

## 2.3.4 Healthy and Affordable Food Choices

2023-2024

AASTMT demonstrates a strong institutional commitment to health and well-being by providing diverse, nutritious, and affordable food options through its strategically managed dining facilities. AASTMT runs a network of restaurants, cafeterias, and coffee shops across all campuses, ensuring easy access for students and staff. Multiple venues reduce travel time, especially during short breaks. Facilities offer full meals, beverages, and light snacks, with some located near academic buildings for convenience. Extended hours and dormitory dining provide flexible options, including evenings and night shifts, ensuring all community members have consistent access to meals. Recognizing nutrition as a foundation for academic excellence, physical health, and psychological well-being, AASTMT integrates nutrient-rich meals, balanced menu planning, dietary inclusivity, affordability, and sustainability to support optimal physical and mental performance.



## Provision of Nutritious and Balanced Food Choices

The Academy's menu planning emphasizes balanced meals that suit diverse preferences of its students and help prevent malnutrition of its students. This is accommodated through:

- **Vegetarian and Vegan Options:** Plant-based alternatives are given equal prominence, offering legume proteins, tofu, and varied vegetable dishes to ensure nutritional completeness.
- **Allergen-Friendly Choices:** Gluten-free, dairy-free, and nut-free options support individuals with allergies or intolerances, ensuring safe and accessible dining.
- **Religious Dietary Observances:** Halal and other faith-based accommodations demonstrate respect for diverse religious practices.

## Affordability and Financial Accessibility

AASTMT uses strategic pricing mechanisms to ensure financial constraints do not limit access to nutritious meals. Subsidized programs offer 5–30% discounts for all community members, while full-scholarship students receive free meals, removing financial barriers for those most in need. This is done through advanced operational efficiency measures that doesn't compromise nutritional quality. Strategic procurement lowers costs through bulk purchasing and local supplier partnerships, while efficient inventory management reduces waste and spoilage.

[Affordability and Financial Accessibility](#) on AASTMT webpage