

Commitment of Qassim University to provide healthy food choices for all at its campus

Qassim University recognizes the importance of providing healthy and affordable food choices for all students, faculty, and staff on campus. The university has taken several steps to ensure that nutritious and affordable food is available to everyone on campus. Here are some of the initiatives taken by the university to provide healthy and affordable food choices:

The Department of Food Science and Human Nutrition

The department consists of two parts (male and female students) and both parts are located at the main headquarters of the university, and it contains two important specializations, namely food science and human nutrition, both of which complement each other as they contribute to providing cadres who can contribute to the provision of safe healthy food sufficient to meet the needs and desires of consumers from members of society. This is through the study of technical courses, manufacturing and preservation of food and dairy products following international rules in food quality and safety as well as food health affairs, in addition to specialized courses in human nutrition such as nutritional status assessment, meal planning, nutrition during different stages of life, therapeutic nutrition, community nutrition, nutrition education and nutrition counseling, which are concerned with spreading awareness and nutritional culture among community members and how to cover the nutritional needs of the individual during life stages in health and disease and nutrition of special and sensitive groups.

Through its academic programs, the department is concerned with providing students with the necessary skills to work in food and dairy factories, nutrition departments in hospitals, food safety and control bodies, the Standards Authority, the Food and Drug Authority, universities and scientific research centers. The department has a clear vision in serving the community to contribute to sustainable development in the Kingdom of Saudi Arabia and the department's interest in meeting the needs of the labor market and raising the status of the department's graduates to be distinguished locally and internationally.

On the other hand, the University has many efforts in celebration of "Organic Food Day" by holding an educational exhibition with the participation of governmental and private entities, with the aim of spreading the culture of organic food, introducing its types and benefits, and the impact of organic agriculture on sustainable development, in addition to a number of scientific lectures.

Awareness Campaigns

The university conducts awareness campaigns about the importance of healthy eating and lifestyle choices. The campaigns include workshops, seminars, and posters, educating individuals about the benefits of healthy eating habits.

Cafeterias and Canteens

The university has several cafeterias and canteens on campus that offer a variety of healthy and affordable food options. The food served in these outlets is prepared with fresh and locally sourced ingredients, ensuring quality and nutrition.



Food Courts

The university has food courts that offer a range of cuisines for students, staff and all employees. The food courts have several food stalls, each specializing in a specific cuisine, ensuring varieties and choices.



Hygiene Standards

The university ensures that the food served in all outlets is prepared and served in a hygienic environment. The kitchen and food preparation areas are regularly cleaned and sanitized, and food handlers are trained in food safety practices.



Nutritional Information

The university provides nutritional information about the food served in the outlets, helping individuals make informed decisions about their food choices.

Kingdom of Saudi Arabia

Ministry of Education

Qassim University



Price Control

The university has implemented price controls on food items to ensure that they are affordable for all. The university also offers discounts and special meal plans for students, making healthy food choices more accessible.

In conclusion, the Qassim University has taken several initiatives to provide healthy and affordable food choices for all on campus. The university understands the importance of a balanced diet and has made efforts to ensure that healthy and nutritious food is accessible to all.