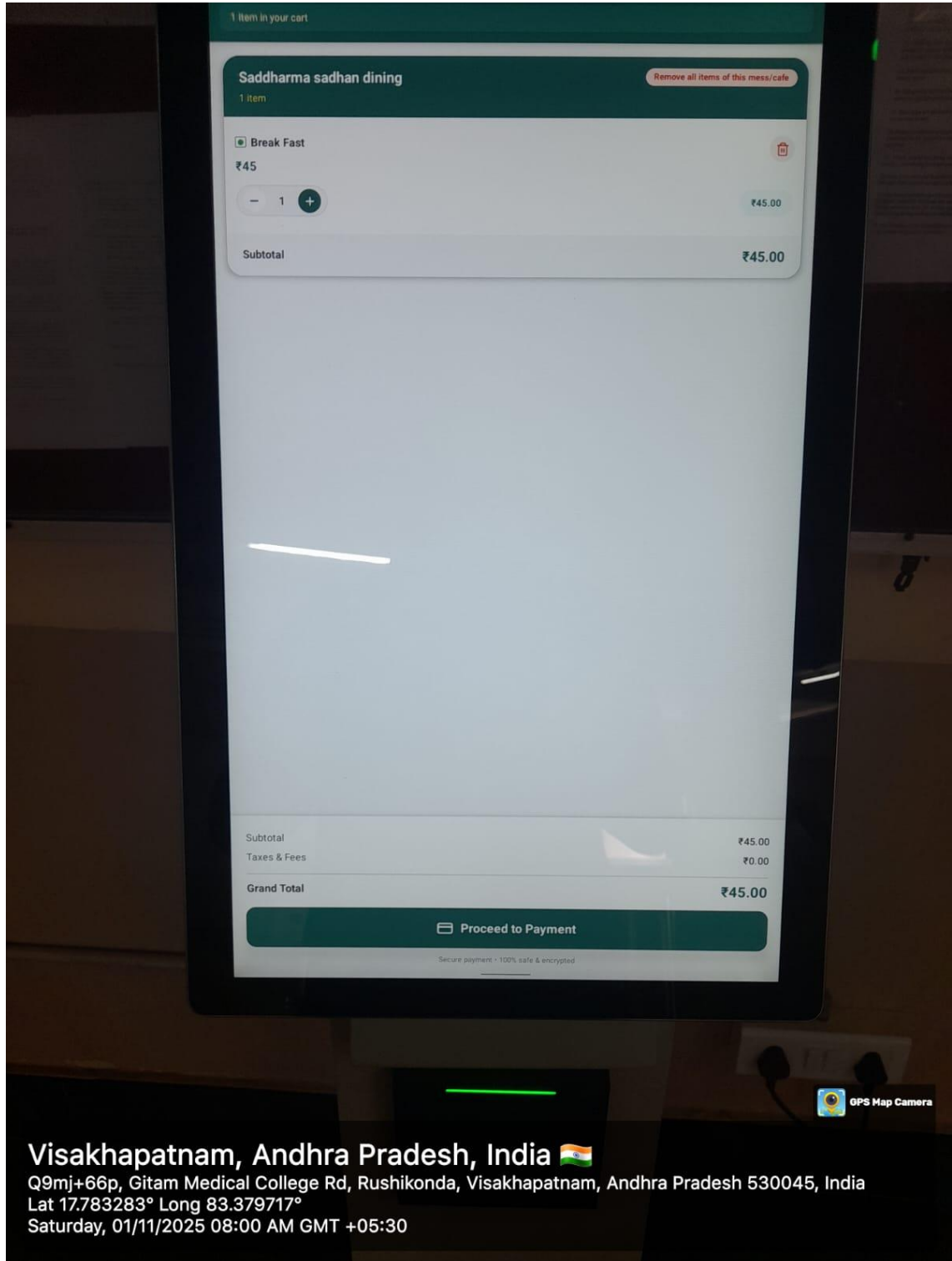


**GITAM**  
A CATEGORY - I  
DEEMED TO BE UNIVERSITY

Bengaluru Hyderabad Visakhapatnam



**NAAC A+**  
ACCREDITED



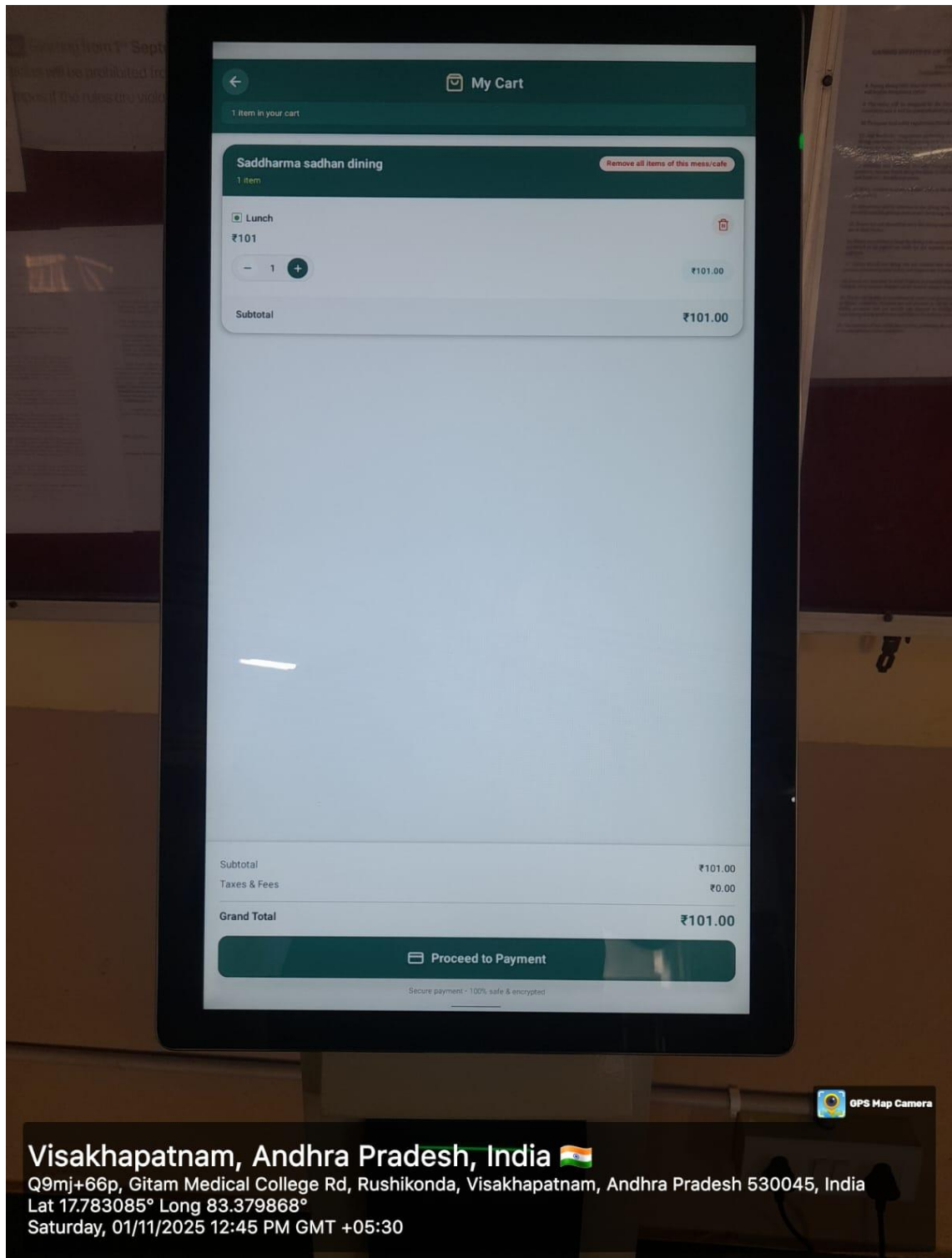


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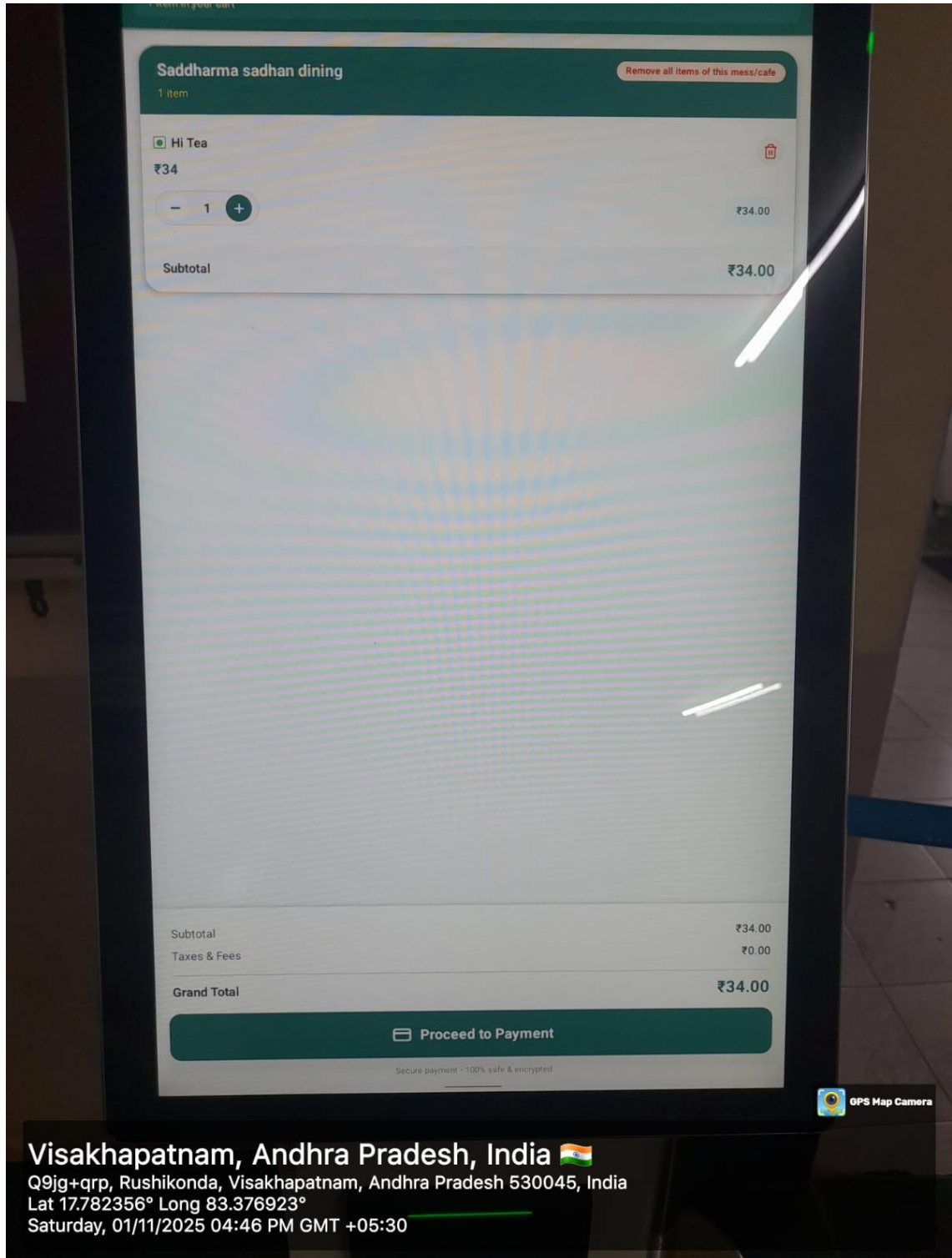


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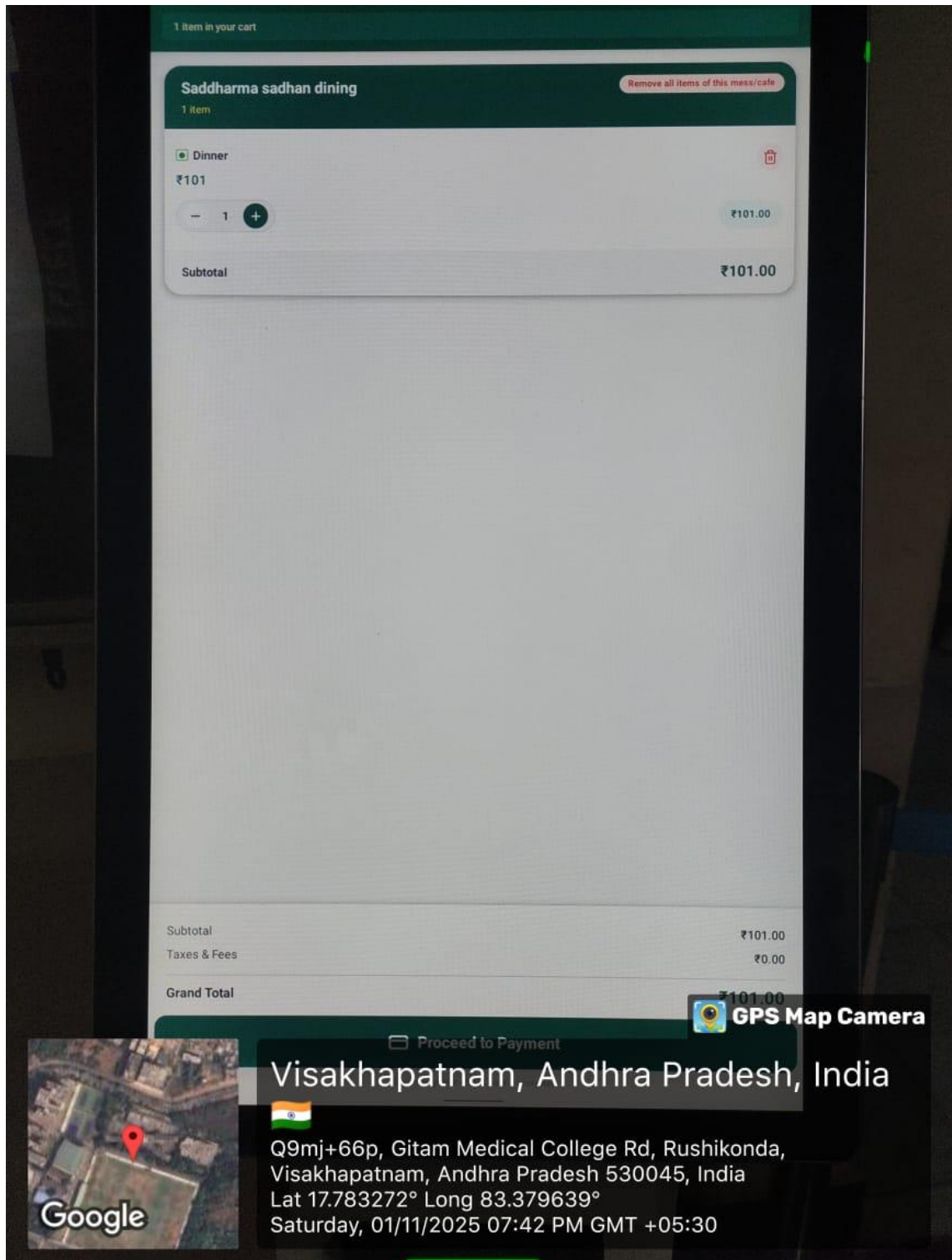


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**The Food Menu ensures that every person would get the healthy diet**



## GITAM Deemed to be University

### FOOD CHOICES

MENU GRID 2023 -2024 - CAMPUS LEVEL						
			Lunch		Hi Tea	Dinner
Fun Day - Cook Your Home Food			One Monday in a month		Two Tuesdays in a month	One FRIDAY in a month
		1	Salad			1 Salad
		2	Curd			2 Curd
		3	Live - Chef at work : Burger / Sandwich			Live :Students at work : Flavoured Rice / Noodles / Finger food / Nutrition wellbeing
		4	Veg curry			Non VEG (Fish or Chicken)
		5	Dal			Dal
		6	Indian Bread	1	Mocktail	6 Indian Bread
		7	Plain rice	2	Live -Chef at work - Chat Counter	7 Plain rice
		8	Dessert	3	Tea /Coffee	8 Dessert
	Breakfast		Lunch		Hi Tea	Dinner
This menu grid applicable to all the Gitam Hostel dinings (Girls + Boys) - The same menu grid will be applicable to international dining aswell ,		1	Salad			1 Salad
		2	Curd			2 Curd
		3	Pickel			3 Pickel
		4	Condiments			4 Condiments
	1	Sprouts - Sunday	5	Papad-		5 Papad-
	2	Breads (preferably Whole wheat or multigrain )	6	Leafy Vegetable / Nutrition Preperation		Student's choice (Vge Only- Weekly 4 days Monday - Tuesday - Thursday - Saturday)
						6



Menu Preparations can be customised as per the requirement.	3	Cereals	7	Millet Meal - One day ina week			7	Non Veg (Chicken / Fish) - (Weekly 3times Wednesday - Friday -Sunday )
	4	Nutrition Preperation	8	Veg Curry - Dry Preperation			8	Veg Curry - Dry Preperation
	5	Main dish south indian	9	Veg Curry - Gravy Preperation			9	Veg Curry - Gravy Preperation ( Not required on non veg day) )
	6	Main dish indian	10	Flavoured Rice	1	Snack Hot / Cold	10	Flavoured Rice
	7	Boiled Egg / Egg Preperation	11	Plain Rice	2	Cereals	11	Plain Rice
	8	Fruits 7days (Whole or fresh cut)	12	Lentil Preperation	3	Bread	12	Lentil Preperation
	9	Milk	13	Sambar / Rasam	4	Milk	13	Paneer (Weekly 3times Wednesday - Friday - Saturday Only for vegeterian) -4 days Sambar / Rasam
	10	Horlicks / Bournvita	14	Indian Bread	5	Horlicks / Bournvita	14	Indian Bread
	11	Hot Beverage	15	Desert (Weekly 3 days (Tuesday - Wednesday - Friday ) Sunday icecream	6	Hot Beverage	15	Fresh Fruit (Weekly 3times Monday - Thursday - Saturday)